



# CALIFORNIA'S VALUED TRUST

Healthcare Benefits for the Education Community

Thank you for choosing California's Valued Trust (CVT) as your healthcare benefits provider. For 33 years, CVT has focused on providing responsive service and a variety of options at competitive prices. Today, we are working as hard as ever to remain the right choice for our districts, chapters and members.

VALUELINE is prepared by CVT for the leadership of our member districts and units. Your comments or suggestions for the content are appreciated. Please send them to [laurat@cvtrust.org](mailto:laurat@cvtrust.org).

## Update your District/Chapter rate renewal contacts today!



It's almost time for CVT to provide our District, Chapter and Labor Representatives the **2017-2018 California's Valued Trust (CVT) Rate Renewal and Benefit Update**. This package will include important information on coming changes in healthcare rates and benefits effective October 1, 2017, that groups need to plan, budget and bargain. But we need your help!

**Please make sure we have the appropriate contact individual(s) on file to receive the information by calling**

**CVT Member Services at 800-288-9870, Monday – Friday, 8 a.m. to 5 p.m. Please make any necessary changes by May 1, 2017.**

How key contacts receive the benefit update when available:

### 1. CVT Districts Using MyCVT

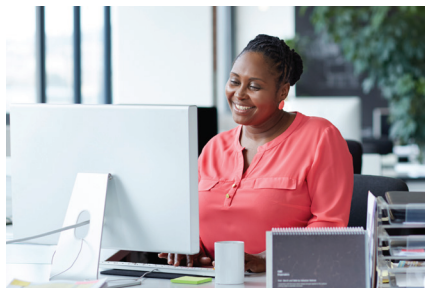
Districts using MyCVT, the online employee and management benefit system, should review their current designated "rate reviewers" to ensure the appropriate individuals will receive the information as soon as it becomes available. Districts are allowed to have more than one person registered, and all MyCVT information is confidential and available only to registrants within your District.

### 2. CVT Districts Not Currently Using MyCVT

Districts not currently using MyCVT, will continue to receive renewal information by email from their Account Manager. But the most efficient way for a District to receive renewal information is via MyCVT. So don't delay, register to use MyCVT today! It's easy, just contact CVT Member Services at **800-288-9870**. They'll help you get started.

### 3. Chapter Presidents/Labor Representatives

Chapter Presidents and Labor Representatives will continue to receive rate renewal information by email from their CVT Account Manager.



Thank you for helping us to reach those who are involved in employee healthcare benefit decisions!

## Solera4Me now available for Blue Shield of California PPO members

### SOLERA4ME

CVT is pleased to announce the addition of Solera4Me, a new preventive healthcare benefit for Blue Shield of California PPO members.

Solera4Me is a lifestyle change program that can help you lose weight, adopt healthy habits and reduce your risk of developing diabetes. The program is 16 weeks, and is available at no charge to members who qualify. There are a number of different options to choose from: some are national programs like Weight Watchers and Jenny Craig; some are online like HealthSlate and Retrofit; and still others are local programs you can attend in your community.

Members can find out if they qualify by visiting [solera4me.com/cvt](http://solera4me.com/cvt) and taking a 1-minute quiz or speak to someone directly by contacting Solera at **877-486-0141**.

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## INSIDE:

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- *Solara4Me now available for Blue Shield PPO members*
- *New EAP Beacon Health program launched*



## Beacon Health Options EAP – Monthly Eblasts

In March, Beacon and CVT launched a monthly eblast series intended to raise awareness of CVT's Employee Assistance Program (EAP) from Beacon Health Options. This EAP service is

provided at no additional cost to CVT PPO and HMO members. Each month you will be sent an eblast focusing on topics ranging from health and wellness, family care and education, legal and financial matters, and other important life events that may be of interest to your district's employees. We invite you to forward these monthly eblasts to all CVT members in an email or add to your intranet.



In addition, don't forget that Beacon Health provides CVT members with professional counselors that can help members and their family members. The service is provided at no cost to all CVT subscribers with medical coverage. Employees and their immediate family members can receive free, confidential support or information any time, day or night. Call **877-397-1032** to speak with an EAP professional or visit [achievesolutions.net/cvt](http://achievesolutions.net/cvt) to find more information.



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Healthcare Benefits for the Education Community

**PHONE:** 559-437-2960 or  
800-288-9870

**FAX:** 559-437-2965

**ADDRESS:** 520 E. Herndon Ave.  
Fresno, CA 93720

**WEBSITE:** [www.cvtrust.org](http://www.cvtrust.org)

**EMAIL:** [info@cvtrust.org](mailto:info@cvtrust.org)

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CVT complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

**ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800-288-9870.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 800-288-9870。