



**INGREDIENTS**

- 1 pound** chicken breast, chopped into bite-size pieces (2–3 medium chicken breasts)
- 1 cup** broccoli florets (fresh or frozen)
- 1** zucchini, chopped
- 1 cup** bell pepper, chopped (any colors you like)
- 1/2** onion, chopped
- 2 cloves** garlic, minced or crushed
- 2 tablespoons** olive oil
- 1/2 teaspoon** EACH garlic powder, chili powder, salt, pepper
- 1 tablespoon** salt-free Italian seasoning (or spice blend of choice)

**INSTRUCTIONS**

1. Preheat air fryer to 400°F.
2. Chop the veggies and chicken into small bite-size pieces and transfer to a large mixing bowl.
3. Add the oil and seasoning to the bowl and toss to combine.
4. Add the chicken and veggies to the preheated air fryer and cook for 10 minutes, shaking halfway, or until the chicken and veggies are charred and chicken is cooked through. If your air fryer is small, you may have to cook them in 2-3 batches.

Courtesy of gimmedelicious.com.

## Make this a Happier, Healthier New Year!

**W**ith the hustle and bustle of the holidays behind us, it is the perfect time to get back to a routine of healthy eating habits. Need assistance? Look no further than [ChewsWiselyAlabama.com](http://ChewsWiselyAlabama.com). In partnership with Blue Cross and Blue Shield of Alabama and PEEHIP, we will help you usher in 2022 with plenty of healthy tips and recipe ideas.

### Start the year with simple substitutes

One of the simplest ways to add quality and purpose to your everyday diet is replacing standard meal choices with healthier ones. For example, if you like white bread and white rice, try replacing these items with whole- or multi-grain options. Your digestive system will thank you for avoiding an abundance of empty calories.

### More healthy and nutritious tips

Did you know that the more colorful fruits and vegetables are, the more antioxidants they have? It's true—and delicious! Another healthy tip: For more protein, consider substituting red meat for fish such as wild salmon, mackerel, or tuna. They are packed with Omega-3 oils, which can not only boost your cellular health but help prevent cancer as well. Indulge your sweet tooth with healthier choices like fruit or dark chocolate for dessert. But as you do, make sure you eat slower and keep portion sizes modest.

### National Popcorn Day is January 19

Save the date for the number one snack food in the U.S. Setting aside an entire day to celebrate popcorn might seem excessive, but consider this: Americans eat 17 billion quarts of popcorn every year—give or take—which equals more than 52 quarts per person. And every year, that number increases by 5%. Filled with antioxidants and naturally low in calories, popcorn can be a healthy snack alternative, especially if prepared with an air popper, canola oil, and with butter and salt used in moderation. With more iron than eggs or spinach and more fiber than potato chips, this whole-grain snack food will also keep you feeling fuller longer.

### Celebrating the foods Alabamians love

Do not keep those down-home, healthy food secrets to yourself. Share them with us at [ChewsWiselyAlabama.com/submissions](http://ChewsWiselyAlabama.com/submissions). Nothing makes our mouth water more than great Southern recipes that are good for you while retaining their strong regional flavor.

### Join us online

For the latest information, videos, and recipes, [ChewsWiselyAlabama.com](http://ChewsWiselyAlabama.com) has it all. Learn how to make healthy and delicious dishes without sacrificing the great Alabama taste we all know and love. Be sure to follow us on Facebook and Instagram for all the latest, like this month's featured recipe: Air Fryer Chicken and Veggies. ●

# Happy New Year

## From the PEEHIP Wellness Program

**N**ow is a great time to get a jump start on taking care of your physical health. One of the best ways to do this is to get a **FREE wellness screening** early in the year. A wellness screening can help to detect and identify unknown health issues you may have that can cause major health problems in the future. In addition, getting a wellness screening will earn your waiver of the \$50 monthly wellness premium.

As a reminder, all members and covered spouses enrolled in the Blue Cross Blue Shield Group #14000 PEEHIP Hospital Medical Plan must get a wellness screening between August 1, 2021, and August 31, 2022, to earn the \$50 monthly wellness premium waiver effective October 1, 2022. A free wellness screening can be performed through an Alabama Department of Public Health (ADPH) worksite clinic, county health department, or a BCBS in-network participating pharmacy. Visit the ADPH online screening calendar at <https://dph1.adph.state.al.us/publical/> to learn the dates and times where screenings will be offered at your workplace or in your area. A list of participating pharmacies can be found at [rsa-al.gov/peehip/wellness](https://rsa-al.gov/peehip/wellness).

Suppose you prefer your primary care physician to perform your screening. In that case, you will need to take one additional step to receive the monthly wellness premium waiver. Please have your doctor complete the HEALTHCARE PROVIDER SCREENING FORM and fax or mail it directly to the ADPH Wellness Program. This form can be found at [rsa-al.gov/peehip/forms/](https://rsa-al.gov/peehip/forms/).

Your status toward earning your monthly wellness premium waiver will be available on your Member Online Services account at <https://mso.rsa-al.gov> under the Wellness Completion Status link. ●

## Flex Filing Deadline is January 15

**T**here are only a few days left to submit a reimbursement request for funds in your 2021 Health Flexible Spending Account (FSA) and Dependent Care Reimbursement Account (DCRA). All requests for qualifying expenses incurred between October 1, 2020, through September 30, 2021, must be submitted to HealthEquity by January 15, 2022. Any funds remaining in the Health FSA or DCRA after the filing deadline will be carried over and added to your current 2022 Flex Account to be used through the end of this plan year. To check the balance on your Flex Account or submit a reimbursement request, go to <https://learn.healthequity.com/peehip> or download the HealthEquity mobile app.

If you did not re-enroll in Flex for the 2022 plan year but are still an active employee, a special Rollover Account will be automatically created for you to use your available carryover funds from your 2021 Health FSA or DCRA. Rollover Accounts do not have access to the Flex debit card. A manual reimbursement request along with supporting documentation, receipts, or invoices must be submitted to access funds. You will have until September 30, 2022, to use the Rollover Account funds. Any funds remaining in the Rollover Account will be forfeited at the end of the plan year.

Carryover and Rollover funds may not be available and may not appear on the HealthEquity website until February 15, 2022. If a member terminates employment, retires, or goes on an unpaid leave of absence, all unused Flex and Rollover funds remaining in the account will be forfeited. ●

## Health Coaching

**T**his month, eligible PEEHIP members and covered spouses can sign up for **free health coaching** through Pack Health, Wondr Health, or Blue Cross Blue Shield. PEEHIP health coaching programs aim to create healthy lifestyle habits, weight management, and disease prevention and management. Pack Health and Wondr Health will send members an enrollment notice as the programs become available. To participate in the BCBS program, members should contact BCBS directly at 800.327.3994, option 3. Pack Health and BCBS are currently accepting participants, and you can sign up at any time. Apply between January 10-23, 2022, for the new Wondr Health class that begins February 7, 2022. Participation in health coaching is strictly voluntary and does not count toward earning the monthly wellness premium waiver. ●

# Medicare-Eligible PEEHIP Members

The information below pertains to current or prospective PEEHIP Humana Group Medicare Advantage (PPO)

Plan members. For more information, visit [rsa-al.gov/peehip/retirees/](https://rsa-al.gov/peehip/retirees/).

## Welcome to the 2022 Plan Year for the PEEHIP Humana Group Medicare Advantage (PPO) Plan

The new 2022 plan year went into effect on January 1. The following information should be helpful to you in navigating your healthcare during the new year:

- 1. Deductible:** As a reminder, your annual Part B medical deductible restarts as of January 1 and increases from \$198 to \$203 for the 2022 plan year. This medical deductible is not an amount PEEHIP sets or controls.
- 2. Evidence of Coverage:** New members to the PEEHIP Humana Plan will be mailed their Evidence of Coverage within 30 days of their effective date. If you would like to view an electronic copy of the Evidence of Coverage, please visit [our.humana.com/peehip/plan-documents](https://our.humana.com/peehip/plan-documents).
- 3. Annual Notice of Change:** Existing members should have received their Annual Notice of Change. This document notes any changes in coverage for the new plan year. If you would like to view an electronic copy of the Annual Notice of Coverage, please visit [our.humana.com/peehip/plan-documents](https://our.humana.com/peehip/plan-documents).
- 4. MyHumana:** If you are a new PEEHIP Humana Plan member, visit [MyHumana.com](https://MyHumana.com) to register for your MyHumana account. You can review various information about your plan, such as claims information, benefit details, locate providers, and more. For returning PEEHIP Humana members, be sure to log in and update your email address and phone number listed within your MyHumana account to ensure you do not miss out on important information from your PEEHIP Humana Plan.
- 5. Post Discharge Transportation:** New in 2022, after an inpatient stay in a hospital or skilled nursing facility, members are eligible for up to 12 one-way trips to plan-approved locations (per facility

discharge) by car, van, or wheelchair access vehicle at no additional cost. Limit of 50 miles per trip.

- 6. Post Discharge Personal Home Care:** New in 2022, members may receive certain in-home support services at no additional cost after an inpatient stay in a hospital or skilled nursing facility. Qualified aides can offer assistance performing activities of daily living (ADLs) within the home (help with bathing, dressing, toileting, walking, eating, and preparing meals) with a minimum of 3 hours per day and a maximum of 6 hours per facility discharge.
- 7. Humana Well Dine:** In 2022, the Humana Well Dine meal benefit has increased to 28 meals, which may be received within 30 days of discharge from an eligible inpatient stay in a hospital or skilled nursing facility. There is no limit on the number of times this benefit may be received.
- 8. PEEHIP Humana Educational Library:** New to your PEEHIP Humana website is the PEEHIP Humana Educational Library. This new webpage is a great place to learn more about various aspects of your PEEHIP Humana Plan. View the posted educational videos to learn additional information about your plan benefits, no-cost extra benefits like the Go365® wellness program, as well as health and well-being educational topics. Visit [our.humana.com/PEEHIP/EducationalLibrary](https://our.humana.com/PEEHIP/EducationalLibrary) throughout the year to learn more as new videos are posted. After viewing a video presentation posted under the Health and Well-Being heading of the Educational Library\*, submit this completed activity to Go365® to earn a \$5 reward (limit of 12 per year). To submit your completed activity, visit the Social Activities page of your Go365® account (located at [MyHumana.com](https://MyHumana.com), then click Go365® from your dashboard). Or, contact the

*continued on page four*



continued from page three

PEEHIP Humana Customer Care team to request paper activity trackers. Earn up to \$60 per year by completing eligible social or educational activities. *\*Video presentations discussing PEEHIP Humana plan benefits and extra benefits are not rewardable through the Go365® program.*

If you have questions, contact your dedicated PEEHIP Humana Customer Care team at **800.747.0008 (TTY: 711)**, available Monday – Friday from 7 a.m. to 8 p.m. CST, or visit [our.humana.com/PEEHIP](http://our.humana.com/PEEHIP). ●

## Annual Wellness Visit Reminder

**A**n Annual Wellness Visit with your Primary Care Physician (PCP) is an important step in maintaining your best health. Your PEEHIP Humana Group Medicare Advantage (PPO) Plan provides coverage for one Annual Wellness Visit with your PCP every 12 months, at no cost to you. This visit gives you the opportunity to develop or update a personalized prevention plan with your PCP based upon your current health, lifestyle, and risk factors. The goal is to create a plan just for you – to help you avoid or reduce the effects of conditions like diabetes, heart disease, and obesity. When you help your doctor understand your health history and concerns, the two of you can chart a course to keep you healthy going forward, which gives you the power to anticipate and prevent surprise medical issues.

Helpful topics to discuss with your PCP during your Annual Wellness Visit:

- ◆ Your medical history\*, including screenings and vaccines you have had in the past year
- ◆ Family health history
- ◆ List of all medicines and supplements you take
- ◆ List of all doctors and pharmacists you use
- ◆ Any information you have on recent visits with your specialists

*\*Discussing new symptoms with your PCP during your Annual Wellness Visit **may** cause your appointment to be billed as diagnostic and require a PCP copay. Humana does not determine the nature of your visit; Humana will process all claims according to the plan benefits. Covered preventive services are covered at 100%; diagnostic visits will have the applicable cost share applied.*



### Get Rewarded!

Through your PEEHIP Humana Group Medicare Advantage (PPO) Plan, you can earn rewards from Go365® by Humana by completing various activities and preventive health screenings. Did you know that by completing your Annual Wellness Visit, you can earn \$25 in Go365® rewards? Use your rewards to redeem gift cards from a variety of popular retailers and restaurants!

For more information on rewardable activities, or to get started with the Go365® by Humana program, visit [MyHumana.com](http://MyHumana.com) and click on **Go365®** from your dashboard. (Your username and password will be the same as your login to [MyHumana.com](http://MyHumana.com).) If you prefer to participate by mail, you can request paper materials by calling your dedicated PEEHIP Humana Group Medicare Customer Care team at **800.747.0008 (TTY: 711)**. ●