



Team Up for Health Wellness Program Update

Now that another year of the PEEHIP *Team Up for Health* Wellness Program has come to a close, it is time to start making preparations for the upcoming plan year to ensure you have every opportunity to complete all of your required activities again to reach 100% complete and earn your waiver of the \$50 monthly wellness premium waiver.

PEEHIP does not want any member to incur the \$50 wellness premium. There are even options to remove the waiver prospectively for the remaining months of the plan year – even if you missed the August 31 deadline. If you are still incomplete, you are not locked in to paying the \$50 monthly wellness premium all year. Visit www.MyActiveHealth.com/PEEHIP to see what activity you have remaining to reach 100% complete and earn the \$50 wellness premium waiver.

The *Team Up for Health* Wellness Program is PEEHIP's primary and strongest effort to reduce the rising level of chronic disease and health risk in the PEEHIP membership. We encourage all members to fully engage in the program and enjoy all of the potential benefits including greater education of healthy habits, awareness of risk, and availability of tools and methods to better

manage chronic conditions. By leveraging the Wellness Program to its full potential, PEEHIP members have the opportunity to enjoy healthier and more capable lives while also significantly impacting the rising cost of healthcare facing the PEEHIP plan.

Moving into the upcoming plan year starting this October 1, there are no changes in the Wellness Program nor the required activities needed to reach 100% complete and earn your \$50 monthly wellness premium waiver. While the Health Questionnaire (HQ) and Health Coaching must be completed again starting every October 1, Wellness Screenings can be completed again every August 1.

As a reminder, Wellness Screenings obtained at your primary care physician's office are normally filed as a routine office visit, which are only covered under your PEEHIP Blue Cross Blue Shield benefits once per calendar year. Please call the number on the back of your insurance card prior to visiting your physician if you have any questions about your screening being covered.

Please check back in next month's *PEEHIP Advisor* for final completion numbers. ●

UnitedHealthcare® to Host Retiree Education Meetings Statewide

RSVP
to reserve
your seat!

Medicare-eligible PEEHIP retirees and Medicare-eligible dependents of PEEHIP retirees will have the opportunity to learn more about the UnitedHealthcare® Group Medicare Advantage (PPO) plan through a series of education meetings held throughout the state. UnitedHealthcare® will be hosting nearly 100 meetings including at least one meeting in each county of Alabama. These meetings began on August 22 and will end November 10, 2016.

Due to the large number of meetings and the length of time over which the meetings are scheduled, **Medicare-eligible PEEHIP retirees will receive a meeting invitation for meetings in their area approximately 2-3 weeks in advance of the meetings.** In addition, PEEHIP retirees can go online to www.rsa-al.gov/index.php/members/peehip/retirees-medicare and www.UHCRetiree.com/peehip to view the meeting schedule.

To attend a meeting, you must call UnitedHealthcare® to reserve a seat. When you know the date of the meeting you wish to attend, simply call UnitedHealthcare® at 866.561.4042, TTY 711, 8 a.m. – 8 p.m. local time, 7 days a week to reserve your place. This information will also be included in the meeting invitation.

If you are unable to attend a meeting in person, UnitedHealthcare® will be offering a limited number of teleconferences that you can attend via phone. During the teleconferences you will hear a short presentation similar to the in-person meetings. You will then have the opportunity to ask UnitedHealthcare® representatives your questions. More information on teleconference meetings including dates, times and the specific telephone number to call will be included in the meeting invitations and the full meeting schedule posted online. Reservations for the teleconferences are not required. ●

Time for Your Flu Shot



Influenza, or the flu, is contagious and spread by coughing, sneezing, or nasal secretions. Adults can begin to infect others as early as one day prior to showing any symptoms and as long as five days after showing symptoms. Furthermore, the flu can range in severity and even causes 36,000 deaths each year on average.

PEEHIP has benefits in place to fight the flu virus, including offering free influenza vaccines through the Alabama Department of Public Health (ADPH) onsite at PEEHIP participating schools and workplaces throughout the flu season. These free flu vaccines are available for members, retirees, and dependents age 18 or older who are enrolled in any PEEHIP offered benefit and who show a PEEHIP ID card at the time of

the flu shot appointment. To see a listing of available and upcoming flu shot clinics offered by ADPH, please visit <https://dph1.adph.state.al.us/PublicCal/>.

PEEHIP also covers flu shots administered at participating pharmacies when given at the pharmacy location. For Medicare-eligible retirees and Medicare-eligible dependents of PEEHIP retirees, flu shots are also available at participating pharmacies but must be filed directly to Medicare Part B so please remember to bring your Medicare card. Medicare pays 100% of the flu shot once every flu season with no Part B deductible or copayment required.

Please note that effective January 1, 2017, PEEHIP is transitioning to a Medicare Advantage Group PPO plan through UnitedHealthcare, so Medicare members will need to bring their new PEEHIP UnitedHealthcare Medicare Advantage card when seeking a flu shot on or after January 1, 2017. ●

New Online Wellness Screening Reservations

PEEHIP recognizes that obtaining your annual wellness screening takes a commitment on your part. Along with our partner, the Alabama Department of Public Health (ADPH), we are continuously seeking ways to improve and tailor the *Team Up for Health* Wellness Program to be more helpful and convenient.

Moving into the third year of the program, we are excited to announce that ADPH has now introduced an online Wellness Screening appointment reservation system. You can visit the ADPH screening schedule website at <https://dph1.adph.state.al.us/PublicCal/> and click "Schedule an Appointment" as shown to the right to reserve your time slot for your Wellness Screening.

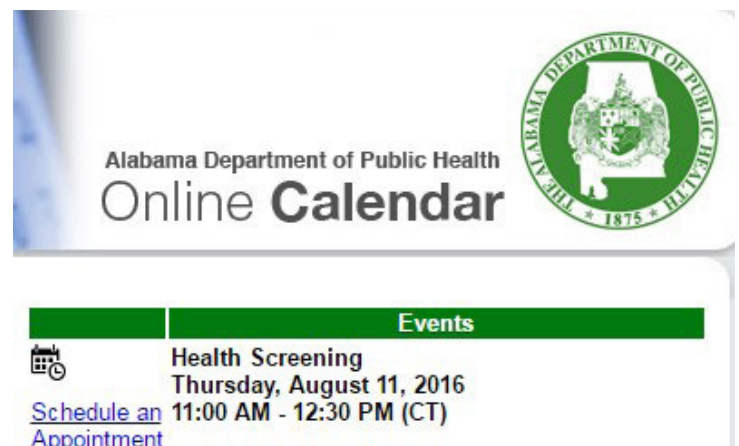
By reserving your slot, you will not only know the time needed for you to get your screening in the most efficient manner, but you also assist your fellow members by helping to prevent possible overflows from an excess amount of members seeking a screening at any given time.

The online screening scheduler is a new benefit provided by ADPH and is still being expanded into all screening events. As this new feature is expanded, you may find some screening events listed that do not yet

include this feature. For these, you may simply attend the screening event as before, or contact the location where the screening event is to be held to inquire about reserving a time slot.


Members seeking a Wellness Screening without an appointment or time slot will continue to be allowed and screened by ADPH according to availability at the time of the screening.

For help or questions using the online screening reservation system, please contact ADPH at 800.252.1818. ●



Alabama Department of Public Health
Online Calendar

Alabama Department of Public Health
1875

Events	
	Health Screening Thursday, August 11, 2016 Schedule an Appointment 11:00 AM - 12:30 PM (CT)

Save by enrolling in a Flexible Spending Account

Flex Open Enrollment July 1 – September 30

Looking for ways to save on medical and childcare expenses? Enroll in a Health or Dependent Care Flexible Spending Account (FSA). Most members who enroll in an FSA save \$20 - \$40 dollars on every \$100 they spend on medical, dental, vision or dependent daycare expenses. Simply decide how much you will need for the plan year, then the amount you elect is divided into 12 equal monthly contributions and is withheld directly from your paycheck.

All funds put into your Health or Dependent Care FSA through payroll deduction are tax free. No income tax is paid on the funds before or after they are used on eligible expenses. To take advantage of this savings opportunity, enroll by September 30, 2016, for the new plan year that starts October 1. The quickest and easiest way to enroll is online through PEEHIP's Member Online Services (MOS) at <https://mso.rsa-al.gov>.

FSA Options

Use the Health FSA for qualified expenses including medical, dental, vision, deductibles, copayments and coinsurance for you and your eligible dependents. Use the Dependent Care FSA for daycare or eldercare, pre-school and afterschool services.

Using an FSA

The PEEHIP Health FSA is similar to a tax-free loan for medical expenses. The total annual amount you select during Open Enrollment is available to you the first day of the plan year, October 1, 2016. You do not have to wait for payroll deductions before accessing funds in your Health FSA. Most reimbursements are automatically deposited into your bank account within 3-5 days after your provider files a claim.

Unlike the Health FSA, reimbursement from the Dependent Care FSA is more like a checking account. Funds become available only after they have been withheld from your paycheck. For Dependent Care reimbursement you must submit a receipt for services. You can also schedule to have funds sent to you automatically each month by signing up for recurring payments.

To learn more about flex accounts, contact HealthEquity at 877.288.0719 or www.HealthEquity.com/PEEHIP. HealthEquity is PEEHIP's new flex partner beginning with the new plan year.

New this Year

Beginning the new plan year, PEEHIP will offer a prescription debit card through HealthEquity. When picking up prescription medication from your pharmacy just swipe your HealthEquity Prescription Debit Card and retain your receipt. The debit card is limited for use at the pharmacy only.

2016 Plan Year Ending Soon

If you enrolled in a Health or Dependent Care FSA last Open Enrollment, you should have used most of your funds by now. If you have not, now is the time to go over your healthcare and daycare receipts to be sure you have been reimbursed for all eligible expenses. The last day to incur an expense for the 2016 plan year is September 30, 2016. Claims must be filed by January 15, 2017. Up to \$500 of unused funds in your Health FSA can be carried over to the new plan year. If you need help filing claims, please contact Blue Cross and Blue Shield Preferred Blue Accounts at 800.213.7930. Remember to continue participation in the PEEHIP Flexible Spending Account plan you must re-enroll each plan year. ●

UnitedHealthcare[®] Group Medicare Advantage (PPO) Plan Copay Update

As a reminder, the July 2016 *PEEHIP Advisor* newsletter included a 4-page insert with extensive information regarding PEEHIP's new **UnitedHealthcare[®] Group Medicare Advantage (PPO) Plan** that is effective January 1, 2017, for Medicare-eligible retirees and Medicare-eligible dependents of PEEHIP retirees. Please note that the office visit copays published in the insert for primary care physicians and specialists have been updated to \$13 and \$18, respectively. For more information regarding this new plan, visit the new PEEHIP UnitedHealthcare[®] website at www.UHCRetiree.com/PEEHIP or call the dedicated UnitedHealthcare[®] number at 877.298.2341. ●

Information Regarding Faxes to PEEHIP

While PEEHIP does accept incoming documents via fax, please note that faxed documents are not prioritized over documents received via mail or hand delivered. In an effort to equitably process all incoming documents received by the PEEHIP office, all incoming documents are processed in the same manner and faxed documents are not shown priority over documents delivered by paper mail.

PEEHIP also offers our Member Online Services (MOS) website at <https://mso.rsa-al.gov> for updating information, enrolling in coverage, canceling coverage or changing coverage. Using MOS is the preferred method because it will provide a confirmation of the update as well as the fastest processing.

In the event that you need to provide PEEHIP with documentation that cannot be completed via MOS, standard paper mail is the next most efficient method to ensure your documents are processed as timely as possible. Paper mailed documents near a deadline will include a postmarked date, which will be used to verify your documents were mailed by the applicable deadline. Lastly, PEEHIP does accept faxed documents if neither of the previously mentioned methods are feasible.

For all other situations which may require a faxed document, please remember to follow the guidelines listed below:

- ◆ The faxed form must be filled out completely, clearly and legibly.
- ◆ All faxes should contain your complete identifying information including the last four digits of your SSN and/or PID number.
- ◆ If the fax does not contain a PEEHIP form, please include a fax cover letter that includes the member's identifying information. ●

MedImpact's ChoiceSpecialty[®] Program for PEEHIP

MedImpact administers PEEHIP's specialty drug program. Under the PEEHIP prescription drug benefit, specialty medications should be filled at a ChoiceSpecialty[®] participating pharmacy. If you are taking a medication that is on the PEEHIP Specialty Drug List, you can use one of the ChoiceSpecialty[®] participating pharmacies listed at www.rsa-al.gov/index.php/members/peehip/pharmacy.

Please be advised, as of September 1, 2016, Walgreens Specialty will no longer be a participating pharmacy in MedImpact's ChoiceSpecialty[®] network for PEEHIP's Commercial/Non-Medicare Prescription Drug Plan. All active members and non-Medicare eligible dependents who have been prescribed a specialty medication currently being dispensed by Walgreens Specialty were mailed a letter prior to September 1. If you would like to continue filling your prescription with a ChoiceSpecialty[®] participating pharmacy, please refer to the list of participating ChoiceSpecialty[®] pharmacies.

To enroll, please call to speak with a ChoiceSpecialty[®] pharmacy representative. They will reach out to your healthcare provider to get a new prescription for you or have your specialty prescriptions transferred from your current pharmacy. For a complete list of specialty therapies available at each ChoiceSpecialty[®] participating pharmacy, please call or visit the respective ChoiceSpecialty[®] participating pharmacies' websites listed at the following link www.rsa-al.gov/index.php/members/peehip/pharmacy. The PEEHIP Specialty Drug List can also be accessed at this link.

Additional Information for the Active Members and Non-Medicare Eligible Retirees

When using a ChoiceSpecialty[®] participating pharmacy, you will be responsible for your copayment and PEEHIP will pay the remainder of the cost. If you choose to use a pharmacy that is not a ChoiceSpecialty[®] participating pharmacy, you will be responsible for paying 100% of the cost up front. You may then submit a Direct Member Reimbursement claim to MedImpact, and you will be reimbursed no more than the MedImpact contracted rate less your copayment. ●