



Wellness Screenings Now Available at Pharmacies

PEEHIP members and spouses enrolled in the Blue Cross Blue Shield Group #14000 Plan have a new, convenient way to get their annual wellness screening.

As of February 8, 2021, PEEHIP members have access to the Blue Cross and Blue Shield of Alabama Pharmacy Biometric Screening Program. This means you can get your annual wellness screening at a local participating pharmacy on your own schedule. **As a reminder, members and spouses enrolled in the Blue Cross Blue Shield Group #14000 Plan must obtain a wellness screening each year by August 31 to earn the \$50 monthly wellness premium waiver.**

Please visit the PEEHIP website at www.rsa-al.gov/peehip/wellness to view a list of participating pharmacies. You can also 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. Also, remember to bring your PEEHIP Blue Cross and Blue Shield of Alabama ID Card. You do not need to bring a PEEHIP screening form to the pharmacy to get your screening.

Screenings at pharmacies are provided free of charge to PEEHIP members. August 31 is steadily approaching, so do not delay – make plans to get your screening today. ●



COVID-19 Vaccines

All FDA-authorized COVID-19 vaccines are covered at no additional cost to you during the public health emergency. Coverage applies no matter where you receive the vaccine, including both in-network and out-of-network providers, and includes instances in which two vaccine doses are required.

For the latest information from the Alabama Department of Public Health regarding the COVID-19 vaccine, including Alabama's Allocation Plan, eligibility check tool, and vaccine locations, visit <https://www.alabamapublichealth.gov/covid19vaccine/index.html>. ●

PEEHIP Members Notified in January of Invoices Sent to Prior Address

On January 8, 2021, certain invoices for premium amounts were sent to members' prior addresses instead of their current addresses. This error was caused by a one-time software issue and was immediately corrected when PEEHIP discovered it on January 13. PEEHIP currently estimates that approximately 1,265 members may have been affected. The issue did not affect any members whose premiums are fully deducted from their paycheck or retirement benefits, nor did it affect any other PEEHIP communications.

The information in the invoices included the members' name, prior address, PID, and selected insurance coverage. No other private member information was included. ***If you were one of the members potentially affected, a notification letter was sent from PEEHIP dated January 21, 2021. PEEHIP has issued new invoices to those members.***

We apologize for any inconvenience to the affected members. If you have questions about this matter, please do not hesitate to contact PEEHIP by phone at 334.517.7000 or by email at PEEHIPinfo@rsa-al.gov. ●

High Blood Pressure: What is it? How can I lower my risk?



A major component of heart disease prevention is maintaining a healthy blood pressure level. Blood pressure is created by the force of pumping blood as it moves throughout the body. Blood is pumped through your veins and arteries with each beat of your heart. The harder the heart has to work, the higher the resistance on the blood vessels. This resistance causes blood pressure to increase.

When your blood pressure consistently reaches a high level, you may be diagnosed with hypertension. High blood pressure affects nearly half of Americans and many may not even know they are at risk or currently have it. There are many different factors that increase your risk of high blood pressure, including genetics, physical elements, and lifestyle behaviors. If your parents or close relatives have high blood pressure, then your risk increases. As you age, your risk for high blood pressure may also increase.

While family history and age are risk factors that can not be changed, certain lifestyle changes can help you prevent or manage high blood pressure. These changes include:

- ◆ **Reduce Your Salt Intake:** Meals that contain large quantities of salt can increase your risk of high blood pressure. To lower your salt intake, try replacing salt with herbs or spices.
- ◆ **Increase Your Exercise:** Exercise helps your heart muscle become more efficient and pump blood throughout your body more easily.

The CDC recommends 150 minutes each week of moderate exercise. This can break down to a 20 to 25 minute walk each day.

- ◆ **Manage Your Weight:** Having a higher BMI (a BMI above 25) can make your heart have to work harder to pump blood. You will want to talk to your doctor about a healthy weight for you.
- ◆ **Monitor Your Alcohol Intake:** The American Heart Association recommends no more than 2 drinks per day for men and 1 drink per day for women. Drinking beyond those recommendations can increase your risk of high blood pressure.
- ◆ **Reduce Stress:** High stress levels can lead to high blood pressure. Reduce stress by actively participating in self-care, exercising regularly, or talking through your feelings with a trusted friend or family member.

If you want to learn more about preventing or managing high blood pressure, sign up for Pack Health. With Pack Health's free digital health coaching programs, you may learn about health conditions, set health goals, and stay on track to reach them. Upon signing up for Pack Health, you are matched with your personal Health Advisor who can help you build an action plan to help lower your risk of high blood pressure. Pack Health is available for PEEHIP members. Visit www.packhealth.com/mypeehip to learn more. ●

Notice Concerning 1095-B and 1095-C Forms



As part of the Affordable Care Act, PEEHIP is required to provide Form 1095-B to each of its subscribers who were enrolled in the PEEHIP Blue Cross Blue Shield Hospital Medical Group #14000 Plan during the calendar year 2020. These forms were mailed on or before January 30, 2021. For the PEEHIP Group #14000 subscribers, you should have already received this form from PEEHIP. For PEEHIP members that were covered under the VIVA HMO Plan

during any point of 2020, VIVA has the responsibility of providing the 1095-B form as they are a fully insured plan.

The 1095-B form reports the actual enrolled coverage of active and non-Medicare-eligible retired members, COBRA beneficiaries, and their covered spouses and children. Lastly, for Medicare-eligible members covered on a retiree contract, Medicare (not PEEHIP or Humana) would have sent you a 1095-B if you met their criteria for receiving

one. For more information, please contact Medicare at 800.MEDICARE.

Your employer is also required to provide a different form, which is Form 1095-C. This form reports the offer of coverage to full-time employees and their eligible spouses and dependents, but is not applicable to retirees. Neither of these forms require any action on the part of the PEEHIP members, but please retain your copy for your records. ●

Medicare-Eligible PEEHIP Members

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

Your PEEHIP Humana Group Medicare Advantage (PPO) Plan offers support to help you maintain your health, safety, and independence.

Knowing what kind of care you need can be hard. Sometimes it can feel like you have too many choices, other times there are not enough. If you are living with complex health conditions or have had an inpatient hospital stay, you may be eligible for additional assistance from a Humana At Home care manager, made available through the PEEHIP Humana plan. Humana At Home care managers include nurses, case managers, and social workers.

When you qualify for the program, a Humana At Home care manager will help you get the information you need to make the right choices for you. Care managers offer support by phone in a way that fits your schedule. They can coordinate exams and screenings, answer care-related questions, and discuss health changes.

Your PEEHIP Humana care manager can help you:

- ◆ Understand your doctor's advice
- ◆ Learn about and help find ways to help you afford your medicine
- ◆ Make arrangements to get medical appointments
- ◆ Help you make your home a safer place to live
- ◆ Provide ways to help you get meals and groceries
- ◆ Find options to help you with your finances

Support Following a Hospital Stay

An inpatient hospital stay can be overwhelming. Humana can help ease your stress with programs and services that help make your adjustment to life back at home as smooth as possible.

For 30 days after an inpatient stay, a care manager may provide support to eligible members by phone. This may include help with coordinating treatment, connecting you with financial resources, and identifying ways to make your home safe. To help with the challenge of eating healthy when recovering from a hospital stay, your PEEHIP Humana plan offers the Humana Well Dine® program, which supports eligible members by delivering nutritious meals to their home.

What does this cost me?

Nothing extra! Eligible PEEHIP Humana members receive these services through the PEEHIP Humana Group Medicare Advantage (PPO) Plan at no additional cost.

What can I expect?

When Humana sees that you may need some extra help, they will call to connect you with your care manager. Your care manager will talk with you to learn your needs, and together you will make a plan. They will then follow-up to make sure the service is working for you.

Where can I learn more?

Find out more about the resources available to you by calling your dedicated PEEHIP Humana Group Medicare Customer Care Team at 800.747.0008 (TTY: 711). Visit Our.Humana.com/PEEHIP or sign into your account at MyHumana.com.

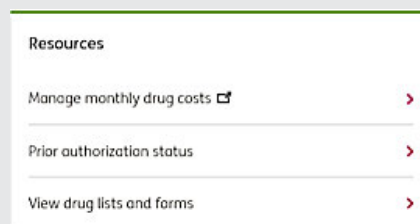
Your PEEHIP Humana Plan and Rx Prior Authorization Status

Are you a PEEHIP Humana member with a pending prescription prior authorization request? Unsure how to find information on the status of your request? As part of your PEEHIP Humana Group Medicare Advantage PPO Plan, you can access your MyHumana account through Our.Humana.com/PEEHIP to find information about your authorization status, and more.

Visit Our.Humana.com/PEEHIP → Log in to MyHumana → Click Pharmacy



→ scroll down to Resources box → click Prior authorization status



Through your MyHumana account, you are able to see whether your prior authorization request is currently “In review, Approved, Denied, or Partially Approved.” Additional details are also available, such as the period of time your approved authorization is in effect or reason for denial with links to access your denial letter. The standard time frame for a determination on your request is up to 72 hours. ●

For additional information or questions, please contact your dedicated PEEHIP Humana Customer Care Team at 800.747.0008 (TTY: 711) Monday – Friday 7 a.m. – 8 p.m. Central Time.