

hello
SUMMER

news letter



How to Access Delta and Sydney Apps

Accessing the Delta Administration Website

You can access your EOB, paid claims, and more on the Delta Administration website. Sign up on www.deltahealthsystems.com and fill out the required information to create an account. You can view the claims Delta has paid to Anthem and can also export a list of all paid claims, check numbers and dates. You can also view all of your EOB for claims. Please note that Delta pays Anthem for your claims, and Anthem then pays your provider. You can check the Sydney app to see if your provider has been paid.

Accessing the Sydney App for Anthem



To access your Anthem benefits account, you can download the Sydney app through the app store on your mobile device. Download the Sydney app, enter the required information for your account, and you now have access to all the billing information, claims, deductible met amount, claims paid, and your digital insurance card. We encourage you to download this app if you have Anthem. It is valuable when trying to track paid claims, check your deductibles, etc.

Stay safe in the Sun

The safest sun protection is a strategy recommended by dermatologists: seek shade during peak UV hours (10 a.m. to 4 p.m.), wear UPF clothing and wide-brimmed hats, and apply broad-spectrum sunscreen (SPF 30 or higher) to all exposed skin. **Mineral vs. Chemical: Dermatologists agree that the best sunscreen is the one you wear.** Mineral sunscreens (containing zinc oxide or titanium dioxide) sit on the skin's surface and are ideal for sensitive skin or for use around fragile coral reefs. Chemical sunscreens absorb UV rays and are often preferred for water resistance and a seamless finish under makeup.





GLP-1 Pre Authorization

Starting August 1, 2026, all GLP-1 prescriptions will go through a prior authorization process. This will be the process for current and new GLP-1 prescriptions. You should have received a letter from Delta notifying you of this new process. We encourage you to please let your provider know that starting August 1st, there will be a PA in place.

How long will the PA process take? This is a new process, and while we hope the process takes a week or two, it could take longer. This is why we encourage you to let your doctor know now so they can prepare when the time comes.

The parameters to receive this medication with the new PA process are as follows:

-BMI of 30 or above

-BMI 27 or above + 1 comorbidity

You should have this conversation with your physician as soon as possible. Get your questions asked and answered. Your physician will be producing the PA; it is generally a letter or other written notice.

What if I am currently taking this and don't meet the guidelines? You should have this conversation with your physician as soon as possible. Get your questions asked and answered.

How long does the PA last, and do I need to get a PA every month? We don't anticipate needing to get a PA every month. You should have this conversation with your physician as soon as possible. Get your questions asked and answered.



If You Still Have Claim Issues....

If you still have claim issues that have not been resolved, please be sure to fill out the QR code form below or [click here](#). Delta has been working diligently for the last two months to try and get all claims resolved with Anthem and thus your providers. We want to be sure our members claims are being taken care of. You can also contact CTACustomerService@delapro.com





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Contact List

Delta Health Systems

1-888-401-7743

www.deltahealthsystems.com

CTACustomerService@delapro.com

Anthem Blue Cross

Group # L08358

Delta Health Systems Customer Service:
(888) 401-7743

Visit: www.anthem.com/ca

Kaiser Permanente

North, Group # 00437

South, Group # 101895

Toll Free: (800) 464-4000

www.kp.org/memberservices

VSP

Group # 12309884

Toll Free: (800) 877-7195

www.vsp.com

Delta Dental

Group # 07158-02301

Toll Free: (888) 335-8227

www.deltadental.com

Ameritas Dental

Group # 010-302142

Toll Free: (800) 659-2223

www.ameritas.com

Express Scripts

Actives & Non-Medicare Retirees

Group # 3706

Toll Free: (800) 501-7162

Medicare Retirees,

Group # 7088

Toll Free: (844) 682-5150

www.express-scripts.com

Chicken Mandi



- 1 medium chicken divided or 2lbs chicken parts
- 2 cups basmati rice
- 4 cups water
- 1 large onion, 4 cloves garlic, 2 green chilis
- 1.5 tsp salt, 3 tbsp ghee or olive oil, 1 tbsp turmeric powder
- 1 tsp coriander, ½ tsp cardamon, ¼ tsp cloves
- ½ tsp cinnamin, 1 tsp black pepper, 2 bay leaves

Instructions

1. Clean and cut the chicken; marinate briefly with salt, turmeric, and a little oil.
2. Rinse and soak basmati rice 20–30 minutes.
3. In a large pot, heat ghee/oil. Fry chopped onion until golden. Add minced garlic and green chilies and fry 1–2 min.
4. Add whole spices (cardamom, cloves, cinnamon, bay leaves) and ground spices (coriander, cumin). Stir until fragrant.
5. Add chicken pieces, brown lightly, and add enough water/chicken stock to cover. Simmer until chicken is nearly cooked.
6. Remove chicken; measure remaining liquid and add soaked rice. Bring to a boil, then reduce heat, cover and cook rice until almost done.
7. Return the chicken to the rice pot on top, cover tightly and steam on low for 10–15 min so flavors meld.
8. (Optional) For authentic smoky aroma: heat a small charcoal until red hot, place it on a small foil cup in the center of the pot, add a tsp of butter/oil on the coal, then cover immediately to trap smoke for 5–10 minutes. Remove coal.
9. Garnish with fried onions, chopped coriander and serve with chutney or raita.