



LOCAL GOV

health + wellness

ABOUT US

The Local Government Health Insurance Plan (LGHIP) has been providing exceptional and affordable health insurance benefits for local government entities in Alabama since 1993.

AFFILIATED WEBSITES

LGHIB: www.lghip.org

BCBS: www.bcbsal.org

OptumRx: www.optumrx.com

Southland: southlandbenefit.com

Blue365: blue365deals.com/BCBSAL



Blue365

Employees with LGHIB insurance coverage through Blue Cross Blue Shield have access to a variety of discounts.

- Fitbit
- Garmin
- Skechers
- Echelon Fitness
- Les Mills
- Obe Fitness
- + discounted gym memberships

blue365deals.com/BCBSAL

Local Government Health Insurance Plan

Benefits for Active Employees

BCBS Group 30000



Blue Cross and Blue Shield of Alabama

Active employees and non-Medicare retirees enrolled in the Local Government Health Insurance Plan (LGHIP) have their health and dental coverage with Blue Cross and Blue Shield of Alabama.

www.bcbsal.org | 1-800-321-4391



OptumRX

Active employees and non-Medicare retirees enrolled in the LGHIP have OptumRx as their pharmacy benefit manager.

Members may visit OptumRx.com to submit for drug reimbursement, view drug claims, price drugs, view prescriptions and more.

optumrx.com | 1-844-785-1603
Optum Specialty: 1-855-427-4682
specialty.optumrx.com



Southland

Active employees and non-Medicare retirees enrolled in the LGHIP have Southland for their vision and dental coverage. The voluntary vision and dental plans can be purchased individually or together, with or without medical coverage.

Southland subscribers also have access to a hearing discount through TruHearing.

southlandbenefit.com | 866-327-6674



P.O. Box 304901
Montgomery, AL 36130



(334) 851-6802
1-866-836-9137



www.lghip.org
LGHIBAnnouncements@lghip.org



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HEALTH MANAGEMENT PROGRAMS

The LGHIP provides its health management programs for free for all eligible participants. For eligibility, participation requirements or more information about any of the health management programs, please contact the specific program directly.

AFFILIATED WEBSITES

Baby Yourself:

AlabamaBlue.com/BabyYourself

Virta Health: virtahealth.com/lghip

Hinge Health: hinge.health/lghip-conference

Teladoc: teladoc.com/Alabama



Teladoc

Active members and non-Medicare retirees enrolled in the LGHIP have access to Teladoc. This service brings general medical care by phone or video 24/7 for free. Contact Teladoc for non-emergency medical care at your convenience.

Teladoc.com/Alabama
1-855-477-4549

Local Government Health Insurance Plan

Benefits for Active Employees
BCBS Group 30000



Baby Yourself

Baby Yourself is a FREE maternity management program which includes:

- A personal nurse to answer questions during and after pregnancy.
- Gifts and educational resources.
- Information on breastfeeding.
- A FREE app to track the pregnancy.
- Waived hospital copays for delivery.

Covered subscribers and their eligible covered dependents must enroll before the end of their second trimester.

1-800-222-4379

AlabamaBlue.com/BabyYourself



Virta

Eligible LGHIB subscribers and their spouses have access to Virta, a FREE program that may assist members with type 2 diabetes to reverse their diagnosis. While enrolled in Virta, patients may see a lower A1c, lose weight and may even eliminate their need for diabetic medication.

Enrollment in this program is free. For more information, please visit the Virta website.

virtahealth.com/LGHIP



Hinge Health

Hinge Health is a FREE benefit that provides virtual exercise therapy for members with joint or muscle pain. This program is guided by a team of physical therapists and qualified health coaches that create a custom care plan for your needs.

hinge.health/lghip-conference



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