



PUBLIC EDUCATION EMPLOYEES' HEALTH INSURANCE PROGRAM

# info



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## Updates from the May 2018 PEEHIP Board Meeting

- ◆ Healthcare cost escalation is no longer a new issue facing our nation, and this rising cost puts pressure both on plans and on members. To address rising costs, plans must either increase funding or decrease costs. However, decreasing costs without simultaneously decreasing benefits is a very difficult path forward. Through leadership of the PEEHIP Board, the PEEHIP Plan continues to lead the industry with a premier level of benefits at the lowest possible cost. Many successful programs have been put in place over the past several years to maintain the quality and affordability of the PEEHIP plan. The success of these programs was demonstrated again during the May 17, 2018, PEEHIP Board meeting, which did not result in any premium, copay, or deductible increases for PEEHIP members. Furthermore, a benefit enhancement was passed in the form of a copay reduction for Applied Behavioral Analysis (ABA) Therapy.

### Applied Behavioral Analysis (ABA) Therapy Copay Reduction

- ◆ As detailed in the [April 2018 PEEHIP Advisor](#) newsletter, PEEHIP covers ABA therapy effective January 1, 2018, for children ages 0 through 18 diagnosed with an autism spectrum disorder. Due to the high frequency at which some children may need this new benefit, reducing the copay from \$30 per visit to \$15 per visit will be financially advantageous to our members and may help reduce a potential barrier to seeking treatment. Therefore, as an enhancement to this benefit, the copay for ABA therapy has been reduced to \$15 per visit retroactively effective to January 1, 2018.
- ◆ PEEHIP has searched for many years to find ways to help our membership stay healthy. Activities include health fairs, incentives like wellness premium waivers, free wellness screenings, and this year a personalized coaching pilot program by a Birmingham-based company, Pack Health, to help those with pre-diabetes, weight management, and musculoskeletal pain. The Pack Health program focuses on a few things...cut the carbs, eat healthy fats, get better sleep, walk a few more steps, and decrease your stress. Pack Health can make these happen by helping to plan the sequence and the intensity of change to your ability, on your time table, in the privacy of your own home. No meetings, no driving, no weighing in front of others...just you and a coach and a few easy goals.
  - ◇ To get started, visit <https://packhealth.com/PEEHIP/> or call 855.255.2362 and choose option 1.

### Verify Your Dependent(s) Coverage

- ◆ Use PEEHIP's Member Online Services to verify coverage for you and your dependents. To access MOS and to view the specific coverage that you and your dependents are enrolled in, click [here](#).
  - ◇ If you discover that one or more of your dependents does not show being enrolled, it could be because PEEHIP has not received all required dependent eligibility verification supporting documentation to add your dependent(s) to coverage. Check your secure message center for any notices indicating additional documentation is needed to add your dependent(s).
  - ◇ Lastly, always remember to verify and update your contact information anytime there is a change in your address, email address, phone numbers, and preferred method of contact.

**Statement of Nondiscrimination:** PEEHIP complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

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