

VALUE ADDED SERVICES



COUNTY OF SAN MATEO
HUMAN RESOURCES DEPARTMENT

Exclusive to Aetna Members (Effective 1/1/2023)

No Cost/Low Cost MinuteClinic	Walk-in Clinic s	Access to covered MinuteClinic® services at no cost to you, or low cost to you, based on your plan. Visit MinuteClinic.com .
MindCheck	Emotional Wellbeing Support	Visit Mindchecktoday.com .
Aetna Healthy Lifestyle Coaching	Online Health Coaching	Visit Aetna.com or call 1-866-213-0153.
Aetna Enhanced Maternity Program by Maven	Maternity Program	Visit MavenClinic.co/join/aetna or call 1-800-272-3531.
Aetna Health Connections Disease Management	Disease Management	Call 1-833-590-1141 to get started today.
Attain by Aetna	Apple – Android Health Reward Program	Text “ATTAINAPP” to 37046 for a link to download.
AbleTo	Virtual Outpatient Treatment	Visit AbeTo.com/Aetna or call 1-844-330-3648.
Teladoc	Telemedicine and Virtual Healthcare	Visit Teladoc.com/Aetna or call 1-855-Teladoc (835-2362).
Informed Help Line	Nurse Support	Call 1-800-556-1555 talk to a nurse, day or night.
Behavioral Health Condition Management	Behavioral Health Support	For more information please call the number on the on your Member ID Card.
LifeMart	Gym Membership Discount	To access, visit Aetna.com . Look for the “Health & Wellness” tab.
Life Mart	Discount Hearing Program	To access, visit Aetna.com . Look for the “Health & Wellness” tab.

Your Benefits, Your Choice. You Matter, Be Healthy.

Exclusive to Kaiser Permanente Members

Calm	Mental Health Support	Visit kp.org/selfcareapps to access resources.
myStrength	Mental Health Support	Visit kp.org/selfcareapps to access resources.
Ginger	Mental Health Support	Visit kp.org/selfcareapps to access resources.
Nurse Advice Line	Telemedicine	Call the number on the back of your member ID card.
Telehealth	Telemedicine and Virtual Healthcare	Visit kp.org , the mobile app, or call the number on the back of your member ID card.
Maternity Services	Maternity Support	Call (866) 454-8855 to speak with an advice nurse or go to kp.org/maternity for in-depth resources.
ClassPass	Gym Membership Discount	Get started at kp.org/exercise
Wellness Coaching	Wellness Resources	Call (866) 862-4295 to make an appointment or visit kp.org/wellnesscoach
Health & Wellness Coaching	Wellness Resources	Visit kp.org/health-wellness to access resources.

Exclusive to Cigna Members

Oral Health Integration Program®	Dental Health Program	Call (800) 244-6224 for additional information.
Cigna Healthy Rewards®	Various Discount Programs	Log into myCigna.com and navigate to Healthy Rewards Discount Program or call (800) 870-3470.

Exclusive to The Standard Members

The Life Services Toolkit	Estate and Financial Planning	Visit standard.com/mytoolkit and enter the username “assurance” for information and tools.
Assist America	Travel Assistance	Call (800) 872-1414 for more information. Reference Number: 01-AA-STD-5201.

Exclusive to VSP Members

VSP Exclusive Member Extras	Eye Care Discount Program	View all Exclusive Member Extras at vsp.com/offers or call (800) 877-7195.
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PreventionCloud

Employee Interest Groups	Wellness	Visit preventioncloud.com and select the “Events” tab to register or take the health assessment.
Health Coaching	Wellness	

LifeBalance

LifeBalance Program	Various Discount Programs	COSM.LifeBalanceProgram.com and register to access discounts or call (888) 754-5433.
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