Winter Bulletin 2024

Suffolk School Employees Health Plan – Weight Loss Coverage reminder

Suffolk School Employees Health Plan elected to add coverage for medications approved by the FDA to support an individual's weight management initiatives effective 7/1/2023.

Coronary Calcium Scans covered starting 3/1/2024

A coronary calcium scan is **a special computerized tomography (CT) scan of the heart.** It looks for calcium deposits in the heart arteries. A buildup of calcium can narrow the arteries and reduce blood flow to the heart. A coronary calcium scan may show coronary artery disease before you have symptoms.
Coronary calcium scan results can help determine the risk of heart attacks or strokes. Results from the scan may be used to plan or change treatment for coronary artery disease.
A coronary calcium scan is done to check for calcium in the arteries that supply the heart. It can help diagnose early coronary artery disease.

Coronary artery disease is a common heart condition. A buildup of calcium, fats and other substances in the heart arteries are often the cause. This buildup is called plaque. Plaque collects slowly over time, long before there are any symptoms of coronary artery disease.

A coronary calcium scan uses a series of X-rays to take pictures that can see if there's plaque that contains calcium.

This test might be done if:

- You have a strong family history of early coronary artery disease.

- Your risk for heart attacks is intermediate, not low or high.

- Your level of risk of heart attacks is uncertain.

A coronary calcium scan may help:

- Understand your risk of heart disease.

- Plan treatment if you have a low to moderate risk of heart disease or if your heart disease risk isn't clear.

This procedure will be covered at no cost to SSEHP UHC members.

OnePass Live 3.1.24

Flexible fitness options for all Being healthy shouldn't be a grind. It should involve trying new things, exploring new foods and pushing yourself to be slightly better than you were the day before. With OnePass, our mission is to make being healthy fun for all. No matter your current fitness level, we have a wide variety of activities to challenge you and your eligible family members (18+). From strength training and swimming, to yoga and spin classes, you can try new things and push yourself physically and mentally. And that's not all. Get access to digital fitness apps and home grocery delivery to make it even more convenient to become a better you.

$144/Mo Elite 18,000+ gym and premium locations

$99/Mo Premium 16,000+ gym and premium locations

$64/Mo Standard 13,500+ gym and premium locations

$29/Mo Classic 12,000+ gym locations *

An enrollment fee will apply. Or get started with a digital-only plan for $10/Mo. All tiers Classic or above come with grocery and home essentials delivery at no extra cost. Go to www.onepassselect.com to find gyms near you and decide on the right coverage level.

KAIA App for Musculoskeletal Pain available 3.1.24

Whether it's a stiff neck, aching shoulders or more severe back issues, it can be hard to enjoy life when pain shows up. That's where Kaia steps in. It's a new app here to show how pain relief is possible — at no extra cost as part of your health plan.

- On-demand pain relief care in the convenience of an app
- Workouts tailored to you with some as short as 15 minutes
- Bite-sized lessons to help you recognize where pain is coming from
- 1-on-1 health coaching with certified professionals No extra cost—this is included as part of your health plan
- Strengthening exercises plus relaxation techniques for pain management

You'll get a personalized pain relief program created on the spot after you sign up. Get started with a personalized pain relief program and learn helpful exercises with no scheduling, waiting rooms or travel required.

Take action today for better health tomorrow; Routine preventive care may help detect conditions earlier, when they're typically more treatable.

Wellness exam – Schedule an annual wellness exam each year to talk to a doctor about recommended vaccines and other actions to stay healthier. Ask about numbers for blood pressure, cholesterol and weight.

Breast cancer screening – A mammogram may detect early signs of breast cancer, one of the most commonly diagnosed cancers in

women.

Cervical cancer screening – The signs and symptoms of cervical cancer often go unnoticed. It can be found early and sometimes even prevented through regular Pap tests.

Colorectal cancer screenings – There are a number of tests available to screen for colon cancer. These include a colonoscopy, sigmoidoscopy, virtual colonoscopy and at-home test kits. Talk with a doctor about the pros and cons of each test and how often to get tested.

Please note each district allows for their employees to take time to have preventive and cancer screenings done outside of vacation and sick time.

Below is information specific to each district as well as male and female differences:

South Country

Smithtown

Three Village
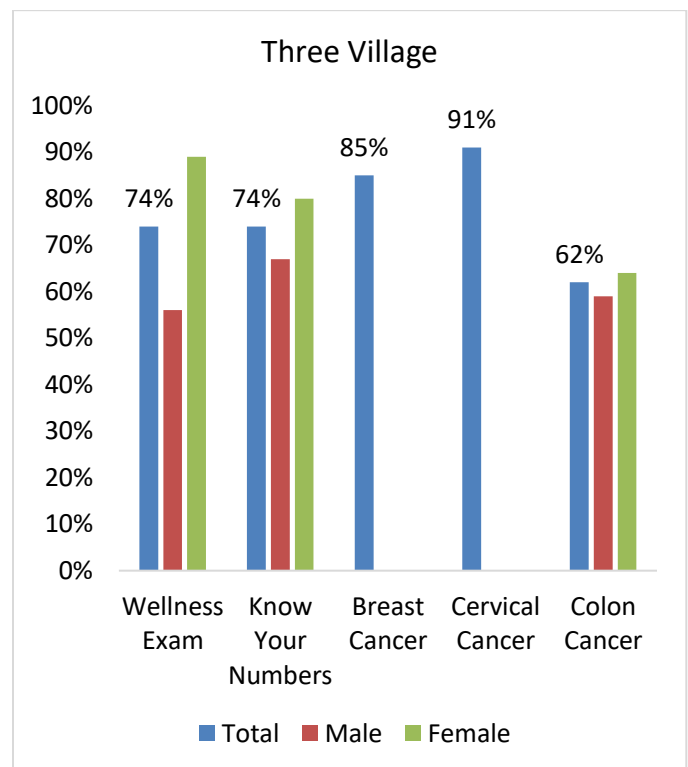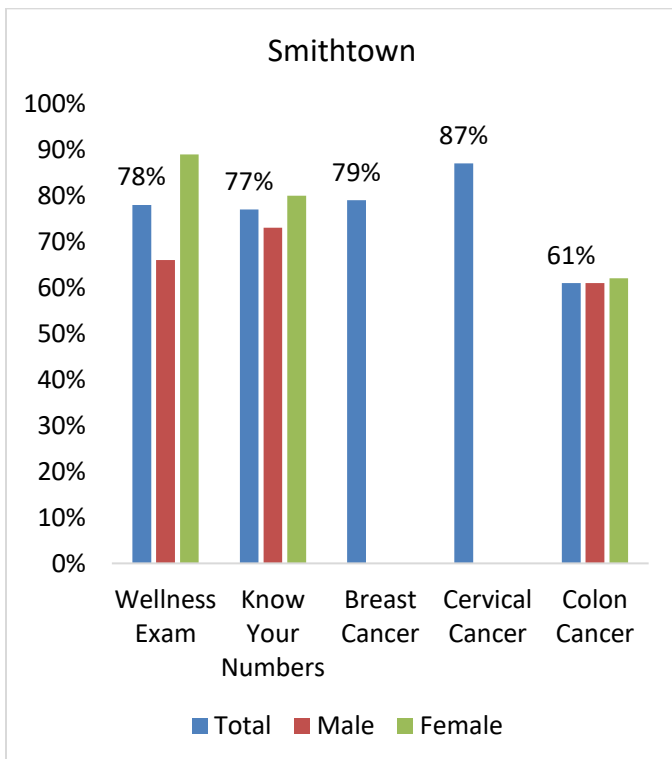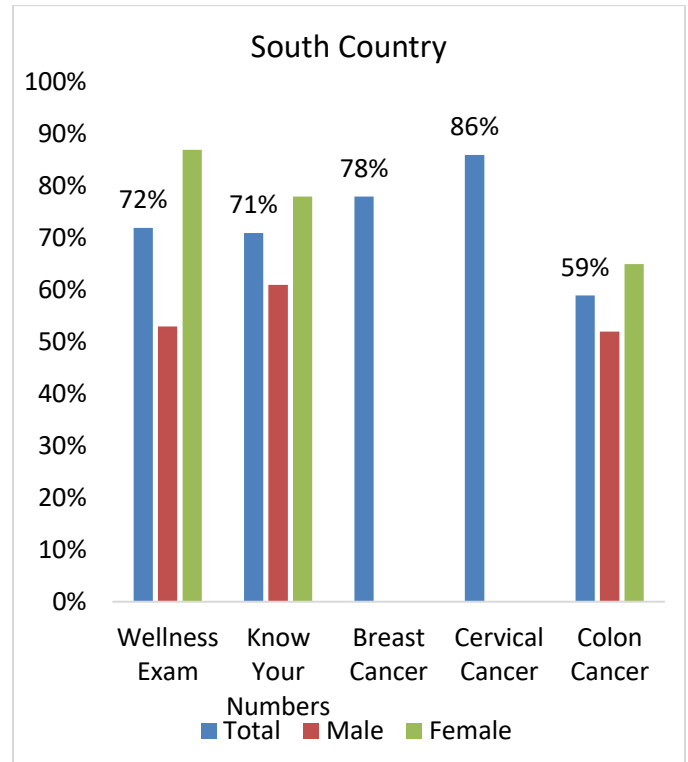
Virtual care now includes additional specialists

Specialized care at your fingertips:
Virtual care is accessible from anywhere on your schedule and is designed for affordability. With UnitedHealthcare, members have access to quality virtual specialists who may help you create a personalized care plan, eliminating the inconvenience of travel and waiting rooms.

Easy to access
Get a care plan from the comfort of your home, or anywhere on the go, through secure video, chat or email.

Works on your schedule
Request a visit and get care sooner, as early as same-day for some providers. Virtual care revolves around you—helping you find support when you need it, in a way that may work best for you.

Designed for affordable, quality care
Get access to care from specialists trained to understand your condition and deliver personalized care wherever you are.

Specialties include:

Gastroenterology
Migraine
Musculoskeletal
Sleep
Speech therapy
Urgent dental
Women's health