



Health Benefit Plan Options

Choose one of the following options. Plan guides are available at www.elseib.org.

State Employees' Health Insurance Plan (SEHIP)

Basic medical plan that is designed to be your primary insurance. Members pay a monthly premium for this plan, but discounts are available.

Wellness Discount \$25 monthly per member/spouse	Spousal Surcharge Waiver \$50 monthly
Non-Tobacco Discount \$60 monthly per member/spouse	Federal Poverty Level Discount 10-50% of SEHIP premium
Gaps In Care Incentive (if identified) Avoidance of \$25 monthly surcharge per member/spouse	Note: All premium adjustments begin the first day of the second month after all requirements are met.

Free Plan Options

◇ Supplemental Plan

Eliminates most out-of-pocket expenses not paid by your primary insurance, such as coinsurances, copays, and deductibles.

Primary insurance coverage cannot be SEHIP, PEEHIP, LGHIP, TRICARE, TRICARE for Life, Medicaid, Medicare or the Marketplace. Does not coordinate with high-deductible plans.

◇ Optional Plan

Provides dental, vision, cancer, and hospital indemnity coverage, all-in-one.

Primary insurance coverage cannot be SEHIP or Medicaid. Active employees with primary coverage through TRICARE or TRICARE for Life are not eligible to enroll; however, retirees with primary coverage through TRICARE for Life are eligible. Minimum 12-month enrollment requirement.

Premium Cash Option (PCO)

Reimburses you up to \$175 per month by mail or direct deposit to offset the cost of your primary group health insurance premium.

Primary insurance cannot be SEHIP, Medicaid, Medicare, or the Marketplace. Retirees are not eligible.

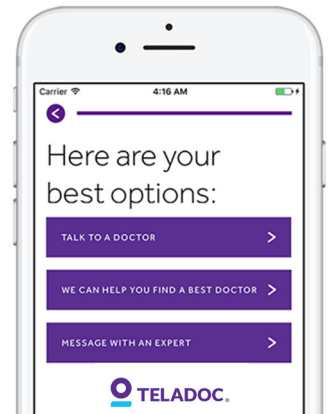
Decline All Coverage

State employees have the option to decline all plan options offered through the SEIB. This option will disenroll you from medical coverage only.

Stand-alone Policies

Minimum 12-month enrollment requirement.

Dental	Vision	Cancer
BCBS or Southland	Southland	Southland
Single - \$8	Single - \$12	Single - \$12
Family - \$15	Family - \$24	Family - \$24



Call 1-800-TELADOC or download for FREE



Creating an online account is simple! Go to my.alseib.org and check out the New Employee Online Enrollment Guide for a step-by-step guide to creating a mySEIB account and enrolling in your health insurance benefits.



Flexible Benefits Plan

Set aside pre-tax money via payroll deductions to pay for **eligible*** health care and dependent care expenses not paid by your benefit plan.

Conveniently manage your account at www.connectyourcare.com or download the ConnectYourCare (CYC) mobile app on your smartphone. Receive your reimbursement by mail or direct deposit to a checking or savings account.

*<https://www.connectyourcare.com/tools/eligible-expenses/>

Health Care Reimbursement Account

- Annual minimum \$120, maximum \$2,750
- File a manual claim or use your Flex card
- Rollover up to \$550 of unused funds to the next plan year when you re-enroll
- **\$50 enrollment bonus**

Dependent Care Reimbursement Account

- Annual maximum \$5,000
- Pay your daycare provider directly
- File a manual claim with CYC
- No rollover provision

Additional Benefits for SEIB Members

Exercise Facilities



No enrollment fees or contracts

Low monthly membership fees

Participating exercise facilities can be found at:

<http://www.alseib.org/HealthInsurance/SEHIP/FitnessList.aspx>

Weight Management



Physician-supervised weight management

Nutritional counseling

Reimburse up to 80% of program cost

\$150 per year maximum

<http://www.alseib.org/HealthInsurance/SEHIP/Wellness.aspx>

Tobacco Cessation Program



Reimburse up to 80% of program cost

No deductible

\$150 lifetime maximum

<http://www.alseib.org/HealthInsurance/SEHIP/Wellness.aspx>

Baby Yourself® Maternity Program



Nurse to answer questions during and after pregnancy

Gifts and educational resources

A FREE app to track your pregnancy

Financial incentives for enrollment before end of 2nd trimester

<https://www.bcbsal.org/web/health/baby.html>

Vision Care Networks



Routine Vision Care Network

Laser Vision Correction Network (LASIK)

Discount Program. Not Insurance. No monthly premium

Participating providers found at:

<http://www.alseib.org/HealthInsurance/SEHIP/VisionBenefit.aspx>

Kerry Schlenker | 1-866-838-5027 | Kerry.Schlenker@alseib.org

Rick Wages | 1-866-841-0980 | Rick.Wages@alseib.org

Mary Katherine Carlisle | 1-877-500-0581 | MaryKatherine.Carlisle@alseib.org

Genie Blake | 1-866-841-0978 | Genie.Blake@alseib.org

Montgomery County | Visit www.alseib.org for your agency's designated advisor.

