

Open Enrollment Edition Part 2

Remember the Open Enrollment Deadlines

July 1 - Midnight September 10	Online enrollment requests
July 1 - Postmarked by August 31	Paper enrollment requests
July 1 - September 30	Flexible Spending Accounts online and paper enrollment requests

Online enrollment via Member Online Services (MOS) is the preferred option for Open Enrollment. It is the easiest and most efficient method to enroll in or make changes to your coverage. This method provides a confirmation page in real-time, which verifies your enrollment was submitted. MOS also provides a premium calculation for the coverages that you select.

To use MOS:

1. Visit rsa-al.gov and click on “MOS Login” at the top of the page, or visit <https://mso.rsa-al.gov>. Enter your self-selected User ID and Password.
 - a. If you need to register or re-register to create a new User ID and Password, click “Need to register?” You will need your PID number to register. Your PID can be found on previous RSA statements or recent correspondence from PEEHIP. If you do not know your PID, click “Need a PID? (Request PID Letter)” for steps to have your PID mailed to you at your current mailing address on file with the RSA.
 - b. Forgot User ID and/or Password: Click “Forgot User ID & Password?” and follow the steps to reset your account.
2. Click “Enroll in or Change PEEHIP Coverages” on the home page or from the “PEEHIP Services” drop-down menu at the top of the page.
3. Click the “Open Enrollment” option and then follow the on-screen prompts until you receive your confirmation page.

Visit the Open Enrollment page at rsa-al.gov/peehip/open-enrollment/ for more information. If you do not have

internet access but would like to make Open Enrollment changes, you can request a NEW ENROLLMENT AND STATUS CHANGE form from RSA Member Services by calling 877.517.0020.

Important: You do not need to do anything or contact PEEHIP during Open Enrollment if you are satisfied with your current coverage. If you take no action, you and your eligible dependents will remain on your current plan(s).

Exceptions: If you want to enroll in or renew your Flexible Spending Accounts or Premium Assistance Program discount, you must re-enroll each year as these two programs do not automatically renew. Enrollment in Flex can be done online, but enrollment in Premium Assistance must be done by submitting a completed paper PREMIUM ASSISTANCE APPLICATION (PAA) to PEEHIP along with your current year federal income tax return transcript as shown on “Step 2” of the application. The transcript is a required document and cannot be substituted with a copy of your tax return or your supporting income documents. See the *Premium Assistance Discounts* article for more information.

Need to send documents to PEEHIP? Save time by uploading them through MOS.

You can electronically upload required documents directly to PEEHIP. This includes proof of coverage letters from other insurance, marriage and birth certificates, or any other document indicated as required when you make your coverage selection. Simply log in at <https://mso.rsa-al.gov>, access your “Member Correspondence” screen, and click on “Click here to upload a document to the RSA.”



EXPRESS SCRIPTS®

Express Scripts® Serving as PEEHIP’s New Pharmacy Benefit Manager (PBM)

Effective October 1, 2021, PEEHIP will partner with Express Scripts® to provide prescription drug coverage for our members enrolled in the PEEHIP Group #14000 Hospital Medical Plan. In the coming weeks, members will receive additional information from Express Scripts®, including your new identification card to be used at the pharmacy starting on October 1, 2021. Express Scripts® looks forward to putting its clinical experience and state-of-the-art technology to work for PEEHIP members.

PEEHIP’s goal with Express Scripts® in this transition is to minimize changes to members’ drug coverage; however, there may be some differences in how certain medications

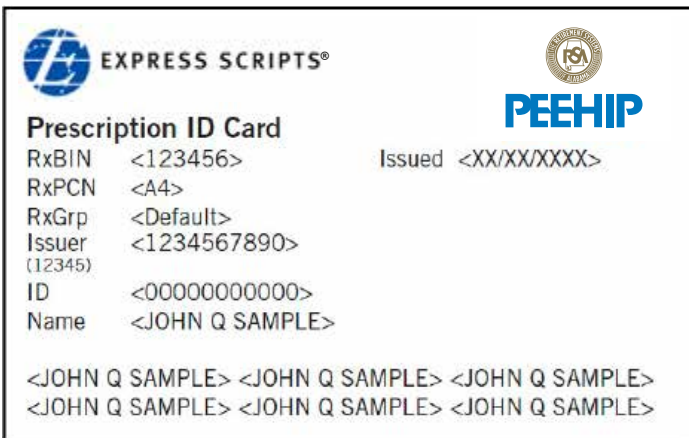
are covered. Any member impacted by a change will be notified by Express Scripts® well in advance of October 1, 2021, and that notification will include the therapeutic equivalent alternatives.

Why Express Scripts®?

Prescription costs continue to rise, creating significant challenges to deliver high-quality benefits to our members at the lowest possible cost. Through extensive market research and a competitive bid process, PEEHIP has selected Express Scripts® to be our partner going forward to help us continue providing industry-leading drug coverage while helping us reduce costs for the plan. As a result, this helps keep members’ drug benefits as affordable as possible.

Additionally, Express Scripts® will provide resources to help make it easy for members to review their prescription plan on the go. Starting October 1, 2021, members will have access to a new customer service telephone number (to be included in next month’s *PEEHIP Advisor*), website, and mobile app to help members find local pharmacies, view claims history, and more.

Watch for more information arriving by mail concerning your prescription drug benefits managed by Express Scripts®. ●



Premium Assistance Discounts

If you are an active or retired member who qualifies based upon your total combined household income and family size, PEEHIP can provide premium assistance discounts off your PEEHIP Hospital Medical premium. The income and family size qualification criteria are set each year by the federal government, and, if you qualify, you may be granted a discount of 10, 20, 30, 40, or 50% off your PEEHIP Hospital Medical premium. The qualification criteria can be found on PEEHIP’s Premium Assistance webpage at rsa-al.gov/index.php/members/peehip/premiums/premium-assistance-program/.

If you believe you qualify and would like to apply for this premium assistance, print and submit the updated

PREMIUM ASSISTANCE APPLICATION (PAA) along with your current year federal income tax return **transcript** as shown under “Step 2” on the PAA form. If you do not have access to the internet, you may call PEEHIP at 877.517.0020 to request a form be mailed to you. To receive your **free transcript**, visit <https://www.irs.gov/individuals/get-transcript>.

The premium discount does not renew each plan year. If you are currently receiving a premium assistance discount, you must reapply now during Open Enrollment (July 1 – August 31, 2021) in order to potentially continue a premium discount into the new plan year beginning October 1, 2021. ●

Wellness Screening Deadline is August 31

For PEEHIP members and spouses enrolled in the Blue Cross Blue Shield Group #14000 Plan, the deadline to get your yearly wellness screening is August 31. Do not delay! Make plans to receive your free screening today to avoid the \$50 wellness premium beginning October 1, 2021.

Members have several options to get their screening:

- ◆ The Alabama Department of Public Health (ADPH) offers free screenings at PEEHIP worksite locations and county health departments. To view the availability schedule, visit <https://dph1.adph.state.al.us/publiccal/>.
- ◆ Screenings are available from your primary healthcare provider. Bring a PEEHIP HEALTHCARE PROVIDER SCREENING form for your provider to complete and submit by mail or fax to the ADPH. The form can be found at rsa-al.gov/peehip/wellness/.
- ◆ Screenings are available at participating pharmacies all over the state. To see a list of participating pharmacies, visit rsa-al.gov/peehip/wellness/ or call Blue Cross and Blue Shield at 800.327.3994. If you choose to get your screening at a pharmacy, an appointment may be required. ●

It is Back to School Time in Alabama

As summer nears its end, the eyes and ears of Alabama turn to teachers, classrooms, homework, and smarter food choices. With ChewsWiselyAlabama.com, Blue Cross and Blue Shield of Alabama and PEEHIP have teamed up to help you and your family as the new school year gets underway.

Prepare a healthy lunch – and send the kids packing

It can be hard to make good lunch choices, especially when work picks up, school gets rolling again, and the days get busier. Packing a lunch can take a lot of pressure off an already crazy day, and it is a good way to make sure you eat the types of foods instead of hitting your favorite fast-food drive-thru.

If your mornings are just too hectic, consider prepping and packing your lunch the night before. Having healthy choices already in your refrigerator and ready to go can make this a game-changer. But whatever you do, “chews wisely” with low-fat

protein options like chicken, turkey, and tuna (if it is a sandwich, use whole-grain bread), and be sure to include some cut-up veggies or a salad. And do not forget dessert – fresh fruits or berries are perfect for topping off a meal with something sweet.

Remember to plan ahead by making large dinners with leftovers that can be packaged up for smaller meals throughout the week. This is a great way to control your portions and is one of the most important benefits of packing your lunch beforehand.

Save the date: August 21 is National Honey Bee Day!

Are you surprised that the honey bee gets its own special day? You should not be. Honey bees pollinate a third of our plant crops nationwide, and the honey they produce can be a healthy, essential part of our daily diet. One fast way to prove this is to swap the honey for sugar in the foods we eat. Because honey is sweeter, you can use less of it without sacrificing taste. ●



INGREDIENTS

- 4 large bell peppers
- 2 tbsp. olive oil
- 1 medium onion, chopped
- 4 garlic cloves, minced
- 1 tbsp. tomato paste
- ½ tsp. dried oregano
- ½ tsp. dried basil
- ½ tsp. dried thyme
- 1 lb. ground beef or turkey
- ½ cup beef stock
- 14-oz can chopped tomatoes
- 2 tsp. salt
- 1 cup cooked quinoa or brown rice
- ½ cup fresh kernel corn
- ¼ cup grated parmesan
- 1 cup shredded mozzarella

INSTRUCTIONS

1. Preheat oven to 400 degrees.
2. Cut the peppers in half lengthwise and carefully remove core and seeds. Arrange the peppers close together, cut sides up, in a 9-by-13-inch pan or lined sheet tray.
3. In a large skillet, heat olive oil over medium-high heat then add onion and garlic, stirring occasionally, until tender, 5-10 minutes.
4. Add tomato paste, seasonings, ground meat, stock, and cook, breaking up the meat with a wooden spoon, for 5 minutes, until the meat is no longer pink and liquid has reduced by about half.
5. Add the tomatoes and their juices and bring to a boil.
6. Remove from heat and stir in salt, quinoa (or brown rice), corn, and parmesan. Taste, and adjust seasonings.
7. Divide the mixture among the peppers. Bake for 35 to 40 minutes, until a paring knife pierces the peppers easily.
8. Sprinkle the mozzarella evenly over the peppers and bake another 10 to 15 minutes, until the mozzarella melts and begins to brown.

Notice to Enrollees in a Self-Funded Non-Federal Government Group Health Plan

Under the federal law known as the Health Insurance Portability and Accountability Act of 1996 (HIPAA), Public Law 104-191, as amended, group health plans must generally comply with the requirement listed here. However, the law also permits state and local governmental employers that sponsor health plans to elect to exempt a plan from the requirements for any part of the plan that is “self-funded” by the employer rather than provided through a health insurance policy. The Public Education Employees’

Health Insurance Board has elected to exempt PEEHIP from the following requirement:

Protections against having benefits for mental health and substance use disorders be subject to more restrictions than apply to medical and surgical benefits covered by the plan.

The exemption from this federal requirement is in effect for the plan year beginning October 1, 2005. The election will be renewed every subsequent plan year. For more information regarding this notice, contact PEEHIP. ●

Medicare-Eligible PEEHIP Members

The information below pertains to Medicare-eligible PEEHIP retirees or Medicare-eligible dependents of PEEHIP retirees. For more information, visit rsa-al.gov/peehip/retirees/.

Humana to Host Virtual Informational Meetings

Humana is pleased to offer Medicare-eligible PEEHIP retirees, Medicare-eligible spouses, and dependents of PEEHIP retirees an opportunity to learn more about the PEEHIP Humana Group Medicare Advantage PPO Plan for 2022. Virtual teleconference informational meetings will be held starting July 15, 2021, and ending August 31, 2021.

In July, Medicare-eligible PEEHIP retired members received an invitation in the mail providing a complete list

of the teleconferences. Call or log in to meet the Humana team and hear about the Humana Group Medicare Advantage PPO Plan for PEEHIP members. This is an excellent opportunity to ask questions and learn more about what your upcoming 2022 Humana plan will offer.

To attend one of the teleconferences, call into the meeting by using the phone number provided. In order to both hear and view the presentation during the teleconference, call in and then enter the designated web address into your internet browser that is listed next to the date and time you would like to attend.

Listed below are the August meeting dates, times, and login information: Password, if prompted, is peehip (case sensitive).

Meeting Date	Meeting Start Time (Central Time)	Telephone Dial-In #	Teleconference Link
August 4	2:00pm	833.330.4476	https://huma.na/PEEHIP4
August 13	12:00pm	833.330.4476	https://huma.na/PEEHIP5
August 16	9:30am	833.330.4476	https://huma.na/PEEHIP6
August 26	2:00pm	833.330.4476	https://huma.na/PEEHIP7
August 31	9:30am	833.330.4476	https://huma.na/PEEHIP8

If you plan to attend one of the informational meetings listed above, call Humana’s Group Medicare Customer Service team at 800.733.3015 (TTY: 711), Monday – Friday, 8 a.m. – 5 p.m. CST to reserve your spot. **You are not required to RSVP to attend any of the meetings, but it is recommended.** If you have additional questions, contact the dedicated PEEHIP Humana Customer Care Team at 800.747.0008 (TTY: 711). ●