

ABOUT US

The Local Government Health Insurance Plan (LGHIP) has been providing exceptional and affordable health insurance benefits for local government entities in Alabama since 1993.

AFFILIATED WEBSITES

LGHIB: www.lghip.org BCBS: www.bcbsal.org

OptumRx: www.optumrx.com Southland: southlandbenefit.com Blue365: blue365deals.com/BCBSAL

Blue365

Employees with LGHIB insurance coverage through Blue Cross Blue Shield have access to a variety of discounts.

- Fitbit
- Garmin
- Skechers
- Echelon Fitness
- Les Mills
- Obe Fitness
- + discounted gym memberships

blue365deals.com/BCBSAL

Local Government Health Insurance Plan

Benefits for Active Employees BCBS Group 30000



Blue Cross and Blue Shield of Alabama

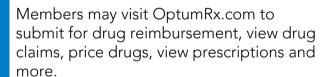
Active employees and non- Medicare retirees enrolled in the Local Government Health Insurance Plan (LGHIP) have their health and dental coverage with Blue Cross and Blue Shield of Alabama.

www.bcbsal.org | 1-800-321-4391



OptumRX

Active employees and non-Medicare retirees enrolled in the LGHIP have OptumRx as their pharmacy benefit manager.



optumrx.com | 1-844-785-1603 Optum Specialty: 1-855-427-4682 specialty.optumrx.com

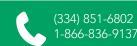


Southland

Active employees and non-Medicare retirees enrolled in the LGHIP have Southland for their vision and dental coverage. The voluntary vision and dental plans can be purchased individually or together, with or without medical coverage.

Southland subscribers also have access to a hearing discount through TruHearing.

southlandbenefit.com | 866-327-6674







HEALTH MANAGEMENT PROGRAMS

The LGHIP provides its health management programs for free for all eligible participants. For eligibility, participation requirements or more information about any of the health management programs, please contact the specific program directly.

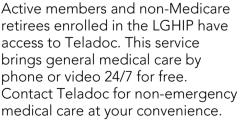
AFFILIATED WEBSITES

Baby Yourself:

AlabamaBlue.com/BabyYourself Virta Health: virtahealth.com/lghip Hinge Health: hinge.health/lghipconference

Teladoc: teladoc.com/Alabama

TeladocActive m



Teladoc.com/Alabama 1-855-477-4549

Local Government Health Insurance Plan

Benefits for Active Employees BCBS Group 30000

Baby Yourself

Baby Yourself is a FREE maternity management program which includes:

- A personal nurse to answer questions during and after pregancy.
- Gifts and educational resources.
- Information on breastfeeding.
- A FREE app to track the pregnancy.
- Waived hospital copays for
- delivery.

Covered subscribers and their eligible covered dependents must enroll before the end of their second trimester.

1-800-222-4379 AlabamaBlue.com/BabyYourself

Virta



Eligible LGHIB subscribers and their spouses have access to Virta, a FREE program that may assist members with type 2 diabetes to reverse their diagnosis. While enrolled in Virta, patients may see a lower A1c, lose weight and may even eliminate their need for diabetic medication.

Enrollment in this program is free. For more information, please visit the Virta website.

virtahealth.com/LGHIP

Hinge Health



Hinge Health is a FREE benefit that provides virtual exercise therapy for members with joint or muscle pain. This program is guided by a team of physical therapists and qualified health coaches that create a custom care plan for your needs.

hinge.health/lghip-conference





