

# 2025 Alera Group Medical Plan Options: At a Glance

This chart provides an “at a glance” look at all the resources available through the Alera Group medical plans and carriers. See details about all of the medical plan options and resources on [MyAleraGroupBenefits.com](https://www.MyAleraGroupBenefits.com).

	National Plans Available to All Benefit-Eligible Colleagues							Additional Regional Plans for California Colleagues Only	
	Surest	\$3,300 HDHP UHC	\$6,000 HDHP UHC	PPO UHC	\$3,300 HDHP Blue Cross Blue Shield (BCBS)	\$6,000 HDHP Blue Cross Blue Shield (BCBS)	PPO Blue Cross Blue Shield (BCBS)	\$3,300 HDHP Kaiser	HMO Kaiser
Provider Network	UnitedHealthcare Choice Plus Network				BCBS Participating Provider Organization (PPO) Network			Kaiser (in-network only)	
Employer HSA Contributions	Not available	\$500 / \$1,000	\$1,000 / \$2,000	Not available	\$500 / \$1,000	\$1,000 / \$2,000	Not available	\$500 / \$1,000	Not available
Prescription Drug Coverage	OptumRx	OptumRx	OptumRx	OptumRx	OptumRx	OptumRx	OptumRx	Kaiser	Kaiser
Mental Health Support*	Spring Health	Spring Health	Spring Health	Spring Health	Spring Health	Spring Health	Spring Health	Spring Health	Spring Health
Musculoskeletal Pain Support	Sword Health	Sword Health	Sword Health	Sword Health	Sword Health	Sword Health	Sword Health	N / A	N / A
Virtual Care Services	Surest	UHC Virtual Visits	UHC Virtual Visits	UHC Virtual Visits	BCBS Virtual Primary Care (Teladoc)	BCBS Virtual Primary Care (Teladoc)	BCBS Virtual Primary Care (Teladoc)	Kaiser	Kaiser
Expert Medical Guidance and Second Opinions	Included Health	Included Health	Included Health	Included Health	Included Health	Included Health	Included Health	Included Health	Included Health
Care Coordination	Surest	UHC	UHC	UHC	BCBS	BCBS	BCBS	Kaiser	Kaiser

\*You do **not** have to be enrolled in an Alera Group medical plan to access Mental Health Support through Spring Health.