

Benefits News

FOR ACTIVE AND RETIREE MEMBERS

Spring 2024 (Issue 3)

Welcome

Welcome back to *Benefits News*, your resource for the latest updates and reminders about your Fund benefits. In this issue, we highlight the importance of preventive care and tell you how to connect with the resources you'll need to take control of your health.

Remember, you can continue to find important benefits information, including your Summary Plan Description (SPD) that provides a full description of available benefits, on the Fund's website at health49.org.



TEAM Wellness: Your EAP Is Here for You

Don't let your mental health get pushed to the back burner. When life comes at you hard or you're struggling with something personal, know that your Employee Assistance Program (EAP) is here for you. Provided through TEAM, you have access to short-term, face-to-face, or telehealth counseling to help you deal with issues both big and small, including:

- » Depression/anxiety
- » Relationship challenges
- » Family and marriage counseling
- » Teen/adolescent challenges
- » Substance misuse
- » Grief and loss
- » Job-related difficulties
- » Legal and financial problems
- » Food, transportation, and housing assistance



Make your mental health a priority in 2024 by connecting with TEAM. All EAP services are sponsored by the Fund, so you pay no out-of-pocket cost to get confidential, 24/7 assistance. Call **800-634-7710**, visit startwithteam.com, or scan the QR code for more information about your resources.



Preventive Care: What It Is and Why It's Important

May and June are Women's Health Month and Men's Health Month, respectively, and good reminders to take control of your health by taking advantage of your preventive care benefits. To reduce your chances of getting chronic diseases, such as heart disease and diabetes, it's important that you receive routine preventive care. Getting regular medical and dental checkups is separate from and in addition to visiting your doctor when you're sick, and includes these services:

- » Screening tests
- » Immunizations
- » Dental cleanings

Besides being good for you in the long run, staying on top of your health will ease your stress and give you peace of mind. Even more important, it can help you live longer and avoid high health care expenses in the future. **The Fund covers preventive care services at 100% when you use in-network providers, making taking care of yourself affordable.**

Let's Move Program for Medicare Retirees

Attention, Medicare retirees! Did you know that you have access to Let's Move by UnitedHealthcare? It's an innovative wellness program focused on helping you keep your mind, body, and social life active. This program is available to you at no cost, so get started on living your best life by visiting member.uhc.com/medicare/retiree (you must register and/or sign in) for more details and information about upcoming fitness events.

You can also access the **Let's Move channel** on YouTube, where you will find:

- » Cooking tutorials
- » Financial webinars
- » Nutritional sessions

There's no need to wait! Get started today and develop a happier and healthier lifestyle.

Scheduling Care

To schedule an appointment with an in-network provider:

Active members, pre-Medicare retirees, and their dependents: Visit bluecrossmn.com and select **Find a Doctor** or call **800-810-2583**.

Medicare retirees and their dependents: Visit uhcretiree.com and select **Find a provider** or call **844-280-7756**.

Contact TEAM at 800-634-7710 if you need help finding providers, understanding preventive care guidelines, or scheduling appointments.

The Summary Plan Description (SPD) and the related documents set forth the terms of benefits, including eligibility. If there are inconsistencies between information in this newsletter and the SPD, the SPD terms control. This newsletter is not a statement of eligibility. Visit health49.org to access information about your Plan and to find a copy of the SPD.

Where to Go for Care

When you need care, knowing where to go can save you time, money, and a load of stress. If you're confused as to where to go, consider the following scenarios to help guide you:

Are you experiencing life-threatening symptoms?

» Do not wait—call 911 immediately!

Are you dealing with common illnesses, such as cold or flu symptoms, minor aches and pains, infections, or allergies?

» **Active members and pre-Medicare retirees:** Use your telehealth vendor, Doctor On Demand, by visiting doctorondemand.com/bcbsmn.

» **Medicare retirees:** Use MDLIVE for a virtual doctor's appointment by visiting mdlive.com or calling 800-400-MDLI (6354).

Do you need a routine checkup, seasonal immunizations, or preventive screenings?

» **Active members and pre-Medicare retirees:** Schedule an appointment with a physician by calling 800-810-2583 or visiting bluecrossmn.com to find in-network providers.

» **Medicare retirees:** Stay in the UnitedHealthcare network and schedule an appointment with a physician by calling 844-280-7756 or visiting uhcretiree.com.

Are you struggling with mental and emotional health or do you need help with substance misuse?

» **Active members, pre-Medicare retirees, and Medicare retirees:** Connect with TEAM's 24/7, confidential care by calling 800-634-7710 or visiting startwithteam.com.



Have You Participated in a Health Gauge Screening?

Get a FREE health screening before it's too late! Cardiac and biometric screenings and bloodwork are offered through the Fund's partnership with Health Gauge in an effort to help prevent and detect certain health conditions before they worsen. Only a few screening events are left—so don't miss out on this lifesaving opportunity.



Find an Event Near You or Schedule an Appointment

Visit iuoe49.hgscreenings.com, call 515-244-3080, or scan the QR code.