

HEALTH PARTNERS OF NORTHERN CALIFORNIA NEWS



Important Phone Numbers

Benefits/Claim Status

UMR
(800) 207-3172
www.umar.com

Provider Questions

Health Partners Providers
(877) 830-7470
www.healthpartnersnca.org

First Health Providers

www.firsthealthcomplementary.com
(For services outside the Health Partners service area)

Nurse Care Advocate/
24-Hour Nurse Line
(855) 279-1545

Health Bridges

(800) 318-1529
www.healthbridgesofnorcal.com

Rx Drug Coverage

CVS Caremark Administered
by Rx Benefits
(800) 334-8134
www.caremark.com

A Virtual Doctor Visit Is Just a Few Clicks Away!!

As an HPNC plan member, you have access to a vast panel of telehealth providers, 24 hours a day, 7 days a week, from the comfort of your home or wherever you are. Through Amwell, you have access to Urgent Care, Therapy, Psychiatry, Nutritional Counseling and Tobacco Cessation.



Common conditions treated using telehealth:

- Sinus Infection
- Pink Eye
- Fever
- Cough
- Bronchitis
- Ear Pain
- Flu
- Rash, Hives

To register, simply download the Amwell app on your smartphone or tablet or go to:

Enter the service key **SCHDP** for HDHP members or **SCEPO** for EPO members when you sign up to view the list of services available to you as a Stanislaus County health plan participant.

Cost:

CATEGORY		EPO	HDHP
Medical Care	MD/DO/NP	\$20*	\$54 per visit*
Therapy	Masters Level	\$20	\$85 per session
Therapy	Doctorate Level	\$20	\$99 per session
Psychiatry	MD/DO	\$20	\$199 first session, \$95 follow-up
Nutrition	Registered Dietician	\$20	\$65 per visit
Tobacco Cessation	4-Session Series	\$0	\$0 for two 4-session quit attempts
		\$20	\$119 additional attempts

***Please note:** Copays for Medical Care visits through Amwell are temporarily waived through June 1, 2020 due to the shelter-in-place order because of COVID-19.



April Is Asthma Awareness Month!

According to the American Lung Association, nearly 26 million Americans have ASTHMA, including more than 6 million children. Asthma is a chronic lung condition that inflames and narrows the airways of your lungs, making it difficult to breathe. With asthma, swollen airways become extra sensitive to some things that you are exposed to in the environment every day, or asthma “triggers.” When you breathe in a trigger, your airways create extra mucus and swell even more, making it hard to breathe. It causes a variety of symptoms, such as wheezing, coughing, chest tightness and shortness of breath.

Triggers may include:

- Cigarette Smoke
- Dust & Pollen
- Air Pollution
- Animal Dander
- Stress
- Changes in Weather



The best way to manage your asthma is to avoid triggers, monitor your symptoms, work closely with your healthcare provider and develop an Asthma Action Plan.

[Click here](#) to create your Asthma Action Plan.

Wellness Corner



With the uncertainty surrounding COVID-19 and its impact on the community, we have canceled the May Onsite Wellness events. We are hopeful the summer will bring the opportunity to resume these events and are planning the next onsite events for mid-July. More information to come!

Cardiovascular Institute of Doctors Medical Center



Cardiovascular Institute of Doctors Medical Center, is a single, identifiable name that integrates the comprehensive heart services provided by Doctors Medical Center. An award-winning leader in heart care for more than 55 years, Doctors Medical Center has a strong foundation with the most advanced care available today. The hospital has performed more than 21,000 open heart surgeries. To learn more, please visit dmc-modesto.com/heart.

Did you know that you have access to a Medical Information Helpline for around the clock access to a Registered Nurse?

If you have questions about a medical condition or symptoms or you're wondering if you need to be seen by a doctor, they can provide triage support and direct you to the most appropriate level of care (Urgent Care, ER or your provider's office). To reach the 24-Hour Nurseline, call 1-855-279-1545.

(If you experience a life-threatening condition, go straight to the nearest ER.)

24-Hour Nurseline



Urgent Care

When to access Urgent Care versus Emergency Room



Urgent care centers can provide members access to medical care for relatively simple medical conditions like colds, sore throats, sprains, and strains at a fraction of the cost of an emergency room visit. Health Partners has contracted with most of the urgent care centers within Stanislaus County and surrounding areas:

Elite Urgent Care

1524 McHenry Ave.
Suite 340
Modesto, CA 95350
(209) 846-3176
Hours:
M-F 8am-7pm
Sat-Sun 9am-2pm
Walk-Ins Welcome

California Urgent Care Center

8001 Lorraine Ave.
Stockton, CA 95210
Hours:
9am-9pm
7 days a week
No appointments necessary
(209) 472-7400

Modesto Urgent Care

3440 McHenry Ave. Suite D6
Modesto, CA 95350
Hours:
M-F 8:30am-6:30pm
Sat-Sun 9am-2pm

Greenleaf Urgent Care

4707 Greenleaf Ct. Suite A
Modesto, CA 95356
Hours:
M-F 9am-8pm
Saturday 10am-6pm
(209) 338-1550
Fax: (209) 575-1101



Express Lane Urgent Care

711 E Hawkeye Suite 3
Turlock, CA 95380
Hours:
10am-6:30pm
7 days a week
Call for an appointment
Call Paul Anderson:
(209) 664-1550
Fax: (209) 664-1548

Patterson Urgent Care

1010 Sperry Ave. Suite D
Patterson, CA 95363
Hours:
M-F 9am-6pm
Closed for Lunch 1pm-2pm
Saturday 9am-1pm
Sunday 1pm-5pm
(209) 892-3111

Turlock Urgent Care

2010 Colorado Ave.
Turlock, CA 95382
Hours:
M-F 8am-6pm
Sat-Sun 9am-1pm
(209) 634-3300
Fax: (209) 667-1719

Modern Urgent Care

2519 E Whitmore Ave.
Ceres, CA 95307
Hours:
M-F 9am-7pm
Sat-Sun 9am-5pm
(209) 537-4700

Golden State Healthcare

3150 G Street
Merced, CA 95340
Hours:
M-Th 8am-10pm
Friday 8am-5pm
(209) 233-9364

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www.healthpartnersna.org