



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

## Fall Bulletin 2018

### MSK Direct

We have partnered with Memorial Sloan Kettering Cancer Center (MSK) through MSK Direct – a program that offers guided access to expert cancer treatment for our employees and their family members. This will be made available starting December 1, 2018. MSK Direct provides you and your family members with access to a dedicated team that helps people faced with cancer find the best possible care. MSK is the world's oldest and largest private cancer center, devoting more than 130 years to top patient care and innovative research. US News ranks MSK as the top hospital in the northeast for cancer care.

Contact MSK Direct If You Or A Family Member:

- Are diagnosed with cancer, and would like to explore options for treatment at MSK
- Receive results from a medical test or exam that may indicate a suspicion of cancer
- Are told by a doctor to schedule an appointment with an oncologist
- Would like a second opinion on a cancer diagnosis received from another doctor or hospital
- Are in cancer treatment at MSK or elsewhere, and would like to discuss potential options

The MSK Direct Team Will:

- Be available through a dedicated phone line Monday through Friday from 8:30 am to 5:30 pm ET
- Listen to each patient's needs and provide resources and education
- Schedule a first appointment at MSK, usually within two business days
- Help gather all necessary medical records in advance of the first appointment
- Meet patients at their first appointment to provide support, logistical assistance, and introductions to their clinical team
- Facilitate remote second opinions for patients who are unable to come to MSK (fees apply)
- Make a referral to a local facility if the patient lives at a distance from MSK and prefers to be treated closer to home

Enrollment in the program is automatic – there is no need to sign up. MSK Direct does not change any other health benefits. There are no extra charges for the MSK Direct program. The patient is responsible only for the standard copays for the medical services received from MSK.

Call **(646) 449-1515** to get started.

### Substance Abuse

Substance use disorder involves excessive and compulsive use of alcohol or drugs. It

causes health problems or disability and limits your ability to meet responsibilities at work, school or home. Substance use disorder is a condition, not a failure of will or weakness of character. It can be serious and life-threatening. It is also treatable and many people can recover if they seek the proper care. Help is nearby.

Call the Substance Use Treatment Helpline at **1-855-780-5955** to speak with a licensed clinician. This confidential service is part of your health benefit and provided at no added cost to you. Your personal information will be kept confidential in accordance with state and federal laws. Call the number above or visit: [liveandworkwell.com/recovery](http://liveandworkwell.com/recovery)

## **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.

Look for the Tier 1 symbol when looking for a primary care physician or specialist on [myuhc.com](http://myuhc.com)<sup>®</sup> or our Health4Me<sup>®</sup> app

## **UHC Calling**

UnitedHealthcare may be calling you with information on resources to help you and your family live healthier. You may receive

a phone call from UnitedHealthcare inviting you to take advantage of the following wellness programs and services — offered to you at no additional cost as part of your health plan:

- **Wellness Coaching**

From goal-setting and setting up an action plan, to healthy eating and exercise plans, UnitedHealthcare wellness coaches are with you every step of the way.

- **Care Coordination**

By helping to ensure you have everything you need, including after-care instructions, medication and medical equipment, Care Coordination nurses can help ease your transition home from a hospital stay.

- **Disease Management**

Managing medical conditions like diabetes and coronary artery disease may be easier with disease-management tools and resources identified by skilled nurses.

- **Maternity Support Program**

Knowledgeable and experienced nurses offer answers expectant mothers may need, all the way through delivery.

## **Health Advocate**

Health Advocate is a service that makes healthcare easier for your whole family at no additional cost to you.

You and your family have unlimited access to highly trained Personal Health Advocates who provide one-on-one support for a full range of healthcare and insurance-related issues. From finding doctors, making appointments, locating second opinions and assisting with a complicated diagnosis, to reviewing health insurance coverage and resolving medical bills, your Personal Health

Advocate will support you at every step. The service is completely confidential and is available 24/7 to you, your spouse, dependent children, parents and parents-in-law.

Feel free to call 866.695.8622 or log on to the Health Advocate mobile app for instant access to live help and all your Health Advocate programs! Visit the website at [healthAdvocate.com/touro](http://healthAdvocate.com/touro) or send any questions to [answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)

### **Diabetic Supplies**

As a reminder, members they can receive diabetic supplies at no cost from any durable medical equipment (DME) provider that accepts Medicare.

Not all pharmacies are contracted DME providers. Receiving supplies from an out-of-network provider could result in out of pocket expenses for members.

### **Women's Health Seminar Questionnaire**

Choose any or all of the answers that apply. Answers at the end.

1. Women over 50 are more likely to get colon cancer?

True or False

2. What is the percent of women over age 18 who have hypertension?

- a. 22%
- b. 33%
- c. 18%

3. During pregnancy, women should consume folic acid to help prevent birth defects. Which of the following foods are good sources of folic acid?

- a. Spinach
- b. Orange juice
- c. Black eyed peas
- d. Nuts
- e. All of the above

4. Heart disease affects more women than all cancers combined.

True or False

5. Most bone is "built up" by the time you are age:

- a. 25
- b. 35
- c. 30
- d. 40

6. Alzheimer's is the 6th leading cause of death among all US adults.

True or False

7. You are at an increased risk for type 2 diabetes if you:

- a. Are overweight
- b. Have a family history of diabetes
- c. Are older than 45
- d. Had gestational diabetes (diabetes during pregnancy)
- e. All of the above

Answer Key:

1. True
2. 33%
3. E
4. True
5. 30
6. True
7. E