

ACCESS TIPS: KAISER PERMANENTE

TAKE CONTROL EARLY

Why Access Matters: *Before* You Need it

Don't wait until you're sick or injured to figure out your benefits. Set up your account now so care is quick and stress-free later.

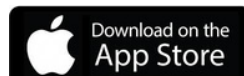
01. Register Your Account

Go to
[www.healthy.kaiserpermanente.org/
register](http://www.healthy.kaiserpermanente.org/register)



02. Download the App

Get 24/7 access:
Kaiser Permanente app (App store or
Google Play)



03. Visit Your Microsite

Your district-specific site:
[www.choose.kaiserpermanente.org/c
seba](http://www.choose.kaiserpermanente.org/cseba)



04. Set Up Telehealth

Video or Phone Care:
[https://healthy.kaiserperm
anente.org/southern-
california/get-care](https://healthy.kaiserpermanente.org/southern-california/get-care)



05. Kaiser Support Center

Support at your fingertips



Take five minutes now. Save yourself time later.

ACCESS TIPS: DELTA DENTAL TAKE CONTROL EARLY

Why Access Matters: *Before* You Need it

Don't wait to get your dental care resources under control until you are past due for a cleaning or need critical dental care. Set up your account now so care is quick and stress-free later.

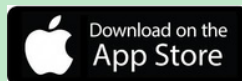
01. Create an Account

Go to deltadentalins.com and choose **Log in** to create an account or log in to your existing account



02. Download the App

Search for **Delta Dental** in the App Store or Google Play



03. Find an In-Network Dentist

Go to deltadentalins.com, enter your zip code, and select your network



04. Understand Your Plan

Visit deltadentalins.com and choose **Members** for useful resources and tips



05. Explore Wellness

Visit deltadentalins.com/wellness and browse articles on everything from acid reflux to xylitol



Take five minutes now. Save yourself time later.

ACCESS TIPS: VSP TAKE CONTROL EARLY

Why Access Matters: *Before* You Need it

Don't wait until life is blurry and you're having vision problems to figure out your benefits. Set up your account now so care is quick and stress-free later.

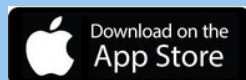
01. Create an Account

As a VSP member, you have access to vsp.com. Create an account today!



02. Download the App

Search for **VSP Vision Care** in the App Store or Google Play.



03. Find In-Network Providers

Use the Find a Doctor tool to locate VSP providers near you. Look for the orange Premier Provider banner to maximize savings.



04. Understand Your Plan

Log in to view your coverage in the **My Benefits** tab. See what you'll pay in-network vs. out-of-network. Staying in-network saves you money!



05. Explore Wellness

Explore VSP's blog at vsp.com/eyewear-wellness for tips on eye health, choosing glasses, fashion trends, and more.



Take five minutes now. Save yourself time later.

ACCESS TIPS: THE EXTRAS TAKE CONTROL EARLY



Health Advocate: Mental Health and Work/Life Balance Support

Whether you need counseling, work/life help, or a healthcare need addressed, Health Advocate can support you and your family's needs. Eligible dependents include spouse, dependent children, parents, and in-laws. Contact Health Advocate today for free mental health support and more!



Registration Code: **CSEBA**

866.799.2728

answers@healthadvocate.com

HealthAdvocate.com/CSEBA



Because your hearing health is part of your overall health

An expert-guided path means you'll have a no-cost hearing exam and consultation, then have help finding the right hearing aid for your lifestyle. Start by visiting epichearing.com/CSEBA



1.866.956.5400



Achieve Your Personal Wellbeing Goals with Support from CSEBA Wellness!

Go to cseba.limeade.com or download the Limeade ONE App on iPhone or Android. **Employer Name = CSEBA**. Click "Sign-Up". Enter your last name, date of birth, and last four digits of your SSN. Click "Find Account". Set your email address and password and click "Register Account."



Employer Name: CSEBA
NEED HELP? 855.667.2550