



Wellness Screening Deadline

PEEHIP members enrolled in the Blue Cross Blue Shield Hospital Medical Group #14000 Plan: The August 31 deadline to get a wellness screening and earn a waiver of the \$50 monthly wellness premium is quickly approaching. Please plan to get your screening and earn your waiver today.

Available options to get your screening:

- ◆ Screenings are available at participating pharmacies throughout 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 to find a local participating pharmacy. If you choose to get

your screening at a pharmacy, an appointment may be required.

- ◆ 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/. ●

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/.

Let's Move by UnitedHealthcare®

Join the Healthy, Happy Movement

At no cost to you, Let's Move by UnitedHealthcare® is here to help keep your mind, body, and social life active. With simple resources, tools, fun events, and personalized support, we will help you explore ways to eat well, get fit, beat the blues, and stay connected.

Join us for a Let's Move by UnitedHealthcare® Kickoff Event for a group exercise class, health education seminar, and fitness center tour.

- ◆ Tuesday, June 13, 2023
11:45 a.m. - 1:30 p.m. CT

Dearborn YMCA

321 N Warren St

Mobile, AL 36603

- ◆ Wednesday, June 14, 2023
11:45 a.m. - 1:30 p.m. CT
2A Fitness
3705 Eastern Blvd
Montgomery, AL 36116

- ◆ Thursday, June 15, 2023
11:45 a.m. - 1:30 p.m. CT
YMCA of Greater Birmingham, Trussville Branch
5920 Valley Rd
Trussville, AL 35173

For more information and to RSVP for a Kickoff Event, call 877.298.2341, TTY 711, 8 a.m. - 8 p.m., seven days a week.

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Annual Care

It's important to complete your annual physical and wellness visit. Living a healthy life starts with preventive care. Many people think an annual wellness visit and a physical are the same. Although the two have some things in common, their overall purpose differs.

What's the difference between your annual physical and wellness visit?

An annual physical exam includes a head-to-toe exam. This visit is a good time to review your medications and/or health concerns. Your plan covers this visit once per calendar year.

A wellness visit includes a blood pressure check, height and weight measurement, and a body mass index (BMI) test.

You and your primary care provider (PCP) can work as a team to create a preventive care plan to help you stay as healthy as possible. You may also ask your PCP to combine your annual physical and wellness visits into one annual care appointment.

You may also be eligible to earn a \$50 reward for completing your annual physical or wellness visit. Register or sign in to your plan website at retiree.uhc.com/PEEHIP to learn more about the rewards you can earn.

How to prepare for your annual physical and wellness visit

The doctor you see for your wellness visit will want to know who is part of your healthcare team. They may also want to work closely with other healthcare professionals involved in your care. You should be ready to give the person conducting your visit a list of your current healthcare providers, including their contact information and their specialty field.

Keeping track of all your vitamins, minerals, herbal supplements, and prescription medications can be daunting, but your doctor will want to know about them. A complete list of your medications can help the doctor spot potential drug interactions that could harm your health. They will also want to ensure you completely understand each medication, what it's for, and any potential side effects. Make a list, including how often you take each medication and the dosage.

When you are prepared, your annual wellness visit can be more than just a doctor's appointment. It is your opportunity to help take charge of your health and ensure you are on the right path to living the life you want.

Creating a wellness plan

After completing all tests and assessments, your physician can assess your current health status and work with you to develop a plan to help meet your future health goals. That plan can address how to help treat your current conditions and how to help prevent future health problems. If you have any risk factors for developing new conditions, your doctor may give you some options for managing those risks.

In addition, you can talk about other preventive care or screening tests you might need in the future. The doctor can help set up a schedule for these services and discuss treatment options for any newly diagnosed conditions. It is this portion of the annual wellness visit that many people find most helpful, so be prepared to get the most out of it by developing a list of questions you would like to ask at the appointment. Unlike a standard doctor appointment, most of an annual wellness visit is generally spent in conversation, so your doctor may have more time than usual to listen to your concerns and answer your questions. It is your opportunity to help take charge of your health and ensure you are on the right path to living the life you want.

For more information or help locating a provider, call UnitedHealthcare® at 877.298.2341, TTY 711, 8 a.m. - 8 p.m., Monday - Friday. ●

Medicare-Eligible PEEHIP Members *continued from page one*

Join us for a virtual Let's Move event:

- ◆ **June 20, 2023**
Eating for a Rainbow of Health Benefits
Virtual Teaching Kitchen
- ◆ **June 20, 2023**
Safety and Exploitation: When to be Concerned and Who to Turn To
Telephonic Caregiver Education Session
- ◆ **June 27, 2023**
Virtual Move & Flow Dance Class

For more about all that Let's Move offers, visit letsmovebyuhc.com and sign in to get started. You can see full event details by selecting Events on the Let's Move page. Stay tuned for additional opportunities to participate in upcoming PEEHIP activities and events. ●

Join a PEEHIP Plan Benefits Webinar



There is so much to take advantage of with your PEEHIP UnitedHealthcare® Group Medicare Advantage Plan. Join a webinar to learn about the resources available to ensure you get the most out of your plan benefits.

Why should I attend?

- ◆ Learn about your plan
- ◆ Understand covered benefits
- ◆ Explore available programs
- ◆ Get connected to wellness resources

Save these dates to explore exciting extras:

Tuesday, June 13

11 a.m. – 12 p.m. CT

- ◆ Renew Rewards – Earn rewards for health-related activities
- ◆ Renew Active® – A fitness program for body and mind

Tuesday, August 15

11 a.m. – 12 p.m. CT

- ◆ UnitedHealthcare® Hearing – Access to hearing aid benefits
- ◆ Personal Emergency Response System – Help when you need it at the push of a button

Tuesday, October 3

11 a.m. – 12 p.m. CT

- ◆ UnitedHealthcare® HouseCalls – A yearly visit from the convenience of your home
- ◆ Healthy at Home – Receive post-discharge support

To join these webinars, go to retiree.uhc.com/peehip and look for the Plan Education webinar PDF on the home-page. ●



Blue Cross and Blue Shield of Alabama works hard to ensure PEEHIP members have the tools and resources to make the best health decisions. Live your healthiest life by creating an exercise routine, eating healthy, and visiting your Primary Care Provider (PCP) on a routine basis.

Personalize Your Plate

One way to create healthy eating habits is to match the portion to the recommended **serving size**.

Suggested Serving Sizes

- **3.0 oz** = protein (meat, poultry, fish); the size of a deck of cards (meat) or checkbook (fish)
- **2 Tbsp** = healthy fats (peanut butter, avocados, olive oil); each tablespoon is the size of a poker chip or your thumb)
- **1/2 Cup** = grains (pasta, rice, bread); the size of your cupped hand, or a lightbulb
- **1 Cup** = vegetables or fruits; the size of a baseball

Move it or Lose it

The recommended amount of time for physical activity is at least **30-minutes** 5 days per week, but can be broken up throughout the day.

Benefits of an Exercise Routine

- Weight management
- Strengthen muscles and bones
- Brain health
- Disease prevention or management
- Better sleep
- Increase chances of living longer
- Prevent falls
- Stress relief
- Reduce health risks

Establish Good Care

One of the **most important** and beneficial things you can do for your health is to establish a PCP.

Advantages of having a Primary Care Provider

- Personalized care
- Preventive care
- Scheduled immunizations
- Blood pressure monitoring
- Weight management
- Treatment of common medical conditions
- Referrals to specialists
- Healthy lifestyle tips
- Better quality of life
- Smoking cessation resources

For more resources, visit AlabamaBlue.com/myBlueWellness or call **888.759.2764** Monday - Friday, 7:00 a.m. - 6:00 p.m. CT to speak with a BlueCare Health Advisor.

This information is provided for general informational purposes. Information contained in this communication is not intended to replace professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare provider regarding your healthcare needs. Never disregard professional medical advice or delay seeking medical advice because of something you have read in this informational piece. Always check your benefits for coverage information and limitations.

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UnitedHealthcare® Hearing Benefit Plan

The world is full of beautiful sounds, from waves crashing to children laughing. Enjoy the moments that matter most to you by taking the first step toward better hearing.

Hear life to the fullest

Your UnitedHealthcare® Group Medicare Advantage Plan provides coverage for a routine hearing exam (once per year, no cost share) and hearing aid benefits (\$500 max allowance every three years).

Hearing care options:

1. Virtual visits with online appointments and remote hearing aid adjustments¹
2. In-person visits with the ability to choose from over 7,000 locations nationwide

Hearing aid ordering options:

1. Order Relate™ or Phonak hearing aids through virtual care and direct delivery, which will be delivered to your doorstep
2. Order through an in-person hearing provider and choose from over 2,000 name-brand hearing aids

Advanced technology, helpful support

Virtual and in-person care allows you to choose great hearing aids with convenient features and follow-up support. Choose from 2,000+ models in multiple styles from the industry's leading manufacturers, including Relate™.²

Flexible options, maximum savings

Choose from six different hearing aid technology levels through either virtual care and direct delivery or in-person care.

Hearing aid technology level	Price ⁴
Silver	\$699
Gold	\$899
Essential	\$1,199
Standard	\$1,499
Advanced	\$1,999
Premium	\$2,499

son care. Both options give you great choices and savings of up to 50% off standard industry prices.³

You will also receive the following:

- ◆ A 60-day trial period⁵
- ◆ A 3-year extended warranty covers repair and 1-time loss/damage replacement⁶
- ◆ Three follow-up visits included at no cost⁷
- ◆ Charging case included with each hearing aid purchase

Get started

Use your hearing benefit or take an online hearing test to see if you have hearing loss.

Call 866.445.2071, TTY 711, or visit UHChearing.com/retiree. ●

¹In-person visits to a local hearing provider may be required.

²Relate™ and Phonak are the only options available for virtual care and direct delivery.

³Based on suggested manufacturer pricing.

⁴Price per hearing aid.

⁵Hearing aids purchased using virtual care and direct delivery include a 60-day trial period; hearing aids purchased in-person receive a 45-day trial period.

⁶One-time professional fee may apply.

⁷Hearing aids purchased in the Silver technology level will receive one follow-up visit. Hearing aids purchased using virtual care and direct delivery receive three virtual follow-up visits.