



PEEHIP Fights for Members and Gets a Win on UAB Access

By Jo Moore, Deputy Director for Administration

You may have heard about the ongoing contract negotiations between UnitedHealthcare® (UHC) and UAB Health Systems. Because PEEHIP partners with UHC to provide coverage for our Medicare-eligible members, many of you were understandably concerned about what this might mean for your ability to access care at UAB and its affiliates.

We want to reassure you that PEEHIP has been actively engaged throughout this process and we have secured a win for our members.

Thanks to PEEHIP's efforts, **both UHC and UAB have confirmed that there will be no disruption in the care of PEEHIP members**, regardless of the final outcome of their contract negotiations. UAB will continue to provide care regardless of whether members are considered in-network or out-of-network under UHC's plan.

If you already have an appointment scheduled or need to seek care with UAB or any of its affiliates, you may keep your appointment as planned. Your care will be covered by UHC just as it has been in the past. ●

Open Enrollment Reminder

Remember the Open Enrollment Deadlines

Midnight September 10	Online enrollment requests
Postmarked by August 31	Paper enrollment requests
September 30	Flexible Spending Accounts (online and paper enrollment requests)

Online enrollment via Member Online Services (MOS) is the preferred option because it is the easiest and most efficient method to enroll in or make changes to your coverage. No other enrollment method provides a confirmation page in real-time that verifies your enrollment was submitted. MOS also provides a premium calculation for the coverages you select. To access MOS, visit rsa-al.gov and click on **Member Log In** at the top of the page.

Reminder: Multi-Factor Authentication (MFA)

Keeping members' financial and protected health information (PHI) safe is a top priority for the RSA and PEEHIP. To continue strengthening the protection available, MFA is now required to access MOS accounts at mso.rsa-al.gov. If you have not yet used this security feature, you will need to set up your MFA contact information when visiting MOS. Each time you log in afterward, you will be sent a verification code to enter online to log into your account, which ensures it is you and not someone attempting to steal your information.

To access MOS:

1. Visit rsa-al.gov and click on **Member Log In** at the top of the page.

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2. Enter your self-selected User ID and Password.
3. Enter your MFA code, as explained on page 1.
 - If you need to register or reregister 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, please 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.
 - 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 Member Services by calling 877.517.0020.

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).

Exception: If you want to enroll in or renew your **Flexible Spending Accounts (Flex)** or Premium Assistance Program Discount, you must reenroll 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!

As part of MOS, you can electronically upload the 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 mso.rsa-al.gov, access your **Member Correspondence** screen, and go to **Click here to upload a document to the RSA**. Uploaded documents must first be saved as a PDF. ●

Premium Assistance Discounts

PEEHIP can provide premium assistance discounts off your PEEHIP Hospital Medical premium if you are an active or retired member who qualifies based on your total combined household income and family size. The federal government sets the income and family size qualification criteria each year, 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/peehip/premiums/premium-assistance-program.

If you believe you qualify and would like to apply for this premium assistance, please print and submit the updated PREMIUM ASSISTANCE APPLICATION (PAA) from the website listed above 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 can 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 PEEHIP's Open Enrollment (ending August 31, 2025) to potentially continue a premium discount into the new plan year beginning October 1. ●

Back-to-School Health: 4 Tips for Parents

Wellness Screening Deadline is August 31

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 so that you avoid the \$50 wellness premium beginning October 2025.

Available options to get your 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/PublicCal2/>.
- 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 find a local participating pharmacy, 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. ●



Tip One: Focus on Your Child's Nutrition.



17% of youth aged two to 19 in the United States are obese.



40% of total daily calories for two to 18 year olds are **empty calories** from added sugars and solid fats.

IF YOU HAVE A PICKY EATER:

Continue introducing new foods.

Be a role model for a healthy diet.

Don't use food as a reward.



Tip Two: Know the Risks Your School-Aged Child May Face.



HEAD LICE

The most common way to get head lice is by head-to-head contact that often happens during play time, sport activities and sleepovers.



SCOLIOSIS

Watch for uneven shoulders or hips, and make sure your child gets regular scoliosis checkups. Early diagnosis is key.



BULLYING

Only 17% of children seek help after being bullied. Don't miss the early signs: changes in behavior, academic problems, anxiety, depression and self-harm.



POOR VISION

Squinting, tilting the head and holding handheld devices too closely are just some of the signs your child may have a vision problem.



Tip Three: Make Sleep a Priority.



Children (and adults!) lose sleep due to **OVERUSE** of digital devices.



Sleep is **EQUALLY** as important as diet and exercise.



Most healthy children need **EIGHT TO 10 HOURS** of sleep each night.

ESTABLISH A SLEEP RITUAL:



Put away electronic devices at least one hour before bedtime.



Avoid exercise, a warm bath or a hot shower shortly before bed.



Encourage children to read a book before bedtime.



A light snack before bed can be beneficial, but avoid caffeine.



Tip Four: Be a Partner in Your Child's Education, Health and Wellness.

Start the conversation by talking to teachers about your child's:



Likes and dislikes.



Strengths and struggles.



Preferred learning styles.



Any other issues that may affect them at school.

SOURCES

Johns Hopkins Medicine; pediatric dietitian Meredith Thivierge, pediatric dermatologist Bernard Cohen, pediatric ophthalmologist Elizabeth Collins, professor of orthopedic surgery Paul Sponseller; *Journal of the Academy of Nutrition and Dietetics*; USDA Center for Nutrition Policy and Promotion; U.S. Department of Justice; Centers for Disease Control and Prevention, U.S. Obesity Trends, 2011; Pew Research Center; International Food Information Council Foundation; School Nutrition Association

Medicare-Eligible PEEHIP Members

The information below pertains to PEEHIP members and dependents enrolled in the PEEHIP UnitedHealthcare® Group Medicare Advantage (PPO) Plan. For more information, visit rsa-al.gov/peehip/retirees/.

PEEHIP will partner with Humana® to administer its Medicare plans effective January 1, 2026.

As explained in the July 2025 *PEEHIP Advisor*, due to recent federal changes to Medicare Advantage funding, it is now more financially beneficial for the PEEHIP Group Medicare Advantage (PPO) Prescription Drug Plan to split into a medical plan and a prescription drug plan. As a result of the most recent request for proposal, Humana® will administer both of these plans effective January 1, 2026. Members will receive two ID cards from Humana®: a medical card and a prescription drug card. Both cards will have contact information that will be helpful in the event a member loses the other card.

Members will still have the same medical and prescription drug benefits with one exception: pursuant to federal regulation, the Part D (prescription drug) Maximum Out-of-Pocket is changing from \$2,000 to \$2,100. This Maximum Out-of-Pocket is the total possible amount a Medicare Part D member can pay for prescription drugs in one year. The increase in this maximum is a federal change and is applicable to all Part D plans. **Your prescription drug copays are not changing in January 2026.** Members covered by the PEEHIP Group Medicare Advantage Plan will continue to have the same benefits for covered Medicare services regardless of whether the provider is in Humana®'s network as long as the provider accepts the plan and has not opted out of or been excluded from Medicare; the plan works the same across the United States.

For questions regarding Humana® please contact the PEEHIP Humana® Customer Care team at 800.747.0008 (TTY: 711). The team is available 7 a.m. - 8 p.m. CT, Monday - Friday, with the exception of select observed holidays. The Formulary (drug list) is still being approved by Medicare and, as a result, the 2026 drug list is not yet available. While the exact timing is unknown, Humana® believes that the drug list should be available by early September. **Please wait until early September to call with questions regarding your medication(s) for the 2026 plan year.**



The PEEHIP Humana® Group Medicare Advantage plan also includes extra benefits to support PEEHIP members. Examples of extra benefits are:

- **Go365® by Humana®:** Go365® gives rewards for completing healthy activities.
- **SilverSneakers®:** SilverSneakers® is a fitness program free of charge.
- **Post-discharge Meal Program:** After an inpatient stay in a hospital or skilled nursing facility, members are eligible to receive two meals per day for 14 days—up to 28 nutritious meals delivered to members' door.
- **Post-discharge Transportation:** After an inpatient stay, members are eligible for up to 12 one-way trips to approved locations. An example of an approved location is your physician's office for a follow-up visit post-discharge.

Watch for upcoming *PEEHIP Advisor* newsletters for additional information regarding this change. In-person and virtual informational meetings will be held throughout the state. Dates, times, and locations will be announced soon. ●