



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/.

March is National Colorectal Cancer Awareness Month

Stay on top of your colon health by getting tested for colon cancer. According to the American Cancer Society, colon cancer is one of the most treatable and preventable cancers, thanks to regular screenings.¹

There are many test options for colon cancer screenings:

- ◆ Stool tests – These tests are typically done every year with the use of a kit from your healthcare provider, which can be done at home and then be returned to your doctor or a lab.² Fecal immunochemical tests (FIT) and guaiac-based fecal occult blood tests (gFOBT) are covered through your PEEHIP Humana Plan once every 12 months.
- ◆ Flexible sigmoidoscopy – Typically recommended to be performed by a doctor every 5 years (or every 10 years if a fecal immunochemical test [stool test] is done every year), to check for polyps or cancer inside

the rectum and lower third of the colon.* Your PEEHIP Humana Plan provides coverage for one flexible sigmoidoscopy (or screening barium enema as an alternative) once every 48 months.

- ◆ Colonoscopy – Typically recommended to be performed every 10 years by a doctor to check for polyps or cancer inside the rectum and the entire colon. During this test, the doctor can find and remove most polyps and some cancers.* For those at normal risk of colorectal cancer, your PEEHIP Humana Plan provides coverage for one screening colonoscopy every 10 years, but not within 48 months of a screening sigmoidoscopy. For those at high risk of colorectal cancer, your PEEHIP Humana Plan provides coverage for one screening colonoscopy (or barium enema as an alternative) every 24 months.

Talk to your doctor to see which test is best for you and how often you should be tested.

Get Rewarded by Go365[®]

Through your PEEHIP Humana Group Medicare Advantage PPO Plan, you can earn rewards from Go365[®] by Humana by completing various eligible

activities and preventive health screenings. Did you know that by completing your Colorectal Screening, you can earn \$30 in Go365[®] rewards? Use your rewards to redeem gift cards in the Go365[®] Mall from various popular retailers and restaurants.

For more information on rewardable activities or to get started with the Go365[®] by Humana Program, visit MyHumana.com and click on Go365[®] from your dashboard. (Your username and password will be the same you use to sign in to 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). Rewards must be earned and redeemed within the same plan year. Be sure to activate your reward before December 31. Rewards not redeemed before December 31 will be forfeited. No amount of this gift card can be used to purchase Medicare-covered services, nor can it be converted to cash.

For questions pertaining to your PEEHIP Humana Plan benefits or at-home test kits, contact your dedicated PEEHIP Humana Customer Care team at 800.747.0008 (TTY: 711), or visit our.humana.com/PEEHIP. ●

*Before either a sigmoidoscopy or a colonoscopy, you will need to clean out your colon. Colon prep takes 1 to 2 days, depending on which type of prep your doctor recommends. Some preps may be taken the evening before the test. If possible, plan to stay home during your prep time since you will need to use the bathroom frequently. The colon prep causes loose, frequent stools and diarrhea so that your colon will be empty for the test.

¹ “Key Statistics for Colorectal Cancer,” American Cancer Society.

<https://www.cancer.org/cancer/colon-rectal-cancer/about/key-statistics.html>

² “Colorectal Cancer Screening Tests,” Centers for Disease Control and Prevention.

https://www.cdc.gov/cancer/colorectal/basic_info/screening/tests.htm

Medication Adherence

It is estimated that three out of four Americans do not take their medication as directed. Taking medication correctly may seem like a simple or personal matter, but medication non-adherence (or not taking medication as directed) is a complicated and common problem. Many people may not realize the actual damage or consequences of medication non-adherence. When patients with chronic conditions such as heart disease do not take medication as directed, the repercussions can be severe. Here are some examples of how medication non-adherence can impact your health:

- ◆ About 10% of hospital admissions may be due to medication non-adherence.
- ◆ Discontinuing high blood pressure medications and not keeping blood pressure in check can lead to heart disease, stroke, and kidney failure.
- ◆ Medication non-adherence can lead to drug withdrawal symptoms for some medications.

Poor medication adherence takes the lives of 125,000 Americans annually and costs the healthcare system nearly \$300 billion a year in additional doctor visits, emergency department visits, and hospitalizations. Your PEEHIP Humana Plan recommends that you talk with your provider or pharmacist about any concerns you may have with your medication. Never stop taking your medications without talking with your doctor or pharmacist. ●



PREDIABETES

COULD IT BE YOU?

96 MILLION 96 million American adults — more than 1 in 3 — have prediabetes.

1 IN 3

MORE THAN 8 IN 10 adults with prediabetes don't know they have it.

Prediabetes increases your risk of:

- TYPE 2 DIABETES
- HEART DISEASE
- STROKE

With prediabetes, your blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes.

If you have prediabetes, losing weight by:

- EATING HEALTHY
- &
- BEING MORE ACTIVE

can cut your risk of getting type 2 diabetes in **HALF**

At-Home COVID Tests

The United States Postal Service began shipping four individual rapid antigen COVID-19 tests in late January to each residential household upon request. These tests are available for every home in the U.S. and are free of charge. All PEEHIP members residing in the U.S. have access to these tests. To place an order, visit covidtests.gov.

Additionally, and pursuant to federal requirements, PEEHIP, along with our partners Express Scripts and VIVA,

will develop a pharmacy network in which our members can obtain at-home COVID tests provided by their PEEHIP benefits. While these networks are finalized, paper reimbursement forms can be used for at-home tests purchased since 1/15/2022.

- ◆ PEEHIP Blue Cross Blue Shield Hospital Medical Plan Group #14000 members and PEEHIP members enrolled in the VIVA Health Plan may now purchase eligible at-home COVID-19



diagnostic tests from the pharmacy counter at a participating pharmacy. You may receive the tests at no charge if the pharmacy is set up to allow the purchase through the pharmacy benefit. Alternatively, members can submit a paper reimbursement form found at rsa-al.gov/peehip/pharmacy-benefits/. These claim forms must include the original receipt and the original Universal Product Code (UPC barcode) cut from the test's packaging. For more information, contact Express Scripts at 800.363.9389, or if enrolled in VIVA, contact VIVA at 800.294.7780.

- ◆ The federal government did not include Medicare plans in the new at-home test requirements. However, members in the PEEHIP Humana Group Medicare Advantage Plan can still use the USPS link to order four free at-home tests per household.

If you have any questions, contact PEEHIP at 877.517.0020. ●

If you ignore prediabetes, your risk for type 2 diabetes goes up — type 2 diabetes increases your risk for serious health complications:

BLINDNESS

KIDNEY FAILURE

HEART DISEASE

STROKE

LOSS OF TOES, FEET, OR LEGS

YOU CAN PREVENT TYPE 2 DIABETES

FIND OUT IF YOU HAVE PREDIABETES —
See your doctor to get your blood sugar tested

JOIN A CDC-RECOGNIZED
diabetes prevention program

- ✓ eat healthy
- ✓ be more active
- ✓ lose weight

LEARN MORE FROM CDC AND TAKE THE **PREDIABETES RISK TEST** AT
www.cdc.gov/diabetes/basics/prediabetes.html

REFERENCE
Centers for Disease Control and Prevention, National Diabetes Statistics Report, Atlanta, GA, Centers for Disease Control and Prevention, U.S. Dept. of Health and Human Services, 2022.

CDC's Division of Diabetes
Translation works toward a world
free of the devastation of diabetes.



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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 2021. These forms were mailed in February 2022 pursuant to IRS requirements. For 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 2021, VIVA has the responsibility of providing the 1095-B form because they are a fully insured plan.

The 1095-B form reports “actual enrolled coverage” of active and non-Medicare-eligible retired members and 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.

As a reminder, this 1095-B form is not required to file your taxes but should be kept with your personal records. 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 it is not applicable to retirees. Neither of these forms requires any action on the part of the PEEHIP members, but please retain your copy for your records. ●