



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

Spring Bulletin 2021

SSEHP New Health Care Premiums Effective July 1, 2021

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, 2021 through June 30, 2022:

- Individual - \$1,111.43
- Family - \$2,342.68
- Medicare Primary Individual - \$639.06
- Medicare Prime 1 (1 over 65 and 1 under 65) - \$1,856.45
- Medicare Prime 2 (both members over 65) - \$1,430.95.

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

Optum RX Formulary Update July 1, 2021

Formulary update Effective July 1, 2021, Suffolk School Employees Health Plan will have an updated formulary (list of covered medications). The formulary change will provide clinically sound, lower-cost medication alternatives for members to consider with the help of a doctor. If you have any prescribed medications with a lower-cost option on the new formulary, you will receive a letter from OptumRx®. The letter will include the name of your

medication and a lower-cost option for you to talk about with your doctor. Changing to a lower-cost option will reduce your copay. If a lower-cost option will work for you, your doctor will need to write a new prescription. You can then fill the prescription in one of these ways: • Visit a local pharmacy. • Ask your doctor to send an electronic prescription to OptumRx® home delivery. Members impacted by the new formulary will receive letters 60 days prior to the change, on or about May 1, 2021. Questions? Please call OptumRx at 1-877-633-4461, TTY 711.

Living with Diabetes

Living with Diabetes is a complementary coaching solution to UnitedHealthcare's existing one-on-one case management programs, offered through Virtual Group Learning, for members living with type 2 diabetes. This coaching solution will be available starting April 1, 2021.

With this enhancement, type 2 diabetic members who qualify for outreach will be provided with two coaching options when contacted by a nurse:

- 1. Existing one-one-one care team:** Member has access to an interdisciplinary team with a registered nurse coach, a personalized, whole-person care plan, and multiple

engagement pathways (i.e., digital and telephonic support).

2. Virtual Group Learning, Living with Diabetes: Member takes part in an eight-week program that includes nurse-led live, virtual classes. Classes are conducted through the Rally® app and sizes will range from four to 15 participants. Participants will be able to exchange secure messages with a nurse, set and track goals, access a content library and trackers (glucose, food, weight, steps), and receive email reminders.

If you are interested in the Living with Diabetes program please reach out to UnitedHealth Care.

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.

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.

Health Advocate

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. 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 to learn

more about how our advocates can help you
and your loved ones.