

# BENEFITS AT A GLANCE – 2022

For physical and emotional wellbeing

Benefit	What do you pay?	Who is eligible?	When are you eligible?
<b>Medical:</b> <b>Blue Shield Trio HMO</b> <b>Blue Shield Local Access+ HMO</b> <b>Blue Shield HDHP/PPO (HSA)</b> <a href="http://www.blueshieldca.com">www.blueshieldca.com</a>	Please see the tables below to review the applicable bi-weekly employee contributions for the plans.	<b>Regular Full-Time</b> (40 hours/week) <b>Regular Part-Time</b> (32 hours/week) <b>OB Panel</b> (24 hours/week)	<b>Providers:</b> 1 <sup>st</sup> of the month following date of hire <b>New Hires:</b> 1 <sup>st</sup> of the month following 30th day after hire

Benefit
<b>Dental: Lincoln DHMO</b> <a href="http://www.lfg.com">www.lfg.com</a>
<b>Dental: Lincoln DPPO Low</b> <a href="http://www.lfg.com">www.lfg.com</a>
<b>Dental: Lincoln DPPO High</b> <a href="http://www.lfg.com">www.lfg.com</a>
<b>Vision: Blue Shield</b> (Eyemed/MES networks) <a href="http://www.blueshieldca.com">www.blueshieldca.com</a>
<b>Acupuncture and Chiropractic Care</b> <b>Landmark Healthplan</b> <a href="http://www.lhp-ca.com">www.lhp-ca.com</a>
<b>Employee Assistance Plan (EAP)</b> <b>Mutual of Omaha</b> <a href="http://www.mutualofomaha.com/EAP">www.mutualofomaha.com/EAP</a>

Benefit
<b>Health Insurance Subsidy</b>
<b>401K Contribution</b>
<b>401K Pension</b>
<b>Flexible Spending Account (FSA)</b> <b>Commuter Spending Account (CSA)</b> <b>Flex Facts</b> <a href="http://www.flexfacts.com">www.flexfacts.com</a>
<b>Transportation</b>
<b>Employer Sponsored</b> <b>Basic Life/AD&amp;D</b> <b>Long Term Disability</b> <b>Mutual of Omaha</b> <a href="http://www.mutualofomaha.com">www.mutualofomaha.com</a>

