



Wellness Screening Deadline

The August 31 deadline to get a wellness screening and earn a waiver of the \$50 monthly wellness premium 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 and 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 availability schedule, 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/.

- ◆ Screenings are available at participating pharmacies all over the state. To see a list of participating pharmacies, visit rsa-al.gov/peehip/wellness/ or 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. ●

September is National Fruits and Veggies Month

Strive For Five!

This time of year, many delicious kinds of produce are ready to pick and eat. No wonder September is National Fruits and Veggies Month! Nutrition experts agree that eating five servings of fruits and vegetables daily is an important healthy eating goal and can even help lower your risk for certain chronic diseases. To get your five servings per day, think of ways to add a fruit or veggie to dishes you already like such as adding raisins or bananas to your cereal, tomatoes and lettuce to your sandwich, and a side salad to dinner.

Rethink The Clean Plate Club

Did your parents ever tell you to finish everything on your plate at mealtimes? While avoiding food waste is a good idea, making kids eat everything on their plates may cause them to ignore their bodies' "I'm full!" signals and overeat. When children learn to recognize feelings of fullness – and to act on that feeling – they are less likely to eat more than they need. You can help your kids build these healthy eating habits by starting with smaller portions and allowing a second helping if they are still hungry afterwards.

September Recipe Roundup

Have you given any of your favorite

dishes a healthy upgrade recently? Whether it's turkey burgers for a tailgate or apple muffins for after school, we would love to have your recipe. Share it using the submission form at ChewsWiselyAlabama.com.

Find Videos, Recipes, And More Deliciousness

Make Chews Wisely AlabamaSM your one-stop shop for all things tasty and healthy. Follow us on Facebook and Instagram for fun videos and healthy swaps. See our collection of mouthwatering recipes at ChewsWiselyAlabama.com. This month, we are spotlighting our Turkey-Stuffed Bell Peppers, which make a perfect weeknight meal. ●

Summary of Benefits and Coverage

Availability of Summary Health Information

The Patient Protection and Affordable Care Act (PPACA) of 2010 created a federal requirement for group health plans to provide the Summary of Benefits and Coverage (SBC) to health plan members during Open Enrollment. Health benefits represent a significant component of every employee's compensation package. The benefits

also provide important protection for employees and their family in the case of illness or injury.

Choosing a health coverage option is an important decision. To help you make an informed choice, PEEHIP makes available a Summary of Benefits and Coverage (SBC), which summarizes important information about health coverage options in a standard format to help you compare across coverage options available to you in both the individual market and group health insurance coverage markets. The SBC

is available on the PEEHIP web page at rsa-al.gov/peehip/publications/. A paper copy is also available, free of charge, by calling Member Services toll-free at 877.517.0020. The SBC is meant as a summary only and the coverage examples in the SBC are for illustration purposes only and may not be representative of the actual charges for copayments or out-of-pocket expenses for the PEEHIP plan. For more detailed benefit information, see the PEEHIP Summary Plan Description (SPD) at rsa-al.gov/peehip/publications/. ●

Annual Adjustments to Retiree Sliding Scale, COBRA, Leave of Absence (LOA), Surviving Spouse/Dependent Premiums

For members who retired on or after October 1, 2005, PEEHIP premiums are calculated pursuant to the Sliding Scale law (Section 16-25A-8.1) by starting with the base premium as set by the PEEHIP Board of Control and adjusting that base premium by applying a formula based upon the cost of healthcare to the plan and using a member's specific age and years of service at retirement. Per the law, this premium is subject to change each year. To calculate or review a premium, a retiree premium calculator is available on our website

at rsa-al.gov/peehip/calculators/. For more information about the sliding scale law and how retiree premiums are calculated under this law, please see the dedicated sliding scale pages with examples on our website at rsa-al.gov/peehip/. The PEEHIP retiree premium calculators at rsa-al.gov/peehip/calculators/ will be updated prior to October 1, 2022. Additionally, new members applying for retirement are now provided a PEEHIP premium estimate letter along with explanation of how the sliding scale applies to them. This month, PEEHIP will provide

additional information to members impacted by the sliding scale prior to any resulting changes to their premium effective October 2022.

As mandated by federal COBRA law and state law (Section 16-25A-8(e)), related to Surviving Spouses paying the cost of their coverage, each plan year there may be either some increases or some decreases to these amounts. For more information, please see the PEEHIP Member Handbook at rsa-al.gov/peehip/publications/. ●

FY2023 Employer Contribution Amount

PEEHIP participating employers contribute funds to PEEHIP based on their number of active employees. The Alabama Legislature sets the employer contribution amount per active employee, which will remain \$800 for fiscal year 2023 (starting

October 1, 2022). This is not a change from the prior year. This funding is used to cover the costs for all active and retired employees and their eligible dependents enrolled in PEEHIP coverage. ●

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/.

Check In With Your Doctor for an Annual Wellness Visit

It is never too late to schedule your annual wellness visit with your doctor. Your PEEHIP Humana Group Medicare Advantage (PPO) Plan would like to remind you that your annual wellness visit should be a routine part of your health and well-being journey. An annual wellness visit is a one-on-one planning session with your doctor to discuss your health and steps to take to improve your well-being.

An annual wellness visit allows you and your doctor to create a health prevention plan personalized for you,* to help ensure you receive the physical and mental health screenings you need. Making time for this appointment may even save you money by lowering total health costs over the year.¹

Call your doctor to schedule your annual wellness visit today. For assistance with locating a doctor or specialist, visit humana.com/peehip-finder to use the Find a Doctor tool and locate an in-network provider near you.

For questions about your PEEHIP Humana plan benefits, visit our.humana.com/PEEHIP, or contact your PEEHIP Humana Group Medicare Customer Care team at 800.747.0008 (TTY: 711).

Get Rewarded!

Through your PEEHIP Humana Group Medicare Advantage (PPO) Plan, you can earn rewards from Go365[®] by Humana[™] by completing various activities and preventive

health screenings. You can earn \$25 in Go365[®] by Humana rewards[†] for completing your annual wellness visit. Use your rewards to redeem gift cards in the Go365[®] Mall from a variety of 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 as 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). ●

Sources

¹ <https://www.ajmc.com/view/medicare-annual-wellness-visit-association-with-healthcare-quality-and-costs>

* <https://www.medicare.gov/coverage/yearly-wellness-visits>

[†] No amount of this reward can be used to purchase Medicare-covered services, nor can it be converted to cash. Rewards must be earned and redeemed within the same plan year. Rewards not redeemed before December 31 will be forfeited.

Attend a meeting to learn about the PEEHIP UnitedHealthcare[®] Group Medicare Advantage (PPO) Plan

On August 8, 2022, all PEEHIP Medicare members or members approaching Medicare eligibility were mailed an invitation to an onsite information meeting about the new PEEHIP UnitedHealthcare[®] Group Medicare Advantage (PPO) Plan that begins January 1, 2023. Meetings will be held across the state and no RSVP is required to attend. Online versions

of these meetings will be available starting in October. If you are a PEEHIP member currently enrolled in the PEEHIP Humana Medicare Advantage Group (PPO) Plan, or if you are a PEEHIP member approaching Medicare-eligibility while covered on a PEEHIP retiree contract, we highly encourage you to attend one of these onsite or online meetings. If you have any questions



about the upcoming transition to the PEEHIP UnitedHealthcare[®] Plan, please call UnitedHealthcare[®] at 877.298.2341, TTY 711, 8 a.m. – 8 p.m., seven days a week.

UnitedHealthcare® Meeting Schedule

Wednesday, September 14
9 a.m. - 11 a.m. CT
Orange Beach Event Center
4671 Wharf Parkway West
Orange Beach, AL 36561

Wednesday, September 14
2 p.m. - 4 p.m. CT
Daphne Civic Center
2603 US Highway 98
Daphne, AL 36526

Thursday, September 15
9 a.m. - 11 a.m.,
1 p.m. - 3 p.m. CT
Crown Hall by
Bay Gourmet Catering
853 Dauphine Street, Suite A
Mobile, AL 36602

Friday, September 16
9 a.m. - 11 a.m. CT
Crown Hall by
Bay Gourmet Catering
853 Dauphine Street, Suite A
Mobile, AL 36602

Monday, September 19
9 a.m. - 11 a.m. CT
Thomasville Civic Center
559 W Front Street
Thomasville, AL 36784

Monday, September 19
2 p.m. - 4 p.m. CT
Monroeville Community House
271 Park Drive
Monroeville, AL 36460

Tuesday, September 20
9 a.m. - 11 a.m. CT
Livingston Community Center
100 Country Club Road
Livingston, AL 35470

Tuesday, September 20
2 p.m. - 4 p.m. CT
Aliceville City Hall
419 Memorial Parkway North East
Aliceville, AL 35442

Wednesday, September 21
9 a.m. - 11 a.m.,
1 p.m. - 3 p.m. CT
Hotel Capstone
320 Paul W Bryant Drive
Tuscaloosa, AL 35401

Thursday, September 22
9 a.m. - 11 a.m. CT
Pelham Civic Complex
& Ice Arena
500 Amphitheater Road
Pelham, AL 35124

Thursday, September 22
2 p.m. - 4 p.m. CT
The Oaks at Centreville
430 Walnut Street
Centreville, AL 35042

Friday, September 23
9 a.m. - 11 a.m. CT
Champion Church Talladega
(formerly Christ Deliverance
Christian Center)
34810 Highway 21 North
Talladega, AL 35160

Monday, September 26
9 a.m. - 11 a.m.,
1 p.m. - 3 p.m. CT
Bottling Plant Event Center
614 N Railroad Avenue
Opelika, AL 36801

Tuesday, September 27
9 a.m. - 11 a.m. ET
Point University Golf Club
2001 Country Club Road
Lanett, AL 36863

Tuesday, September 27
2 p.m. - 4 p.m. CT
Central Alabama
Community College
Betty Carol Graham
Technology Center
1675 Cherokee Road
Alexander City, AL 35010

Wednesday, September 28
9 a.m. - 11 a.m. CT
Clay County Health and
Wellness Center
57 Floyd Springs Road
Ashland, AL 36251

Wednesday, September 28
2 p.m. - 4 p.m. CT
Annie L. Awbrey Public Library
736 College Street
Roanoke, AL 36274

Thursday, September 29
9 a.m. - 11 a.m. CT
Hilton Garden Inn Oxford/
Anniston
280 Colonial Drive
Oxford, AL 36203

Thursday, September 29
2 p.m. - 4 p.m. CT
The Venue at Coosa Landing
201 George Wallace Drive
Gadsden, AL 35903

Friday, September 30
9 a.m. - 11 a.m. CT
Cherokee Country Club
270 County Road 382
Centre, AL 35960

Friday, September 30
2 p.m. - 4 p.m. CT
The Tom Bevell
Enrichment Center
115 Main Street West
(Hwy 35 W)
Rainsville, AL 35986

Monday, October 3
9 a.m. - 11 a.m.
1 p.m. - 3 p.m. CT
Marriott Shoals Hotel & Spa
10 Hightower Place
Florence, AL 35630

Tuesday, October 4
9 a.m. - 11 a.m. CT
Northwest-Shoals
Community College
Bevill Auditorium
2080 College Road
Phil Campbell, AL 35581

Tuesday, October 4
2 p.m. - 4 p.m. CT
Bevill State Community College
Bevill Auditorium
1481 Military Street South
Hamilton, AL 35570

Wednesday, October 5
9 a.m. - 11 a.m. CT
Jasper Civic Center
204 19th Street
Jasper, AL 35501

Wednesday, October 5
2 p.m. - 4 p.m. CT
Bevill State Community College
Earl McDonald Auditorium
2631 Temple Avenue North
Fayette, AL 35555

Thursday, October 6
10 a.m. - 12 p.m.
2 p.m. - 4 p.m. CT
Soirée Event Gallery
2132 Lorna Ridge Lane
Birmingham, AL 35216

Friday, October 7
10 a.m. - 12 p.m.
2 p.m. - 4 p.m. CT
Soirée Event Gallery
2132 Lorna Ridge Lane
Birmingham, AL 35216

Wednesday, October 12
9 a.m. - 11 a.m. CT
CEPA (Center for Education and
Performing Arts)
25 Williamson Drive
Pell City, AL 35125

Wednesday, October 12
2 p.m. - 4 p.m. CT
Heritage Golf
1364 Heritage Road
Oneonta, AL 35121

Thursday, October 13
9 a.m. - 11 a.m. CT
City Harbor at Lake Guntersville
City Harbor Event Center
301 Scott Street
Guntersville, AL 35976

Thursday, October 13
2 p.m. - 4 p.m. CT
Comfort Inn & Suites Scottsboro
25775 John T Reid Parkway
Scottsboro, AL 35768

Friday, October 14
9 a.m. - 11 a.m.,
1 p.m. - 3 p.m. CT
Huntsville Marriott at the Space
& Rocket Center
5 Tranquility Base
Huntsville, AL 35805

Monday, October 17
9 a.m. - 11 a.m. CT
Alabama Veterans Museum
& Archives Event Venue
114 W Pryor Street
Athens, AL 35611

Monday, October 17
2 p.m. - 4 p.m. CT
Moulton Baptist Church
755 Walnut Street
Moulton, AL 35650

Tuesday, October 18
9 a.m. - 11 a.m. CT
The Browne Stone Centre
at Stone Bridge Farms
281 County Road 717
Cullman, AL 35055

Tuesday, October 18
2 p.m. - 4 p.m. CT
Double Tree by Hilton Hotel
Decatur Riverfront
1101 6th Avenue North East
Decatur, AL 35601

Wednesday, October 19
9 a.m. - 11 a.m. CT
Lurleen B Wallace
Community College
Dixon Center Theater
1000 Danelly Blvd.
Andalusia, AL 35420

Wednesday, October 19
2 p.m. - 4 p.m. CT
Fairfield Inn & Suites Atmore
112 Lakeview Circle
Atmore, AL 36502

ONLINE

Friday, October 21
12 p.m. - 2 p.m. CT

Tuesday, November 1
9 a.m. - 11 a.m. CT

Wednesday, November 2
10 a.m. - 12 p.m. CT

Monday, November 7
2 p.m. - 4 p.m. CT

TO JOIN THE ONLINE MEETING:

Connect to audio by dialing **844.867.6169**, then enter access code **4106934**.