

TCC Benefits in Your Pocket

At The Claremont Colleges, we offer many ways for you to access your benefits on the go. With your mobile device, the information you need may be in your pocket or the palm of your hand!

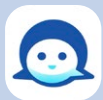
Visit your favorite app store to download these handy resources:



Kaiser

KP Mobile app

- Schedule an appointment
- Works as a digital member ID card
- Manage care for your family
- Locate medical offices, urgent care, and pharmacies
- Check lab results
- Email your doctor with non-urgent questions
- Refill most prescriptions
- Pay medical bills



Anthem

Anthem Sydney App

- Find a doctor
- Get your ID card
- Estimate and compare costs and quality ratings for procedures
- Refill your prescription or switch to mail order
- Estimate costs for prescription drugs
- View your online health record and share with your doctor
- View your Health Savings Account (HSA) balance and transactions
- Make HSA contributions and distributions
- Submit claims and track expenses
- Scan a product barcode to confirm if it's an eligible expense



Cigna

myCigna Mobile app

- Find a dentist
- Get coverage details and account balances
- View claims
- Use dental treatment cost estimator
- View, fax or email ID card information

CONTINUED >



LiveHealth Online

LiveHealth Online Mobile app

- For Advantage HMO and Anthem Act Wise HDHP plan members
- View profiles and select a doctor or other provider
- Speak with a provider 24/7 via phone or video chat and from the comfort of your home



Optum Employee Assistance Program (EAP)

myliveandworkwell app

- Find answers and support
- Learn about EAP services
- Find providers
- Get authorizations
- Connect to an EAP specialist on demand
- Browse library of helpful articles and tips



Talkspace

Talkspace Therapy & Counseling app

Only available through Optum EAP

- Limited to Optum's EAP five visits; one week of texting is considered as one EAP visit
- Get support for anxiety, depression, PTSD and other conditions
- Maintain regular communication via in-app chat, voice and video messaging
- No appointment necessary
- Use live video chat
- Matched with providers based on location, needs and preferences



Sanvello

Sanvello Anxiety & Depression app

Only available through Optum EAP

- Track current mood and identify patterns
- Measure personalized progress
- Take guided journeys
- Use coping tools
- Get community support



PayFlex (FSA)

PayFlex Mobile app

- View current Flexible Spending Account (FSA) balances
- Check on transactions
- Request reimbursement
- Snap a photo and upload documents
- Respond to alerts if you need to take action
- View graphical reports of your account activity

Contact Benefits Administration for assistance with getting the most from your benefit plans at **909-621-8151** or BENREPS@claremont.edu.