



PEEHIP Wants to Hear from You Please Take Our Short Survey!

PEEHIP is committed to offering the highest quality benefits at the least possible cost to our members. As part of this mission, we strive to tailor the services we provide so that your interactions with PEEHIP and the services provided by PEEHIP are as convenient and helpful as possible.

To assist us in customizing and improving our services, we have developed a short survey to learn more about your communication preferences. Please help us shape your plan so that it is most suited to your needs by taking this short survey today!

Simply visit www.rsa-al.gov/index.php/

about-rsa/surveys/ to view the survey. If you would like to take the survey, but do not have access to the internet, please call PEEHIP toll free at 877.517.0020 to request a paper version.



Creating a Prediabetes Diet

If you have been diagnosed with prediabetes, the situation may seem overwhelming. The good news is, the American Diabetes Association claims there are changes you can make to your diet to help take back control and work to prevent your prediabetes from becoming type 2 diabetes.

The first goal of this new diet, like many other diets, should be to lose some weight if you are overweight. One study has shown that participants who lost about 7 percent of their starting body weight and exercised regularly reduced their risk of developing diabetes by almost 60 percent.¹ There are additional benefits to weight loss which can also help in your prevention of developing diabetes.

Losing weight can:

- ◆ Lower your blood pressure
- ◆ Improve your blood fats
- ◆ Lighten the stress on your legs
- ◆ Help you move easier²

The American Diabetes Association recommends cutting your carbohydrate levels as a good way to get more flexibility when planning prediabetes-friendly meals.³ They instead recommend eating non-starchy vegetables like lettuce, cucumbers, broccoli, and cauliflower as a low-carb alternative and a good way to keep your blood sugar low.

If you do eat a starchy food, it is recommended that you reach for whole grain alternatives, as they are the most nutritious, and are rich in vitamins and fiber. Fiber in particular can be very helpful in managing your prediabetes

because studies suggest high-fiber diets may improve carbohydrate metabolism and lower total cholesterol, two features which can help reel in your blood sugar levels.⁴

If you are looking for one specific change you can make to create a more prediabetes-friendly diet, one thing you could try is cutting down the amount of sugary drinks you have on a weekly basis. Considering a 12-ounce can of regular soda has the same amount of carbs as 10 teaspoons of sugar,⁵ the American Diabetes Association recommends drinking water, or perhaps tea instead.

Preventing diabetes can seem big, but by following simple changes in your diet, you can make a huge difference in improving your health. ●

1 Diabetes Prevention Program Research Group. Long-term effects of lifestyle intervention or metformin on diabetes development and microvascular complications over 15-year follow-up: the Diabetes Prevention Program Outcomes Study. *The Lancet Diabetes & Endocrinology*. 2015; 3 (11):866- 875. You can find more information about this study at the Diabetes Prevention Program Outcomes Study website.

2 "Healthy Weight Loss." Food and Fitness, American Diabetes Association, www.diabetes.org/food-and-fitness/weight-loss/healthy-weight-loss.html.

3 "Carbohydrate Counting." Food and Fitness, American Diabetes Association, www.diabetes.org/food-and-fitness/food/what-can-i-eat/understanding-carbohydrates/carbohydrate-counting.html.

4 Vinik, Aaron I, and David J A Jenkins. "Dietary Fiber in Management of Diabetes." *Diabetes Care*, American Diabetes Association, 1 Feb. 1988, care.diabetesjournals.org/content/11/2/160.

5 "What Can I Drink?" Food and Fitness, American Diabetes Association, www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/what-can-i-drink.html.

Did You Know You Have a 24-Hour Nurseline Available?

Members and covered spouses enrolled in PEEHIP's Hospital Medical Group #14000 plan: Did you know you have access to a 24-hour nurseline? Have you ever had a medical issue during the night or weekend and not sure if you need to seek treatment or what level of

treatment to seek? The good news is that as a PEEHIP member covered in the Group #14000 plan, there is an option for you that will help you know how to proceed during those unsure times.

ActiveHealth provides a 24-hour nurse line for members eligible for the Team Up for Health.

Members can speak with a registered nurse 24 hours per day, 7 days per week to inquire about a health related matter. Your personal health facts will be kept private and confidential. To reach the nurse line, call ActiveHealth at 855.294.6580. ●

New! Healthcare Services at Your Workplace

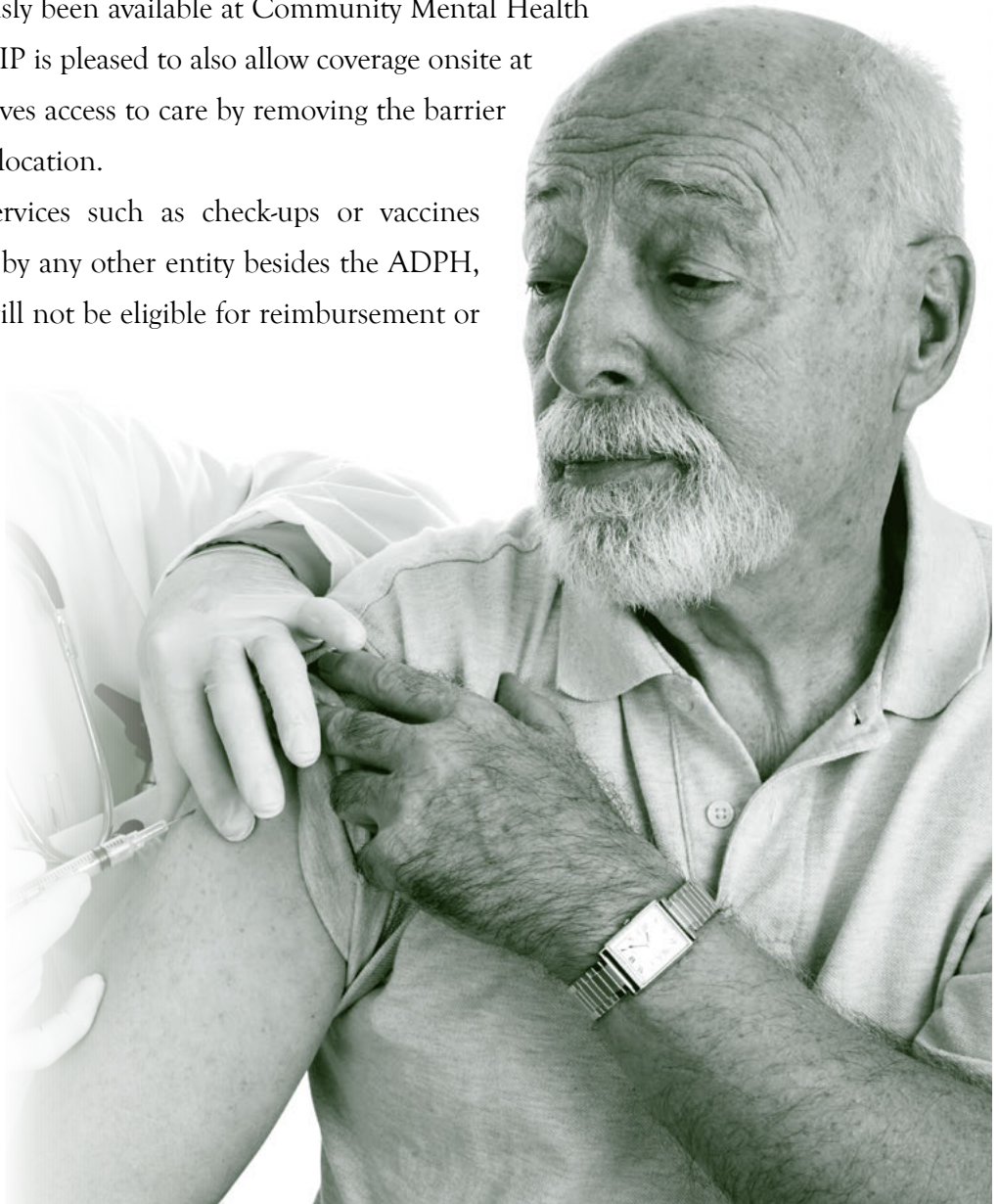
As a reminder, the only healthcare services available at your workplace that are covered by your PEEHIP benefits are the following:

- ◆ Wellness screenings and flu shots provided by the Alabama Department of Public Health (ADPH)
- ◆ Health coaching seminars provided by ActiveHealth

Coming soon - In an effort to continuously provide the highest level of convenience and benefit possible, PEEHIP will soon allow Alabama Community Mental Health Centers to offer many of their already covered mental health benefits onsite at your workplace. The benefits to be allowed at your workplace include services such as psychiatric diagnostic evaluations and individual and family therapy. These services and more mental health benefits have previously been available at Community Mental Health Center locations, but PEEHIP is pleased to also allow coverage onsite at the workplace, which improves access to care by removing the barrier of having to visit a separate location.

Any other healthcare services such as check-ups or vaccines provided at your workplace by any other entity besides the ADPH, ActiveHealth, or CMHCs will not be eligible for reimbursement or covered by your PEEHIP benefits. To avoid charges, please do not obtain healthcare services at your workplace from any vendor besides those listed above.

Please watch for an announcement of when this new onsite benefit is available. For more information about mental health services at your workplace provided by a Community Mental Health Center, call Blue Cross customer service toll-free at 800.327.3994. ●



UnitedHealthcare

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Home Review Plan Benefits & Costs Understand Prescription Drug Coverage Options Find a Provider Find & Learn

Coverage for PEEHIP Retirees

Welcome!
As a PEEHIP Medicare-eligible retiree, you may be eligible to enroll in the UnitedHealthcare® Group Medicare Advantage (PPO) Plan - With Prescription Drug Coverage. [Learn more about benefits, enrollment and accessing care from your doctor.](#)

Questions? We're here to help. Contact us

Enroll in a plan

PEEHIP

Group retiree benefits for PEEHIP

If you're not a PEEHIP retiree, click the link below.
[Back to uhcretiree.com](#)

What are my plan benefits?
View plan details and costs, and see what additional benefits may be available.
[Review plan benefits and costs](#)

Do I have prescription drug coverage?
Your plan offers prescription drug coverage. Learn about your options.
[Understand prescription drug coverage options](#)

How do I find a provider?
Get information on how to receive medical services from your provider.
[Find a provider](#)

How do I enroll in a plan?
Learn about the enrollment process and what you need to do to enroll.
[Education Meeting presentation \(1.4 MB\)](#)
[Enroll in a plan](#)

IMPORTANT DATES

2018-2019 PEEHIP Open Enrollment Period

Online Enrollments:
Began: July 1, 2018
Ended: September 10, 2018

Paper Enrollments:
Began: July 1, 2018
Ended: August 31, 2018
Effective October 1, 2018

Need additional information?
Learn more about the Medicare program, file an appeal or grievance, report fraud or abuse and get contact information.
[Find & learn](#)

If you would like to provide feedback regarding your Medicare Advantage plan, you can contact [Customer Service](#) or you can provide feedback directly to Medicare through their [Complaint Form](#).

Medicare-Eligible PEEHIP Members

The information below and on the next page pertains to PEEHIP members covered under the UnitedHealthcare® Group Medicare Advantage (PPO) Plan. For more information, visit www.UHCRetiree.com/peehip.

Sign up for an online account today at: www.UHCRetiree.com/peehip

Check out your new member website designed to help you get the most out of managing your health. Using feedback from members like you, we have made it easier to use.

- ◆ The updated homepage design lets you see your plan information at a glance.
- ◆ You can easily locate providers and pharmacies with the search tools.
- ◆ Improved navigation makes it easier to find what you need quickly.
- ◆ Best of all, it is available 24/7 on your smartphone, tablet, or computer.

It is easy to register for your personalized online account:

1. Visit www.UHCRetiree.com/peehip and click on the "Register Now" button.
2. Enter your Member ID number and your date of birth, then click "Continue."
3. Create a username and password. ●

The benefits of registering online.



Use your plan right away.

Register for your online account to start using your plan on your effective date. You'll get tools and resources to help manage your health and make the most of your plan.



Quickly find what you need.

Search for doctors and hospitals based on your ZIP code.



Reduce paper clutter.

Never lose important plan documents and reduce paper clutter in your home. Log into your account to see your plan materials, benefit and claim information.



Easily track your medical history.

You can check your Personal Health Record online. Bring a copy to your doctor appointments so your doctor always has this information.

Mental Illness Awareness

Did you know that about 20% of adults aged 55 or older have experienced some type of mental health concern,¹ but nearly one in three of those seniors do not receive treatment?

Risk Factors for Mental Illness

One of the ongoing problems with diagnosis and treatment of mental illness in seniors is the fact that older adults are more likely to report physical symptoms than psychiatric complaints. However, even the normal emotional and physical stresses that go along with aging can be risk factors for mental illnesses like anxiety and depression.

The Geriatric Mental Health Foundation² lists a number of potential triggers for mental illness in the elderly:

- ◆ Alcohol or substance abuse
- ◆ Change of environment, like moving into assisted living³
- ◆ Dementia-causing illness (e.g. Alzheimer's disease)
- ◆ Illness or loss of a loved one
- ◆ Long-term illness (e.g., cancer⁴ or heart disease)
- ◆ Medication interactions
- ◆ Physical disability
- ◆ Physical illnesses that can affect emotion, memory, and thought
- ◆ Poor diet or malnutrition⁵

10 Symptoms of Mental Illness

As our loved ones' age, it is natural for some changes to occur. Regular forgetfulness is one thing, however; persistent cognitive or memory loss⁶ is another thing and potentially serious.

The same goes for extreme anxiety or long-term depression. Caregivers should keep an

eye out for the following warning signs, which could indicate a mental health concern:

- ◆ Changes in appearance or dress, or problems maintaining the home or yard.
- ◆ Confusion⁷, disorientation, problems with concentration, or decision-making.
- ◆ Decrease or increase in appetite; changes in weight.
- ◆ Depressed mood lasting longer than two weeks.
- ◆ Feelings of worthlessness, inappropriate guilt, helplessness; thoughts of suicide.
- ◆ Memory loss, especially recent or short-term memory problems.
- ◆ Physical problems that can't otherwise be explained: aches, constipation, etc.
- ◆ Social withdrawal; loss of interest in things that were once enjoyable.
- ◆ Trouble handling finances or working with numbers.
- ◆ Unexplained fatigue, energy loss, or sleep changes.

Do not hesitate to seek help if your loved one is experiencing any of the symptoms above, urges the Geriatric Mental Health Foundation.

There are professionals out there willing to help, including your family doctor, who is always a good place to start. You could also consult a counselor, geriatric psychiatrist,⁸ or psychologist. The important part is not to stand by and suffer alone.

Virtual Behavioral Health Visits

Talk to a behavioral health specialist anytime using live video chat from your computer, tablet, or smartphone anytime, day or

night. Virtual Behavioral Health Visits may be best for:

- ◆ Initial evaluation
- ◆ Medication management
- ◆ Addiction
- ◆ Depression
- ◆ Trauma and loss
- ◆ Stress or anxiety

How to access your behavioral/mental health benefit

To directly access your behavioral/mental health benefits, please call the behavioral health number on the back of your member ID card 24 hours a day, 7 days a week. When you call, you will speak with a representative who will check your eligibility and gather basic information about you and your situation.

Depending on the help you need, a clinician may then talk with you about the problem you are experiencing and assess which provider and treatment would be appropriate for your situation. You may also ask your Primary Care Provider (PCP) to call the number on the back of your member ID card and arrange a referral on your behalf.

OR

You can find a list of participating virtual providers by signing in to your personal online account at www.UHCRetiree.com/peehip.

With the combined efforts of caregivers, family, friends, and mental health professionals, we can help ward off mental illness in our older loved ones and make sure they are on the right track to healthy aging. ●

1 https://www.cdc.gov/aging/pdf/mental_health.pdf

2 <http://www.gmhfonline.org/>

3 <https://www.aplaceformom.com/assisted-living>

4 <https://www.aplaceformom.com/blog/7-25-16-cancer-screening-for-seniors/>

5 <https://www.aplaceformom.com/planning-and-advice/articles/senior-nutrition>

6 <https://www.aplaceformom.com/planning-and-advice/articles/preventing-memory-loss>

7 <https://www.aplaceformom.com/planning-and-advice/articles/dementia-information>

8 <https://www.aplaceformom.com/planning-and-advice/articles/geriatric-care-specialists>