



CSURMA AORMA Program Value Add Services

Hinge Health

Conquer you back, knee, hip, shoulder, neck, and other pain for free with Hinge Health. Hinge Health offers personalized exercise therapy, a personal care team, interactive education, and a Hinge Health kit. Register for Hinge Health [HERE](#).

Eligibility: Members, pre-65 retirees, and dependents 18+ enrolled in a CSURMA medical plan through Anthem of California are eligible (currently includes EPO, PPO, HDHPs and HMO's).

carrumhealth

A surgery & cancer care program benefit that provides support to members who need surgery or cancer care. Carrum pays for travel for the member and one care giver to a center of excellence to receive care. Visit Carrum [HERE](#).

Eligibility: Carrum Health is available to employees, COBRA participants, pre-65 retirees, and loved ones (18+) enrolled in an eligible CSURMA Anthem medical plan. *Individuals enrolled in a high deductible plan with HSA must first meet their deductible, but copays and coinsurance will be waived. Per IRS rules, a portion of any covered travel expenses will be reported as taxable income.



Delta Dental LifePerks offers discounts on oral health, wellness, lifestyle, travel, and entertainment. Visit LifePerks [HERE](#).

Eligibility: Available to all Delta Dental members.



Ability Assist offers compassionate solutions for common challenges. Including emotional or work-life counseling, financial information and resources, legal support and resources, and health care navigation services. Register [HERE](#), organization ID HLF902, company name ABILI, select ability assist program and create your account.

Eligibility: Available anyone covered under The Hartford's long term disability plan.



Simplified diabetes management that offers glucose monitors and test strips paid for by your employer as well as coaching and one on one support. Join Livongo [HERE](#).

Eligibility: Available to Anthem PPO & EPO members.



Pathwise Financial Wellness is a unique benefit that combines complimentary financial planning consultations, self-paced assessments, and additional services such as estate planning and tax planning. This holistic approach is designed to empower you to take charge of your financial future. Visit Pathwise Group [HERE](#).

Eligibility: Available to CSURMA members participating in any of the benefits programs.



Working in tandem with Pathwise Group, Got Zoom ensures that your student loan savings can be a part of your overall financial strategy. Register for Got Zoom [HERE](#).

Eligibility: Available to CSURMA members participating in any of the benefits programs. No cost to employer and employee consultation is at no cost.



White glove, concierge approach to Medicare with agents in all 50 states. Offering Medicare education, support finding the right plan, and enrollment and ongoing support. Visit Alliant Medicare Solutions [HERE](#).

Eligibility: Provided by Alliant, available to CSURMA members employees and families at no cost.

CSURMA AORMA Voluntary Offerings



MetLife Pet Insurance can not only help cover the costs of unexpected accidents and illnesses, but also things like routine care. Help protect their health and your wallet.

Eligibility: Must opt in to add to benefits menu, voluntary employee paid benefit, if interested contact your account manager heather.mccarthy@alliant.com

Pricing: Varies based on plan design, direct bill to employee



Anthem EAP offers on site and virtual training seminars for a wide range of topics, including family matters, health living, workplace topics, and more. Anthem EAP also offers critical incident hours to assist during a crisis, legal consultation, financial consultation, and emotional well-being resources.

Talkspace is now also included with Anthem EAP and provides access unlimited messaging with a therapist any time.

Eligibility: Must opt in to add to benefits menu, if interested contact your account manager heather.mccarthy@alliant.com

Pricing: 5 visits <50 employees - \$1.75 PEPM / 8 visits <50 employees - \$2.57 PEPM / 5 visits 50+ employees - \$1.69 PEPM / 8 visits 50+ employees - \$2.47 PEPM



An online therapy program that makes it easy and convenient for you to connect with a licensed behavioral therapist from anywhere, at any time, including unlimited messaging with a therapist. Buy-up options for psychiatry & Talkspace self-guided app.

Eligibility: Must opt in to add to benefits menu, if interested contact your account manager heather.mccarthy@alliant.com

Pricing: Unlimited messaging therapy \$3.75 PEPM / Unlimited messaging therapy + Self-guided services program \$4.50 PEPM / Unlimited messaging therapy + 1 Live session per month \$4.25 PEPM / Unlimited messaging therapy + 2 Live sessions per month \$4.75 PEPM / Unlimited messaging therapy + 1 Live session per month + psychiatry \$5.00 PEPM / Self-Guided service program only (no unlimited messaging or psychiatry) \$2.25 PEPM. There is a minimum charge equivalent to 100 employees for each program.
