

## **Medical Insurance Benefit Plans**

The District offers a choice of five health plans:

- Kaiser Permanente HMO
- Kaiser Permanente Account Based Health Plan with a HSA
- Blue Shield HMO
- Blue Shield PPO
- Blue Shield Account Based Health Plan with a HSA

The Kaiser Permanente HMO, Blue Shield HMO, and Blue Shield PPO all require that you present your ID card to your provider, pay the applicable co-payment (if any), to receive services.

The two Account Based Health Plans (Kaiser and Blue Shield) have a high deductible that must be paid by the employee before the health plan will pay any portion of the cost of services. If you enroll in either of the two Account Based Health Plans, the District will contribute an agreed upon amount to a health savings account (HSA) on your behalf.

You may preview a benefits summary for each plan or view a comparison of the health plans on the Human Resources web page:

### [Medical Plans](#)

An additional benefit provided by SISC, available to all District employees, is the Employee Assistance Program (EAP). This program provides up to 6 free sessions with a professional provider per problem situation. Additional information regarding the EAP can be found on the Human Resources benefit web page.

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