**Student Quick Guide to UC SHIP Mental Health Benefits**

- CAPS must write a referral for students to obtain non-urgent Anthem-SHIP mental health benefits.
- It is up to the client and mental health provider to verify benefits and fees before receiving services.
- UCSHIP Anthem Customer Service Phone # (866) 940-8306
- Some services, beyond routine outpatient care require preauthorization. Contact Anthem directly for additional details.
- Referrals must be renewed annually.
- In-network providers should submit claims directly to Anthem.
- SHIP may not cover your services if you have an additional insurance. If you have an insurance in addition to SHIP, please contact Anthem Members Services at (866) 940-8306 for guidance on how to proceed.
- To request reimbursement for out-of-network services, students must obtain a CAPS referral.

**Fees**

<table>
<thead>
<tr>
<th></th>
<th>BHS</th>
<th>Tier 1</th>
<th>Tier 2</th>
<th>Tier 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Therapy and Psychiatry Outpatient Visits</td>
<td>BHS</td>
<td>UC Family (UC Health Centers)*</td>
<td>Anthem In-Network Provider</td>
<td>Out-Of- Network Provider**</td>
</tr>
<tr>
<td>Facility-Based Care (e.g. IOP, PHP)</td>
<td>$0</td>
<td>$10</td>
<td>$25</td>
<td>40%</td>
</tr>
<tr>
<td>Deductible (combined medical and mental health)</td>
<td>$0</td>
<td>$0</td>
<td>$300 – waived for office visits</td>
<td>$500</td>
</tr>
</tbody>
</table>

* UC Family includes providers associated with UC Medical Centers at the following campuses (UCSD, UCI, UCSF, UCD) are available through UCSHIP website.
** Full fee required at time of service. The client responsible for submitting claims for reimbursement. Provider Fees may be higher than the Usual and Customary Rate.

*Updated 1-9-17*
Finding a SHIP-Anthem In-Network Mental Health Provider

Follow these 5 steps to assist you in finding a SHIP-Anthem in-network mental health provider after you have obtained a referral from CAPS:

1. Go to anthem.com/ca. On the top left of the page, click ‘Menu’. On the next page, in the center column ‘Care’, click on ‘Find a Doctor’.

2. On the left-hand side of the next screen you can search as a member by creating an account. If you create an account, you will not need the instructions, below. After logging on, simply indicate their type of provider and location you are looking for.

   - You may also search without creating an account by clicking on the phrase 'Search by Selecting a Plan or Network' on the right-hand side of the screen, below ‘Search as a Guest’.

3. On the next screen
   - Below 'Type of Care' select 'Medical'.
   - Below 'What State' select 'California' (even if you are searching for a provider in another state).
   - Below 'Plan/Network' select 'UCSHIP' by typing this into the drop-down box.
   - Click Continue.

4. On the next screen
   - Below 'I'm looking for a' select 'Behavioral Health'.
   - Below 'Who specializes in' choose a provider type. Licensed Clinical Social Worker, Marriage and Family Therapists, and Psychologist provide talk therapy. Psychiatrists provide medication management.
   - If you have specific requirements for a therapist, complete the information by selecting 'Show specialty details'.
   - Below 'Located Near' enter the Westwood zip code of 90024 if you are looking for a provider near campus. Otherwise, enter the zip code of your choosing.
   - Adjust the miles depending on your mode of transportation and personal convenience.
   - Make sure to click the button for 'Accepting new patients'.

5. Click Search.

*Updated 1-9-17*