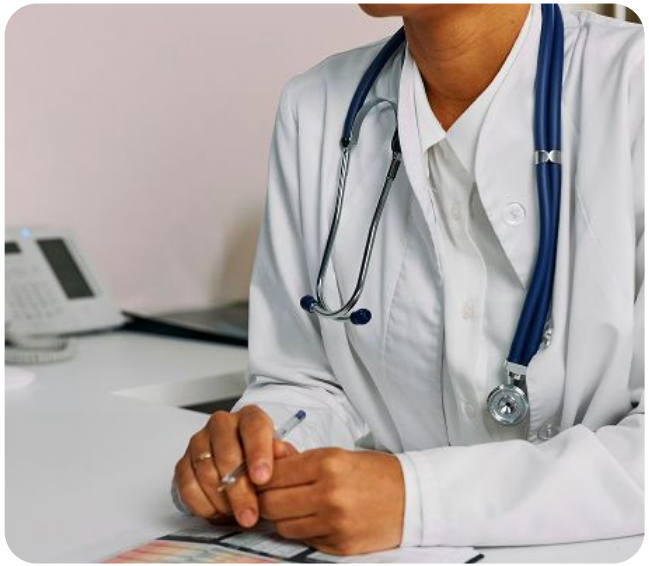
Included Health | blue CALIFORNIA | PERS Gold | PERS Platinum



Included Health is available to all CalPERS members enrolled in the PERS Gold and PERS Platinum PPO Basic plans.

Here are just a few services available to you:

Expert Medical Opinion

If you have a complex diagnosis or are considering an elective surgery, you can request a second opinion from a board-certified expert. This virtual service can help you better understand your diagnosis and treatment options.

Concierge Referrals

If you need a specialist or other care, the Included Health care team can help find and schedule a high quality, in-network provider nearby who fits your needs.

For assistance or questions, contact the Included Health Care Team, available 24/7

- **Go to includedhealth.com/calpers or call the Included Health Care Team at** 1-855-633-4436
- **Download the mobile app** to chat with the IH Care Team

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Did you know all CalPERS Basic PPO members have access to Included Health?

Included Health can help support you with:

- **Getting care:** Finding in-network doctors and scheduling appointments
- **Understanding your benefits:** Get help with your benefits, coverage and costs
- **Expert support:** Talk with a nurse or request a second opinion
- **Virtual care:** Access primary care, urgent care, or mental health care online.

Get started today!

Go to includedhealth.com/calpers or call the Included Health Care Team at 1-855-633-4436

Scan the QR Code to download the mobile app