



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

## Spring Bulletin 2020

Please be advised that due to the Corona Virus epidemic, there will not be public in-person access to meetings. We are implementing a remote working policy for all future meetings until this virus is contained. We will provide information regarding the meetings on our website [www.ssehp.org](http://www.ssehp.org). We will continue to follow the meeting protocols as we have in the past.

We are regularly updating our website with new information and guidance affecting SSEHP. We hope that you, your family and your colleagues are all safe and healthy during this challenging time. Please continue to use the supportive resources available through UHC, OptumRx, and Health Advocate. Links to these websites will be available on our website.

### **SSEHP New Health Care Premiums Effective July 1, 2020**

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, 2020 through June 30, 2021:

- Individual - \$1,068.68
- Family - \$2,252.58
- Medicare Primary Individual - \$614.48
- Medicare Prime 1 (1 over 65 and 1 under 65) - \$1,785.05

- Medicare Prime 2 (both members over 65) - \$1,375.95

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

### **COVID-19**

Your costs are covered for COVID-19 tests. Suffolk School Employees Health Plan is waiving your costs for COVID-19 testing provided at approved locations in accordance with the U.S. Centers for Disease Control and Prevention (CDC) guidelines. Members can access their existing telehealth benefit offered through one of UnitedHealthcare's designated partners for free. Effective immediately, for the next 90 days, all eligible in-network medical providers who have the ability and want to connect with their patient through synchronous virtual care (live video-conferencing) can do so. Suffolk School Employees Health Plan will waive member cost sharing for COVID-19 related visits.

The CDC is your best resource for COVID-19. The COVID-19 situation continues to quickly evolve. Go to the [CDC for the latest information on COVID-19](https://www.cdc.gov/covid-19), including how to protect yourself, what to do if you are sick and if you should travel.


**If you think you might have been exposed to COVID-19, call your health care provider**

right away. UnitedHealthcare members can find a network health care provider by signing in to your [health plan account](#) or by calling using the phone number on your member ID card.


## UnitedHealth Premium

The UnitedHealth Premium program makes it easy for you to find doctors who meet benchmarks based on national standards for quality and local market cost efficiency. The program evaluates physicians in various specialties using evidence-based medicine and national standardized measures to help you locate quality and cost-efficient providers.

As of July 1, 2020 the copay for non-premium providers in the below specialties will move to a \$50 copay from the current \$35 copay. Allergy, Cardiology, Ear, Nose & Throat, Endocrinology, Gastroenterology, General Surgery, Nephrology, Neurology, Neurosurgery, Orthopedics, Spine, Pulmonology, Rheumatology and Urology.

Look for the Tier 1 symbol  Tier 1 Provider when looking for a primary care physician or specialist on myuhc.com® or our UnitedHealthcare app.

## Preferred Labs

As of July 1, 2020, there will be no copay when labs are completed at one of UnitedHealthcare's preferred labs. These labs include Ameripath/Dermpath, BioReference, GeneDX, Invitae, LapCorp, Mayo Clinic Laboratories and Quest. Please look for the preferred lab symbol  Preferred Lab

When looking for a provider on myuhc.com or our UnitedHealthcare app. For laboratories that are not in the preferred network you will be responsible for a \$40 copay, including independent labs and facility based labs.

## Optum RX Allergy Information

Did you know that if you're allergic to bananas, that you're likely allergic to latex? Medical devices and supplies, such as rubber gloves and condoms, may have components made of latex which could trigger allergic reactions. Some prescription and over-the-counter medications contain inactive ingredients, which are common allergens, like red or blue dyes.

Here's a list of more common inactive ingredients found in medications or medical devices that could trigger an allergic response: dye, eggs, peanuts, talcum powder, bananas and latex/natural rubber.

You, in partnership with your pharmacist, are on the frontline line to ensure your medications and medical devices are safe for you to use. Be sure to let your pharmacist know if you have any allergies to foods, and to the active or active ingredients of medications or devices. If you have an allergy to an inactive ingredient, we recommend that you consult with your pharmacist. Also, your retail pharmacy is best equipped to special-order products that do not contain inactive ingredients which could trigger potentially dangerous allergic reactions.

## MSK Direct for SSEHP

March is Colorectal Cancer Awareness Month. Did you know, colorectal cancer is

among the most common – and preventable – cancers? Colorectal cancer can usually be cured if it is found early enough. Early detection through screening can help find cancer early, when it's easiest to treat. Screening is one of the most important steps you can take to ensure good health, be sure to speak with your physician about screenings that are most appropriate for you, including screenings for colorectal cancer.

SSEHP partners with Memorial Sloan Kettering to offer a benefit called MSK Direct, a program that offers resources to make an informed decision about cancer care. Please note SSEHP also offers remote second opinions for any members living out of state. If you or a loved one has a suspicion or diagnosis of cancer and would like to explore treatment options at MSK, call SSEHP's dedicated phone number: **(833) 825-4563** OR **(646)-449-1533** available 8:30 am to 5:30 pm ET, Monday through Friday. Calls outside of these hours will be returned the next business day.

### **Health Advocate**

Nothing is more important than your health and the health of your Family. Have you recently been diagnosed with a medical condition? Do you need to find a doctor? Are you considering a second opinion? Have you received medical bills, claim denials or have benefit questions?

Our Personal Health Advocates are healthcare experts with extensive experience supporting people with important medical issues and decisions, no matter how common or complex. Typically registered nurses supported by medical directors and

benefits experts, we'll work on your behalf to get you and your family the answers and peace of mind you need. Personal Health Advocates are available Monday – Friday 8am to 10pm EST with staff also available for assistance afterhours and on the weekend.

The best part about Health Advocate is that these services are available to you and your whole family. That means you, your spouse, dependents, parents, and parent in-laws all have access to Health Advocate at no cost to you! Call 866.799.8622 or visit us online at [www.healthadvocate.com/member](http://www.healthadvocate.com/member) to learn more about how our advocates can help you and your loved ones.