



*Serving Employees and Retirees of School Districts in Smithtown, South Country, Three Village*

## Spring Bulletin 2022

### **SSEHP New Health Care Premiums Effective July 1, 2022**

As a health plan we work very hard to provide you with premiums that are competitive to comparable health plans in our area, while still offering you and your family with the greatest access to quality health care. The following rates will apply as July 1, 2022 through June 30, 2023:

- Individual - \$1,139.22
- Family - \$2,401.25
- Medicare Primary Individual - \$655.04
- Medicare Prime 1 (1 over 65 and 1 under 65) - \$1,902.86
- Medicare Prime 2 (both members over 65) - \$1,466.72

*Please note: The percentage of premium that you pay is dependent upon your current contract with your district.*

### **SSEHP Commercial Plan Mail Service Home Delivery Prescription Drug options**

Effective June 01, 2022, mandatory mail order for maintenance medications will no longer be required. SSEHP members will be able to obtain your maintenance medication prescriptions (medications taken for chronic long-term conditions) at the SSEHP nationwide pharmacy network in up to 90 days supplies or at the OptumRx Mail Service Home Delivery pharmacy.

If you prefer to obtain your prescriptions from a retail pharmacy (e.g. CVS, Walgreens, Duane Reade, Rite Aid, Stop and Shop Pharmacy, etc.) your physician will need to write a prescription for up to a 90 day supply and send the prescription electronically to your preferred retail pharmacy.

For members who would like to continue to use the OptumRx Mail Service Home Delivery pharmacy you can continue to use OptumRx's Mail Service Home Delivery pharmacy. Your physician can continue to submit electronic prescription to OptumRx as they have in the past.

Effective June 1, 2022, using the OptumRx Mail Service Home Delivery pharmacy for SSEHP members is voluntary.

Below please find a summary of the Plan's copays for each option:

Retail Pharmacy (up to a 30 day supply):

Tier 1: \$5.00

Tier 2: \$25.00

Tier 3: \$50.00

Tier 4: \$75.00

Retail Pharmacy (up to a 90 day supply):

Tier 1: \$15.00

Tier 2: \$75.00

Tier 3: \$150.00

Tier 4: \$225.00

OptumRx Mail Service Home Delivery Pharmacy (up to a 90 day supply):  
 Tier 1: \$10.00  
 Tier 2: \$37.50  
 Tier 3: \$75.00  
 Tier 4: \$112.50

### Orthotic Coverage

Beginning April 1, 2022, the SSEHP plan will add a new level of coverage for orthotics. Members aged 12-21 will now have access to an annual \$500 maximum for orthotics. Members aged 21 and over will continue to have coverage up to \$500 for 3 years. Members under 12 will continue to have coverage up to \$250 annually.

Members Age	Dollar Max	Time Limit
Under 12	\$250	Annual
12-21	\$500	Annual
21 and over	\$500	Every 3 years

### Hearing Aid Coverage

Your benefits include coverage for the following, as recommended by your doctor:

- The hearing aid
- The fitting
- Testing

Adults Limited to \$2,500 PER EAR every 36 months (every two years for children under 12). \$5,000 limitation for the binaural hearing aids. Repairs are excluded from coverage. Any hearing vendor can be utilized.

### World-Class Cancer Care, No Matter Where You Live

SSEHP has partnered with Memorial Sloan Kettering Cancer Center (MSK) through a program called MSK Direct. MSK is one of the top ranked hospitals in the nation with regional care sites located on New York's Long Island in Uniondale, Hauppauge, and Commack. MSK Direct will guide you and your family members to expert cancer care and provide practical and emotional support. If you or a family member has been diagnosed with cancer, has been told by a doctor there is a suspicion of cancer, or would like to discuss treatment options, contact MSK Direct on the dedicated phone line for SSEHP members at: 833-825-4563 or visit [www.mskcc.org/ssehpc](http://www.mskcc.org/ssehpc).

Our expert and compassionate team will:

- Schedule an initial appointment at your convenience, as quickly as within two days
- Gather all necessary medical records
- Remain a resource throughout your course of care at MSK
- If you are unable to travel to an MSK facility for care, the team will facilitate MSK Remote Guidance, that provides access to MSK experts from afar while collaborating with your treating physician which includes: oncology nurse guidance, reconfirmation of your diagnosis, and a recommended treatment plan.

MSK is considered an in-network facility for the SSEHP and MSK Remote Guidance is a covered benefit for SSEHP members. To get started with MSK Direct, call the dedicated phone line for SSEHP at: **833-825-4563** or visit: [www.mskcc.org/ssehpc](http://www.mskcc.org/ssehpc).

## Top Health Tips for Women

**Schedule regular check-ups.** Your primary care doctor can help monitor general health changes and your gynecologist can help monitor breast and pelvic changes.

**Perform breast self-exams.** Beginning in their 20s, women should perform self-examinations.

**Take care of your heart.** Your doctor can help you monitor your blood pressure, cholesterol, and other risk factors and discuss heart-healthy lifestyle habits like getting regular exercise, eating right and limiting alcohol. [Mayo Clinic, 2018]

**Learn your family history.** It can be a risk factor for diabetes, cancer and other diseases.

**Get preventive screenings.** Talk to your doctor about when and how often to have the following screenings based on your specific risk factors, family history and age: pap smear for cervical cancer, mammogram for breast cancer, bone density screening for osteoporosis.

**Exercise regularly.** Strive for both resistance training (at least 2 days per week) and cardio activities (at least 150 minutes of moderate intensity or 75 minutes of vigorous).

**Eat balanced meals.** Follow this simple rule: Make half your plate fruits and vegetables, one quarter protein, and one quarter grains at each meal.

**Limit alcohol and quit tobacco.** Women who have more than 1 drink daily are at higher risk for certain diseases, such as cancer. Tobacco use is the leading cause of preventable disease, disability, and death in the United States. [Centers for Disease Control and Prevention (CDC), 2019]

**Protect your skin from the sun.** Sunscreen

should be a daily part of your routine to protect your skin from the sun's harsh rays while spending time outside.

**Practice self-care.** It's important to find ways to recharge your batteries so you can put your best self forward and address any stress or exhaustion you may be feeling.

**Strive for good sleep.** Aim to get between 7.5 and 8.5 hours of quality sleep per night.

## Top Health Tips for Men

**Select a doctor.** About half of men age 18 to 50 do not have a primary doctor. Having a doctor who you see regularly can help monitor any changes to your health. [Esquire survey, 2011]

**Get preventive screenings.** Talk to your doctor about when and how often to have the following screenings based on your specific risk factors, family history and age: prostate cancer screening, colon cancer screening, bone density screening for osteoporosis.

**Take care of your heart.** Your doctor can help you monitor your blood pressure, cholesterol, and other risk factors and discuss heart-healthy lifestyle habits like getting regular exercise, eating right and limiting alcohol. [Mayo Clinic, 2018]

**Perform testicular self-exams regularly.** Check for lumps and nodules. See your doctor for routine physicals. [ACS, 2018]

**Seek help for stress or depression.** The suicide rate among men is nearly four times higher than among women. [National Institute of Mental Health, 2017]

**Eat balanced meals.** Follow this simple rule: Make half your plate fruits and vegetables, one quarter protein, and one quarter grains at each meal.

**Limit alcohol and quit tobacco.** Men who

have more than 2 drinks daily are at higher risk for certain diseases, such as cancer.

Tobacco use is the leading cause of preventable disease, disability, and death in the United States. [Centers for Disease Control and Prevention (CDC), 2019]

**Exercise regularly.** Strive for both resistance training (at least 2 days per week) and cardio activities (at least 150 minutes of moderate intensity or 75 minutes of vigorous).

**Strive for good sleep.** Aim to get between 7.5 and 8.5 hours of quality sleep per night.

## **Health Advocate**

**Effective June 1, we will no longer be using the services of Health Advocate. The program was underutilized and has not proven to be as helpful to our members as in the past.**

## **Find quality, cost-efficient care.**

Studies show that people who actively engage in their health care decisions have fewer hospitalizations, fewer emergency visits, higher utilization of preventive care and overall lower medical costs.

Take an active part in your health by seeking out and choosing physicians, with the help of the UnitedHealth Premium program. The Premium designation makes it easy for you to find doctors who meet national standards for quality and local market benchmarks for cost efficiency. Choose with confidence. The UnitedHealth Premium program evaluates physicians in various specialties using evidence-based medicine and national standardized measures to help you locate quality and cost-efficient doctors. It's easy to find a UnitedHealth Premium Care Physician. Just go to [myuhc.com](http://myuhc.com)<sup>®</sup> > Find a Provider. Choose smart. Look for the Tier 1 designation. Reminder your copay is \$25 for a tier 1 specialist and \$50 for a UHC non designated specialist.