

## Express Scripts® Managing Your Drug Benefits

**A**s a reminder, effective October 1, 2021, PEEHIP will partner with Express Scripts® to provide prescription drug coverage for members enrolled in the PEEHIP Hospital Medical Plan Group #14000, administered by Blue Cross and Blue Shield. Soon, you will receive your new Express Scripts® identification card to be used at the pharmacy starting on October 1, 2021.

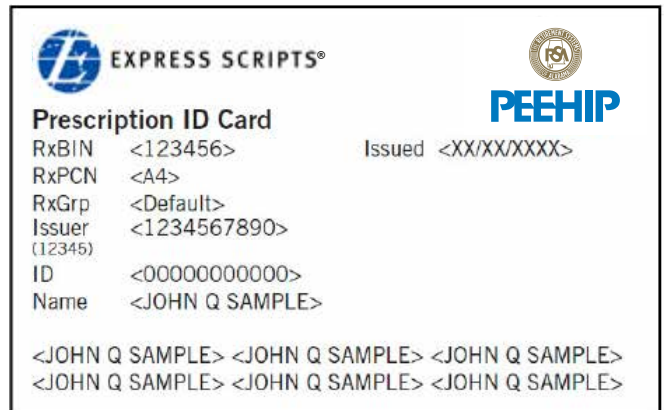
Just as with PEEHIP's previous prescription benefit manager, the team of pharmacists at Express Scripts® will work diligently toward providing you with the most medically appropriate prescription drug benefit at the lowest possible cost.

Your PEEHIP prescription drug benefits will not change. PEEHIP is committed to providing the highest quality healthcare at the lowest possible cost with this new partnership. If you have any questions or concerns about the new pharmacy benefit plan, contact Express Scripts® at 800.363.9389, and a customer service specialist will assist you.

Setting up your new Express Scripts® online account is easy.\*

◆ Visit [express-scripts.com](https://express-scripts.com) Or ◆ Download the Express Scripts® mobile app from your app store

\*An online account is not necessary for using your Express Scripts® drug benefit. ●



Watch for this card in the mail and use it at your pharmacy beginning October 1, 2021.

## Wellness Screening Deadline

**T**he August 31 deadline to get a wellness screening and earn the \$50 monthly wellness premium waiver has passed. If you did not get your screening, you are not locked into incurring the wellness premium all plan year. Make plans to get a wellness screening at your first opportunity. You will earn the waiver prospectively for the remainder of the plan year.

Available options to get your screening:

- ◆ The Alabama Department of Public Health (ADPH) offers free screenings at PEEHIP worksite locations and county health departments. To view the schedule and

availability, 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/](https://rsa-al.gov/peehip/wellness/).
- ◆ Screenings are available at participating pharmacies all over the state. To see a list of participating pharmacies, visit [rsa-al.gov/peehip/wellness/](https://rsa-al.gov/peehip/wellness/) or call Blue Cross and Blue Shield at 800.327.3994. If you choose to get your screening at a pharmacy, an appointment may be required. ●



## September is National Fruits and Veggies Month!

As we go back to school and begin to enjoy the promise of fall, September is the perfect month to make a fresh start toward eating healthier without losing the flavor you love. [ChewsWiselyAlabama.com](http://ChewsWiselyAlabama.com), in partnership with Blue Cross and Blue Shield of Alabama and PEEHIP, is here to help. Together, we will make the most of National Fruits and Veggies Month.

### There has never been a better time to eat healthier

Just like the adage says, eating your fruits and vegetables will help you grow stronger. Did you know that 90% of Americans do not get the minimum recommended servings of fruits and vegetables on a daily basis? That is why we want to offer you a challenge: **Add one fruit or veggie—just a single serving—every day.** It could be apples, broccoli, zucchini, you name it. Even canned fruits can help. This is a simple challenge, but it can make a big difference over time. Be sure to share which new fruit or veggie you tried (and if you liked it) on social media and tag [@ChewsWiselyAlabama](https://twitter.com/ChewsWiselyAlabama).

### Visit your local farmer's market

Head down to the local farmer's market once you have decided to eat more fruits and veggies. There is no better place to pick up the freshest food around. There is no doubt—eating healthier can help you get out and about more.

### Kick-off football season with smarter food choices

Nothing goes better with a good football game than great food. Cheer on your team with all of your flavorful favorites by swapping some healthier options into the starting lineup. For example, switch out potato chips for pita chips, and you will save on both fat and salt. Shrimp and chicken skewers on the grill also make for a healthier game plan. If you are making chili, substitute the usual ground beef with turkey. Substitutes like this can give you a winning edge.

### Sharing is caring—and delicious

Got a fresh, flavorful recipe that carries on the time-honored Alabama tradition of succulent, down-home goodness? Share it at [ChewsWiselyAlabama.com/submissions](http://ChewsWiselyAlabama.com/submissions). There is nothing we like better than discovering great Southern delicacies that not only promote excellent health but taste great as well.

### What is online this month?

If you are looking for ways to spice up your healthy diet, [ChewsWiselyAlabama.com](http://ChewsWiselyAlabama.com) is your all-in-one destination. Learn how to cook smart and create dishes that are good for your family and keep them coming back to the dinner table. Get the scoop on the newest recipes, like this month's featured dish: End-of-Summer Tomato Salsa. Don't forget to follow us on Facebook and Instagram! ●



#### INGREDIENTS

- 2 **tablespoons** extra-virgin olive oil
- 1 **tablespoon** balsamic vinegar
- 1/2 **teaspoon** freshly ground black pepper
- 3/8 **teaspoon** kosher salt
- 1 garlic clove, grated
- 1 **and 1/2 cups** halved or quartered cherry tomatoes
- 1/4 **cup** slivered shallots
- 2 **teaspoons** fresh thyme leaves

#### INSTRUCTIONS

1. Combine olive oil, vinegar, pepper, salt, and garlic in a medium bowl.
2. Whisk until well blended.
3. Stir in tomatoes, shallots, and thyme leaves.

Courtesy of [Cookinglight.com](http://Cookinglight.com)

## Flexible Spending Accounts

**A**lmost everyone is looking for ways to save money on out-of-pocket medical expenses and daycare expenses. PEEHIP is here to help by offering two types of Flexible Spending Accounts (FSA): A Health FSA and a Dependent Care Reimbursement Account (DCRA). An FSA is a tax-advantage plan that allows members to put aside pre-tax dollars for anticipated expenses. If you are an actively employed PEEHIP member, you can elect to have a portion of your paycheck set aside, pre-tax, to pay for qualifying expenses for you and your dependents. When a qualifying medical expense is incurred, pay for it with your pre-loaded Flex Visa Debit Card. Use your DCRA to reimburse yourself for monthly out-of-pocket dependent daycare expenses.

To get started, estimate how much you will spend on medical expenses between October 1, 2021, and September 30, 2022. Covered expenses include items such as deductibles, doctor visits and prescription drugs copays, dental care and orthodontia, vision exams, glasses, contacts lenses, medical supplies and equipment, and even some over-the-counter items, such as menstrual products (pads, tampons, liners), plus cold and allergy medicines. Then enroll in a Health FSA for your estimated amount (up to \$2,750).

The annual amount you elect will be divided into 12 sepa-

rate monthly pre-tax contributions. Your payroll manager will deduct the pre-tax contribution amount from your monthly payroll. The entire annual amount you elect to put into a Health FSA will be pre-loaded to a Flex Visa Debit Card for you to start using on the first day of the plan year, October 1, 2021. Just swipe the card and keep your receipts.

Members with dependent children or members caring for their elderly dependents can enroll in a DCRA for reimbursement of daycare, preschool, before and after-school care, summer day camp, elderly daycare, or other dependent care expenses, up to an annual amount of \$5,000 for the same great savings. On average, members save \$15 to \$35 for every \$100 they set aside. For more information concerning eligible Health FSA and DCRA expenses or for help estimating your expenses go to [healthequity.com/peehip](https://healthequity.com/peehip).

**Open Enrollment for Flex began July 1 and ends September 30.** The 2022 FSA plan year runs from October 1, 2021, to September 30, 2022. Enrollment in an FSA does not automatically renew each year. You must re-enroll and remain an active employee to continue participation. Enroll online at <https://mso.rsa-al.gov> or complete a FLEXIBLE SPENDING ACCOUNT ENROLLMENT APPLICATION. ●

## Medicare-Eligible PEEHIP Members

**T**he information below pertains to Medicare-eligible PEEHIP retirees or Medicare-eligible dependents of PEEHIP retirees. For more information, visit [rsa-al.gov/peehip/retirees/](https://rsa-al.gov/peehip/retirees/).

Your PEEHIP Humana Group Medicare Advantage PPO Plan provides you with access to SilverSneakers®, a total health and physical fitness program available at no additional cost to you.

### SilverSneakers® goes digital to help you keep up your fitness routine

Exercise is a key part of maintaining a healthy lifestyle and can support a healthy immune system.<sup>1</sup> You can use your SilverSneakers® benefit to stay active without leaving home.

### SilverSneakers® videos when and where you want

Check out hundreds of online workout and wellness videos with SilverSneakers On-Demand™. Videos range



from easy, low-impact exercises to cardio workouts and nutrition topics.

Log in at [SilverSneakers.com/learn/ondemand](https://SilverSneakers.com/learn/ondemand) to get started.

### SilverSneakers® LIVE classes and workshops

From the comfort of your home, enjoy virtual classes and workshops directly through the SilverSneakers® website. Included in the SilverSneakers® program, SilverSneakers® LIVE offers live full-length virtual classes and workshops

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that you may participate in on your computer via Zoom. A SilverSneakers® instructor leads each class and workshop. Multiple classes are offered per day. Get started at [Go.SilverSneakers.com/Live](http://Go.SilverSneakers.com/Live) to view the upcoming class schedule and RSVP to participate.

## Get Rewarded!

Through your PEEHIP Humana Plan, you can earn rewards from Go365® by Humana for completing various activities and preventive health screenings. Rewards include a \$5 reward for completing at least eight SilverSneakers workouts per month. Use your rewards to redeem gift cards from a variety of retailers and restaurants.

For more information on rewardable activities or to get started with Go365® by Humana, visit [MyHumana.com](http://MyHumana.com) and click on Go365® from your dashboard. Your username and password will be the same as you use to sign in to [MyHumana.com](http://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). To view a full recorded presentation about how to earn rewards through the Go365® by Humana program, visit [rsa-al.gov/peehip/retirees/](http://rsa-al.gov/peehip/retirees/).

For questions regarding the SilverSneakers® program, call 888.423.4632 (TTY: 711), Monday - Friday, 7 a.m. to 7 p.m. CST, or visit [SilverSneakers.com](http://SilverSneakers.com).

For questions regarding your PEEHIP Humana Plan, contact your dedicated PEEHIP Humana Group Medicare Customer Care Team at 800.747.0008 (TTY: 711), Monday - Friday, 7 a.m. to 8 p.m. CST, or visit [Our.Humana.com/PEEHIP](http://Our.Humana.com/PEEHIP).

Always talk with your doctor before starting an exercise program.

<sup>1</sup> <https://www.ncbi.nlm.nih.gov/pubmed/29713319> ●

## 2021 Alabama Senior Olympics Sponsored by Humana

The 2021 Alabama Senior Olympics will be holding six outdoor sporting events in September and October of this year including, archery, cycling, golf, pickleball, softball, and tennis! Humana is excited to be a title sponsor of the games!



If you are interested in viewing the 2021 Alabama Senior Olympics sporting events, see the chart below for date and location information. For more information about the sporting events, locations, and start times, visit [alseniorolympics.org](http://alseniorolympics.org) and select the “Sports” heading.

Sport	Location	Date - 2021
Cycling	Gunter Industrial Park/Lagoon Park	9/11
Archery	Hoover/Inverness Archery Park	9/12
Pickleball	Opelika Pickleball Facility	9/17 – 9/19
Softball	Liberty Park Sports Complex	9/25
Tennis	Tuscaloosa Tennis Center	10/16
Golf	Capitol Hill – Legislator Course	10/25

If you are 50 years of age or older, and are interested in participating in the Alabama Senior Olympics, visit [alseniorolympics.org](http://alseniorolympics.org) and select the “Registration” heading for more information. Registration for tennis and golf is open through September 30. Archery, cycling, pickleball, and softball registration is closed as of August 31, although in-person registration for cycling will be available the day of the event. Humana will be hosting a tent and table at each sporting event, working as volunteers to assist with the games. We would love to see you there! ●