



Heluna Health®

EMPOWERING POPULATION  
HEALTH INITIATIVES SINCE 1969

# MEDICAL RESOURCES



KAISER PERMANENTE®



## VIRTUAL VISITS

When you need care — anytime, day or night — virtual visits can be a convenient option. Talk with a doctor 24/7 about mild conditions such as flus, fevers, colds, sore throats, migraines, rashes, allergies, stomach aches, pink eye, and more.



## MOBILE APP & MEMBER ID CARDS

Access the convenient features of the free mobile app offered by your insurance carrier. View details about your plan benefits, search for in-network providers, and view claim history. You can also view an electronic copy of your member ID card.



## MEMBER DISCOUNTS & WELLNESS

Being healthy can be affordable, too. Take advantage of healthy discounts and extras included with your health plan to help you live better. Find discounts and perks on a variety of services including fitness and weight loss programs, eye care and hearing aids, health assessments, chiropractor and acupuncture visits, and more.



## CARE WHILE TRAVELING

If you get hurt or sick while traveling, you are covered for emergency care anywhere in the world. If you have an emergency while traveling, call 911 or go to the nearest emergency facility. Examples of emergency conditions are shortness of breath, excessive bleeding and severe pain to body parts or organs. If you need routine care while outside of your service area, contact your insurance carrier prior to your travel plans.

*For these and more  
helpful resources  
from Kaiser please  
scan the QR code!*



*For these and more  
helpful resources  
from UHC please  
scan the QR code!*



**Heluna Health Benefits Department**

[Benefits@HelunaHealth.org](mailto:Benefits@HelunaHealth.org)

**Tel:** 562.205.2433

**Fax:** 562.222.7373