



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 2022 calendar year. These forms were mailed in February 2023 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 2022, 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 chil-

dren. Lastly, for Medicare-eligible members covered on a retiree contract, Medicare (not PEEHIP, Humana®, or UnitedHealthcare®) 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 require any action on the part of the PEEHIP members, but please retain your copy for your records. ●

Lifeline Personal Emergency Response System (For Medicare-Eligible PEEHIP Members)

UnitedHealthcare® is working with Lifeline to provide a personal emergency response system (PERS) at no cost to eligible UnitedHealthcare® Group Medicare Advantage Plan members.

The Lifeline PERS allows you to ask for help anytime you need it, 24/7, 365 days a year. All you do is push the help button on your wearable device, and a Trained Care Specialist will assist you in getting the help you need quickly. Lifeline is the most popular personal emergency response system in the U.S. today,¹ offering solutions to fit your unique needs and lifestyle.

Features include:

- ◆ Optional AutoAlert fall detection technology automatically provides access to help if it detects a fall – even if you are disoriented, immobilized, or unconscious and cannot push the help button.²
- ◆ Cellular or landline compatible, Lifeline works anywhere in the U.S. where current telephone service is provided.
- ◆ Lightweight, water-resistant help button can be worn on the wrist or around the neck.

You or your family members, caregivers, and health care professionals may help you enroll by:

Phone: 855.595.8485, TTY 771

Online: lifeline.com/uhcgroup

¹Based on number of subscribers.

²Automatic fall detection technology does not detect 100% of falls. If able, a subscriber should always push their personal alert button when they need help. Button signal range could vary due to environmental factors. Lifeline response center may proceed directly to calling emergency services in urgent circumstances.

Lifeline Personal Emergency Response System

(For Medicare-Eligible PEEHIP Members) *continued from page one*

Please be sure to have the following information:

- ◆ Member address (where service will be provided)
- ◆ Member telephone number³ to schedule delivery
- ◆ Member date of birth
- ◆ Preferred language

Frequently Asked Questions

What is included in a personal emergency response system? Is everything covered?

The Lifeline personal emergency response system includes equipment and monitoring services. When the help button is pressed, the device acts as a speakerphone and dials the Lifeline Response Center. A Trained Care Specialist can

³A member phone number is required to enroll. Benefits, features and/or devices vary by plan/area. Limitations and exclusions apply. You must have a working landline and/or cellular phone coverage to use PERS.

quickly access your profile, assess the situation, and dispatch the help requested. Yes, everything is covered.

What if the personal emergency response system stops working?

Please report malfunctioning equipment to Lifeline customer service at 855.595.8485, TTY 771. Customer service will troubleshoot and replace any malfunctioning unit or help button that has not been tampered with or altered from its original manufactured state.

What if the personal emergency response system button is lost? Can a replacement be ordered?

Lifeline will replace the first lost button. Additional lost buttons may require copays. ●

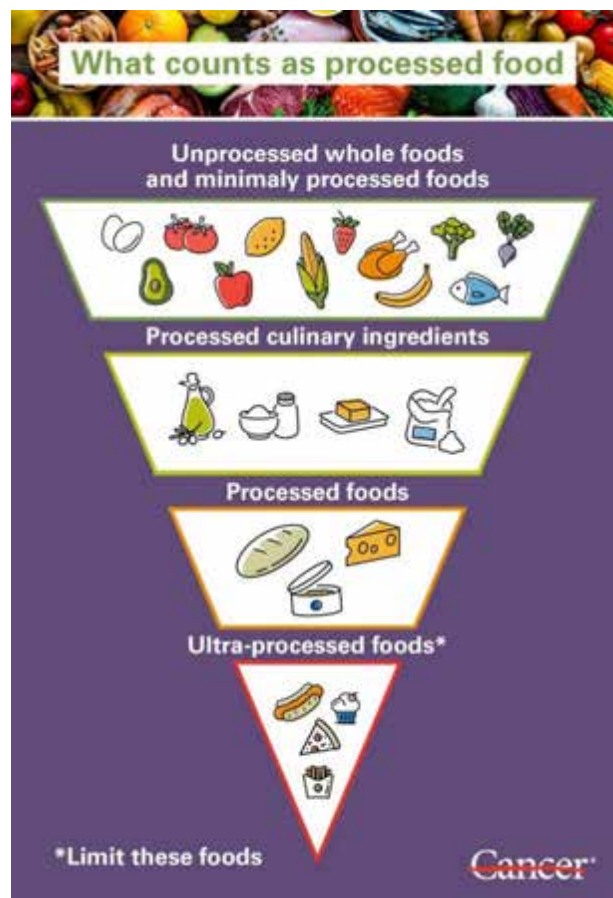
What are Ultra-Processed Foods?

According to a 2020 meta-analysis study¹ of 43 observational studies, consumption of ultra-processed food was associated with an increased risk of obesity, abdominal obesity, all-cause mortality, metabolic syndrome, depression, wheezing, cardiometabolic diseases, frailty, irritable bowel syndrome, functional dyspepsia, and cancer.

What is ultra-processed food? Think of packaged foods that are most different in their consumable form from their original state. In other words, they are manufactured from ingredients rather than actual foods. They generally contain additives, preservatives, and other substances extracted from foods.

Ultra-processed foods include pre-packaged snacks and meals, sweets, sodas, and all foods with a long list of ingredients, many of which are unrecognizable. Many of these ingredients are added to create desirable textures or flavors.

How do we avoid them? While highly unhealthy, ultra-processed foods often taste great, cost less, and even activate areas of our brains that make us want them more. How do we avoid them? Start by adding healthy snacks available in the home. Invest a little time preparing cut-up fruits, vegetables, and cheese to arm you and your family with healthy options.² ●



¹Lane MM, Davis JA, Beattie S, Gómez-Donoso C, Loughman A, O'Neil A, Jacka F, Berk M, Page R, Marx W, Rocks T. Ultra-processed food and chronic noncommunicable diseases: A systematic review and meta-analysis of 43

observational studies. *Obes Rev.* 2021 Mar;22(3):e13146. doi: 10.1111/obr.13146. Epub 2020 November 9. PMID: 33167080.

²<https://www.mdanderson.org/cancerwise/what-are-ultra-processed-foods.h00-159538167.html>

WEBINAR



HOW ULTRA-PROCESSED FOODS IMPACT YOUR HEALTH: PROOF THAT FOOD IS MEDICINE



Date: Wednesday, March 8, 2023

Time: 1:00 PM ET/12:00 PM CT

Did you know that food can be one of the most powerful medicines to improve your overall health? In this “kitchen tableside chat,” Wondr Health instructor and obesity and lifestyle medicine physician, Dr. Richa Mittal, will share easy ways (and a fun recipe!) to reduce inflammation, prevent disease, and use food as a source of healing in your unique health journey—without giving up the foods you love.

You'll learn:

- The link between ultra-processed foods and inflammation—and why this matters for our bodies and brains
- Strategies to enjoy anti-inflammatory eating without giving up your favorite foods
- A 5-minute anti-inflammatory recipe you'll want to use all week long

Register today at:



do.wondrhealth.com/foodismedicine

REGISTER



Wondr Health is an digital behavioral change program that teaches clinically-proven health habits that lead to less stress, better sleep, weight loss, and more - no restrictive diets, calorie-counting, or specialty foods required. With the Wondr program, you'll learn to change when and how you eat, not just what you eat, so you can improve your physical and mental wellbeing while eating the foods you love.

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®

Let's Move by UnitedHealthcare® is now available on your member website. You can access a wide range of wellness events and resources wherever and whenever you need them. Let's Move inspires many kinds of movement – helping to keep your body moving, your mind active, your social life lively, and your stress under control. Discover activities, events, videos, and more to support your journey to health and well-being.

- ◆ **Let's eat well** – Treat yourself to tasty recipes, fun cooking events, and support from Rally Coach™.

Upcoming event with UnitedHealthcare®

Virtual Teaching Kitchen:

Healthy meal preparation

Date: Tuesday, March 21

Time: 3 p.m. CT

Stop Food Waste:

Date: Wednesday, April 12

Time: 3 p.m. CT

To register for these cooking events:

1. Sign in to letsmovebyuhc.com
2. Select Events on the Let's Move page

- ◆ **Let's get fit** – Get free access to at-home workouts, participating gyms, and local fitness events through Renew Active®.

How to get started with Renew Active®:

Every Renew Active® member has a unique confirmation code. Write it down and use it to access your gym membership, create an account on AARP Staying Sharp®, and join the Fitbit® Community for Renew Active®.

1. Register or sign in to retiree.uhc.com/peehip
2. Select Under My Coverage in the right-hand column, select Access Gym Code
3. Your Renew Active® confirmation code starts with a letter, followed by 9 digits

4. If you are unable to sign in or have questions, please call the number on your UnitedHealthcare® member ID card.



Upcoming event with UnitedHealthcare®

Move & Flow Virtual Dance Class:

Move & Flow is a structured dance experience developed by the Mark Morris Dance Group for people seeking a fun, creative approach to maintaining physical health, confidence, and well-being. Based on 20 years of research and development, Move & Flow integrates dance, motor skills, and social connection for an enjoyable, musical, and motivating experience.

Date: Tuesday, March 28

Time: 1 p.m. CT

To register for the event, go to Eventbrite.com and search for the Move & Flow class.

- ◆ **Let's beat the blues** – Take time to care for your mental health with support services, online tools, and resources.
- ◆ **Let's make friends** – Find ways to connect through local and online events, classes, volunteering, and more.

For more about 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. ●