



**Coming  
Soon!**

**Naturally Slim™ is  
rebranding to  
Wondr Health™.  
Same great program,  
new name and look.**

**O**ur digital weight loss benefit is rebranding. Naturally Slim™ (NS) will be changing its name to Wondr Health™ on May 13, 2021.

If you are already a participant, the program will have a new look and name, but there is no need to re-enter any of your personal information or update your login credentials. Same program, just a new look with no interruption to your progress. Log in at [www.naturallyslim.com](http://www.naturallyslim.com) to continue learning the science-based skills you need to lose weight and keep it off, while still

eating the foods you love.

For PEEHIP members interested in participating in NS, the next class will begin May 3, 2021. Space is limited, so be sure to apply for your spot between April 5 – 16, 2021. You can join the waitlist at [www.naturallyslim.com/PEEHIP](http://www.naturallyslim.com/PEEHIP) so that you will be the first to be notified when the application period opens.

To learn more about the rebrand, go to [go.naturallyslim.com/expectwondr](http://go.naturallyslim.com/expectwondr). ●

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## Wellness Screenings Are Due by August 31

**N**ow that the school year is coming to a close, PEEHIP would like to remind members and spouses enrolled in the Blue Cross Blue Shield Group #14000 Plan that your annual wellness screening is due by August 31, 2021, to earn your waiver of the \$50 wellness premium starting October 2021. There are three convenient ways for you to obtain this screening:

- ◆ Alabama Department of Public Health nurses administer wellness screenings onsite at PEEHIP participating schools and workplaces.
- ◆ Wellness screenings are now available by appointment at participating pharmacies all over the state. For a list of participating pharmacies,



visit [www.rsa-al.gov/peehip/wellness](http://www.rsa-al.gov/peehip/wellness).

- ◆ Lastly, screenings can be obtained from your primary care physician by using PEEHIP's Healthcare Provider Screening form, which can be printed from the website above. ●

# Flexible Spending Accounts Update

## Unlimited Dependent Care and Healthcare Balance Rollover

If you were enrolled in a 2020 PEEHIP Flexible Spending Account (FSA) that expired September 30, 2020, and had a remaining balance after the January 15, 2021, closing deadline, we have great news for you. Typically, any funds remaining in a Dependent Care FSA (DCRA) or in excess of \$500 in a Health FSA is forfeited. However, due to the coronavirus pandemic, the federal

for the 2021 plan year, the remaining balance from your 2020 FSA has already been added to your current 2021 FSA for easy access. If you did not re-enroll for the 2021 plan year and had a remaining balance after the closing deadline, HealthEquity will automatically create a rollover only account for you and notify you of the balance and ways to access the funds. Health FSA funds can only be used on



qualifying medical expenses and DCRA funds can only be used on qualifying dependent daycare expenses. You may request a reimbursement from your rollover account for qualifying eligible expenses incurred between October 1, 2020, through September 30, 2021.

The deadline to submit a reimbursement request to HealthEquity is January 15,

government is allowing FSA plans to carry over the full remaining balance and allow participants access to the funds through the following plan year. This unlimited Carryover Provision applies to the Health FSA and the DCRA for active members that remained enrolled in the PEEHIP FSA until the end of the 2020 plan year.

For members that re-enrolled in the FSA

2022. As always, if you take an unpaid leave of absence, terminate employment, or retire, your remaining FSA or Rollover balance will be forfeited. You may log in to your HealthEquity account at [www.healthequity.com/PEEHIP](http://www.healthequity.com/PEEHIP) to view your current balance, or contact HealthEquity Customer Service at 877.288.0719 for additional details. ●



## Put on your gardening gloves!

**D**id you know that April is National Garden Month? It is time to celebrate the grand American tradition of gardening at home with [ChewsWiselyAlabama.com](http://ChewsWiselyAlabama.com). Home gardens aren't just beautiful outdoor living spaces filled with beautiful flowers and plants. They are a place of limitless opportunity where you can grow healthy fruits and vegetables for your kitchen.

### Plant the seeds for a healthy appetite

Not only is this month a time of renewal and growth, but here in Alabama it's the best time of the year to plant a healthy assortment of fruits and vegetables, including okra, asparagus, beans, sweet corn, cucumbers, peppers, tomatoes, squash, and more.

Planting your own garden also has many benefits. For one, it's physical exercise. Another benefit is savoring the taste of produce you've raised yourself because of the effort it took to get them to your table. Best of all, it encourages you to eat more fresh fruits and vegetables, which often have more nutrients than store-bought varieties.

Here are some tips on starting your own garden:

- ◆ Plant fruits and vegetables you like to eat.
- ◆ Pick the part of your yard that gets at least 6 hours of daylight each day.
- ◆ Make sure the location has easy access to water.
- ◆ Use fertile, contaminant-free soil.
- ◆ Consider a raised garden bed. It can help you control the soil and nutrient blend.

### Join Kelsey in the Kitchen

Want some down-home deliciousness that's healthy for you? Get cooking tips from Alabama native and *Top Chef* winner Kelsey Barnard Clark. Chews Wisely Alabama<sup>SM</sup> has partnered with Kelsey to show you that healthy food doesn't have to come at the expense of flavor and delectable goodness. Check out her recipes on [ChewsWiselyAlabama.com](http://ChewsWiselyAlabama.com) and follow us on Facebook and Instagram for notifications about her next live event.

### Share your secrets to great taste

At Chews Wisely Alabama<sup>SM</sup>, we know the best recipes come from the most

## RECIPE OF THE MONTH



### INGREDIENTS

- 1 1/2 cups** low-fat or fat-free Greek yogurt
- 1 (4 oz)** jar diced pimento, drained
- 1 (8 oz)** block reduced-fat extra-sharp Cheddar cheese, shredded
- 1 (4 oz)** block reduced-fat Monterey Jack cheese, shredded

### INSTRUCTIONS

1. Stir together yogurt and pimento peppers.
2. Stir in Cheddar and Monterey Jack cheese.

Makes about 3 cups. Serve with vegetables as a low-carb snack option or with whole-grain crackers.

[ChewsWiselyAlabama.com](http://ChewsWiselyAlabama.com)

authentic of sources, you. We would love to see your healthy recipes. Share them at [ChewsWiselyAlabama.com/submissions](http://ChewsWiselyAlabama.com/submissions) and check back often for recipes submitted from Alabamians like you.

### Food can be healthy and scrumptious

You will find plenty of meal ideas and how-to videos for enjoying nutritious and healthy spins on Alabama favorites from across the state at [ChewsWiselyAlabama.com](http://ChewsWiselyAlabama.com). This month check out our healthy take on an old Southern favorite: pimento cheese. ●

## Medicare-Eligible PEEHIP Members

The information below pertains to Medicare-eligible PEEHIP retirees or Medicare-eligible dependents of PEEHIP retirees. For more information, visit [www.rsa-al.gov/peehip/retirees/](http://www.rsa-al.gov/peehip/retirees/).

### Prescription Take Back Day: April 24, 2021

Spring is here! Spring cleaning your medicine cabinets may be long overdue. Proper disposal of medications is one of the easiest ways for seniors to help prevent drug misuse by others, particularly teens.

Two-thirds of teens who misused prescription pain relievers in the past year got them from family or friends.<sup>1</sup>

Medications are often taken from grandparent's medicine cabinets and may go unnoticed for a long time. Teens misuse prescription medications for a variety of reasons. They may think prescription drugs are safer than illegal drugs or may also be seeking a way to get high and look for specific medications in your medicine cabinet. Any misuse is dangerous and may potentially lead to an overdose and/or death.

Keeping unused, expired, or unneeded medications poses a potential safety risk to the teens within your family or circle of friends. To help decrease this risk, the Drug Enforcement Agency (DEA) holds a National Drug Take Back Day twice a year in April and October. The next National Take Back Day is scheduled for April 24, 2021. Please consider disposing of medications that are no longer being used. **Flushing medications down the toilet or disposing of them in the garbage is not recommended.** Visit the DEA website at [takebackday.dea.gov](http://takebackday.dea.gov) to locate a site near you. If you missed the National Take Back Day, there are sites that will take back medications all year long. Please check Controlled Substance Public Disposal Locations at - Search Utility at [usdoj.gov](http://usdoj.gov) to locate a disposal site.

If you do not have unwanted or expired medications, please make sure that you have secured your currently prescribed medications where only you can access them. Safely securing and disposing of medications may save a young life.

### Your PEEHIP Humana Plan – Routine and Diabetic Vision Benefits

You know how important your vision is and so do we – that is why your PEEHIP Humana Group Medicare Advantage (PPO) Plan is here to help you protect it. The American Academy of Ophthalmology recommends adults ages 65 and older receive complete eye exams every one to two years.<sup>2</sup> Through your PEEHIP Humana Plan, you are eligible for a routine eye exam once every 12 months. This benefit is available at both in- and out-of-network providers with an \$18 copay.

Have you been diagnosed with diabetes? If so, it may be time for you to complete your annual diabetic eye exam. This yearly preventive exam is in addition to your routine eye exam and is available at no cost to you through your PEEHIP Humana Plan. The eye exam can be completed at an in- or out-of-network optometrist, ophthalmologist, or retinal specialist office. Changes in the eye can happen slowly,

and you may not feel anything at first. A comprehensive exam can help discover problems that may lead to blindness, such as diabetic retinopathy, cataracts, and glaucoma. The Centers for Disease Control and Prevention (CDC) says early detection and treatment can prevent or delay blindness due to diabetic retinopathy in 90% of people with diabetes.<sup>3</sup> Contact your eye care specialist to discuss the right time to schedule your diabetic eye exam.

Need assistance with locating a vision provider? Log in to your MyHumana account through [Our.Humana.com/PEEHIP](http://Our.Humana.com/PEEHIP) to use the physician finder tool, or contact your dedicated PEEHIP Humana Customer Care team for assistance at 800.747.0008 (TTY: 711) Monday – Friday 7 a.m. to 8 p.m. Central Time. ●



1 Rise in prescription drug misuse and abuse impacting teens. SAMHSA. 12/17/2020. Available at: Rise in Prescription Drug Misuse and Abuse Impacting Teens | SAMHSA [www.samhsa.gov](http://www.samhsa.gov)

2 American Academy of Ophthalmology, [www.aao.org/eye-health/tips-prevention/eye-exams-101](http://www.aao.org/eye-health/tips-prevention/eye-exams-101)

3 Centers for Disease Control and Prevention, [www.cdc.gov/vision-health/resources/features/keep-eye-on-vision-health.html](http://www.cdc.gov/vision-health/resources/features/keep-eye-on-vision-health.html)