

SCHOOLCARE

Open Enrollment 2017

Open Enrollment is the one time during the year you can enroll or make changes to your health benefits, both medical and dental. Please review the information and resources included in this flyer to help you make informed decisions!

On-Line Resources

SCHOOLCARE

Go to www.schoolcare.org and click on the Resources tab to access:

Enrollment Change Materials

- Find your employer specific enrollment packet

Informational webinars

- Watch quick videos outlining the Medical plans available to you



Cigna

Log on to www.myCigna.com:

- Compare costs of common procedures and services
- Find a Cigna network physician, dentist or facility
- View your medical, prescription and dental claims
- Order a new ID card or print a temporary one



Save Money! Use Cigna Home Delivery Program for mail order prescriptions. Call Cigna today at 1-800-285-4812.

NH Health Cost Info

<http://nhhealthcost.nh.gov/>

Compare health costs and quality of care in New Hampshire



Do you have the Yellow Plan with Choice Fund?

The Choice fund is an embedded Health Reimbursement Account (HRA).

- \$1,000 single
- \$2,000 for 2 person/family
- Used to cover the first portion of the services that apply to the deductible

You* must activate your Choice Fund annually!

If you are **currently enrolled** with SCHOOLCARE/Cigna, take your Health Assessment at www.myCigna.com between 6/1/17 – 7/31/17.

If you are **NEW** to SCHOOLCARE/Cigna effective 7/1/17, take the Health Assessment at www.myCigna.com between 7/1/17- 8/31/17.

**The subscriber must complete the Health Assessment to activate the HRA.*

Contact Information

Cigna Member Services800-244-6224 Claim and coverage questions 24/7
SCHOOLCARE Member Services.....800-562-5254 x301 or x310 Enrollment & general eligibility
SCHOOLCARE Group Relations800-562-5254 x308 or x315 Coverage and benefits questions
Jeff Kantorowski603-715-9315 Program and claim support, NEA-NH info

Telehealth Available 7/1/2017

A Fast, Easy Way To See A Doctor

Cigna now provides access to telehealth services as part of your medical plan through Amwell and MDLIVE.

Cigna Telehealth Connection provides access to the care you need – including most prescriptions – for a wide range of minor medical conditions. Now you can connect with a board-certified doctor via video chat or phone, without leaving your home or office!

Take a moment to register online at www.myCigna.com for one or both services.



General Health:

- Acne
- Allergies
- Asthma
- Bronchitis
- Cold and flu
- Diarrhea
- Earaches
- Fever
- Headache
- Infections
- Insect bites
- Joint aches
- Nausea
- Pinkeye
- Rashes
- Respiratory infections
- Sinus infections
- Skin infections
- Sore throat
- Urinary tract infections

Features:



Use by Phone



Use by Video Conference



Post-visit email communications



Prescription Services

Identity Fraud Protection

If you are enrolled in SCHOOLCARE, you are automatically covered for up to \$10,000 in losses and costs associated with the theft of your identity. This service is provided at no additional cost as part of your SCHOOLCARE benefits.

Visit the SCHOOLCARE website www.schoolcare.org for more details.



Good For You!

Wellness programs by SCHOOLCARE

Get inspired and stay engaged!

*Subscriber can earn up to \$800
Covered Spouse can earn up to \$400*

Understand YOU



Build Awareness of your own personal health and wellness

Take Action



Educate yourself on your own personal health and well-being

Stay Active



Make Physical Activity part of your lifestyle

Visit: www.schoolcare.org and click on the **Good For You!** logo

Note: Cash incentives, payments, and rewards paid to wellness program participants are taxable income. Please review with your tax consultant for more information.

Flexible Spending Accounts

How do They Work?

Flexible Spending Accounts, or “FSAs” are a great way to pay for out of pocket healthcare expenses using pretax funds! Ask your employer if an FSA is available.

- Signing up is easy, but must be completed during open enrollment
- Funds are available on the 1st day of the plan year, then deducted pre-tax throughout the year

Can be used by you and your dependents for eligible healthcare expenses.

There When You Need It

Employee Assistance Program (EAP)

This free and confidential service is available 24/7/365 when you need help resolving life’s challenges. All covered employees and their household members can access the EAP by calling 1-877-622-4327. If needed, you will be referred to a local provider for three (3) no-cost visits. When prompted for Employer, indicate “SCHOOLCARE”.

