

Your Quick Reference Source

Healthcare

You can view your secured claims, eligibility information and more by visiting www.egtrust.org.

Prescription Drugs

You can view your secured prescription drug claims history and more at www.caremark.com.

Egyptian Trust

You can view information about Egyptian Trust, programs offered by the Trust, historical newsletters, and more at www.egtrust.org.

HealthLink/UniCare

Find a Tier 1 or Tier 2 Participating Provider, create a Customized Directory, and more at: www.egtrust.org.

You can call CHC Member Services at 1.855.452.9997 with help for all of the above.

EGYPTIAN
AREA SCHOOLS

CARE COORDINATORS
BY QUANTUM HEALTH

Delta Dental

View your protected claims and eligibility and more at www.deltadentalil.com.

Member Services: 1.800.323.1743

UniView Vision Plan

You can find a participating UniView provider by visiting www.unicare.com.

Member Services: 1.888.884.8428

Lincoln Financial Group

Member Services: 1.800.423.2765

Welcome to the Spring edition of Egyptian Area Schools Benefit Plan Gazette

What you'll find in this issue:

- Care Coordinators by Quantum Health program
- Wellness Initiatives
- 15th Annual Bookkeeper /Administration Meetings
- Healthcare Bluebook
- Discount Program

We hope you enjoy our latest newsletter!

Care Coordinators by Quantum Health

Egyptian Area Schools health benefits program has utilized **Coordinated Health/Care™** program to deliver the highest level of care and service for employees and their families. The Coordinated Health/Care name has changed to **Care Coordinators by Quantum Health**. The telephone number used to call for questions or concerns is not changing. The exceptional service you have come to know and trust will not change.

Should you have any questions regarding your benefits offering, please call **1.855.452.9997**.

EGYPTIAN
AREA SCHOOLS

CARE COORDINATORS
BY QUANTUM HEALTH





Wellness Initiative 2015-2016

Egyptian Trust will be offering a Wellness Initiative for the 2016 calendar year. The requirements will be the same as offered for the 2015 calendar year.

As a reminder, there are three simple steps to completing the Wellness Initiative to qualify for a reduced deductible in 2015 (Plans A, B, C and E) or increased reimbursement (Plan HDHP).

These steps are:

1. Designate a primary doctor
2. Complete the biometric screening*
3. Complete your online health assessment

In order to get the incentive for 2016, you will need to complete the three steps listed above. You can start the process by visiting the Care Coordinators by Quantum Health website at www.egtrust.org. Simply click on the Egyptian Area Schools/Care Coordinators by Quantum Health logo at the bottom of the home page.

**A biometric screening includes height and weight, BMI and/or waist circumference, blood pressure, total cholesterol, HDL, LDL, triglycerides and glucose. Please note the Egyptian Trust will accept screening results for tests performed between October 1, 2014 and September 30, 2015.*

There are three ways to complete your biometric screening:

1. Have your primary doctor conduct the blood work. You can record the results yourself or have your doctor give you the results.
2. Attend an on-site screening at your school (if offered).

3. Visit your local county health department who can provide these tests. Although your local county health department is out-of-network, Egyptian Trust provides a benefit up to \$75 payable at 100 percent for this screening, resulting in \$0 out-of-pocket to you.

You will soon receive information at your home address outlining the requirements and the deadline dates in order to receive your incentive. If you have any questions, please contact your Care Coordinators at **1.855.452.9997**.

Please note: Care Coordinators keep your health information confidential and do not share it with your employer or Egyptian Area Schools Employee Benefit Trust.

Save the date!

15th Annual Bookkeeper/Administration Meetings

Save the date for the **15th Annual Bookkeeper/Administration Meetings** being held from **July 29, 2015 to July 31, 2015**. The meetings will be hosted by Meritain Health with participation from all of the Egyptian Trust vendors. These include Scrip World, Care Coordinators by Quantum Health, HealthLink, UniView, Lincoln Financial, Delta Dental and American Fidelity. The meetings are expected to be held in the areas of Effingham, Marion and Fairview Heights. Watch your emails closely for additional information.

If you have not attended this meeting in the past, this is one you won't want to miss! Attendance by the employer groups is very important as we address the ever changing landscape of healthcare. We encourage not only bookkeepers to attend this meeting, but business managers, directors, superintendents and anyone who is involved in the health benefits administration for your group.

We look forward to visiting with you soon!

Healthcare Bluebook

Most people have been personally touched by cancer in some way. But did you know that a great number of cancers are readily treatable because of early detection? April is devoted to **National Cancer Control Month** and is a time to remember those who have fought, or are currently fighting, the disease while also recommitting to effective cancer control.



Many cancer screening services, like colonoscopies, are covered for Egyptian Trust members. You might be surprised to know that pricing of colonoscopies can vary significantly from one provider to another. For example, a colonoscopy in the St. Louis area can range in price from \$959 to over \$6,092—a difference of more than \$5,100 or more than 600%.



Healthcare Bluebook

Wondering where to go for care?

Egyptian Trust has partnered with Healthcare Bluebook to help you find high-value facilities for your healthcare. With Healthcare Bluebook, you and your dependents can shop to find a Fair Price service, and where to go to receive it. The site color-codes providers using an easy to read Green (or Fair Price), Yellow, Red system so finding a Fair Price is simple. Some services are even eligible for a reward, meaning that you can earn \$25–\$100 for visiting a Green (high-value) provider. For example, receiving a colonoscopy at a Green facility is eligible for a \$100 reward, meaning it pays to be a smart healthcare shopper!

Log in to Healthcare Bluebook by going to www.egtrust.org. Simply click on the Egyptian Area Schools/Care Coordinators by Quantum Health logo (black, green and white at the bottom right side of the home page). When you enter the Care Coordinators site, enter your username and password and look for Healthcare Bluebook in the navigation bar on the left side of the screen.

You can also visit www.egtrust.org and look for Healthcare Bluebook (blue and white logo) on the bottom left side of the screen. Log in using your last name and the last four digits of your Social Security number. Download the free Healthcare Bluebook app on your Apple or Android to find a Fair Price facility. You'll need to log in to the website the first time in order to get your specific mobile code.

Getting regular preventive care is crucial in early detection for diseases, like cancer. Healthcare Bluebook is just one of many tools that Egyptian Trust provides to encourage both physical and financial wellness.

About Egyptian Trust and Your Care Coordinators

The Egyptian Trust makes every effort to keep you informed of the benefits of each of the programs endorsed by the Trust. These programs include the health plans, voluntary dental plans, vision plan and life insurance and voluntary life insurance plans.

All benefits, plan or premium changes, program explanations and other important information are reported in the newsletters that are published quarterly. In addition to communicating this information via the newsletter, the Egyptian Trust website is your best source for documents such as:

- Plan Documents and Schedule of Benefits for Health, Dental and Vision Plans
- Frequently Asked Questions about all Egyptian Programs
- Enrollment Change Forms
- Historical Newsletters
- Medical, Dental and Prescription Drug Claim Forms
- Prescription Drug Formulary Lists
- Life Insurance Claim Forms
- Life Insurance Brochure and Conversion Charts

The website also contains the links to all of the organizations contracted with the Egyptian Trust who provide your benefit programs. Please visit us at: www.egtrust.org.

Care Coordinators by Quantum Health are there when you need them

The Care Coordinators are the heart of this program. They are a highly-responsive team of nurses, social workers, patient services representatives and benefits experts. Using a uniquely human touch, this warm and caring team guides you through healthcare events and the healthcare system. They collaborate with you and your healthcare providers to ensure a smooth healthcare process.

You can contact a Care Coordinator at **1.855.452.9997** for the following:

- Answer questions about your medical plan
- Find in-network physicians and providers
- Show you how to save money on out-of-pocket expenses
- Help you lead a healthier life through various resources



Aetna discounts available to Meritain Health members

You can enjoy healthy discounts with your Meritain Health plan. Save on a variety of products and services that fit your life and help you save every day. You can click [here](#) to learn more about the discounts available to you through Meritain Health and Aetna.



Discounts Available to Meritain Health Members

Now enjoy healthy discounts with your Meritain Health plan. Save on a variety of products and services that fit your life and help you save every day.

You can access the following discount offerings at no extra cost to you. You can use these discounts whenever you want, as many times as you want. There are no claim forms or referrals. And your family members may be able to save, too.

At home products

You can save on **Omron Healthcare, Inc.** blood pressure monitors, a body composition scale, ElectroTHERAPY Pain Relief TENS Unit and ElectroTHERAPY TENS Long Life Replacement Pads.

Omron 7 Series™ Upper Arm Blood Pressure Monitor—Model BP760

You can track your blood pressure comfortably and accurately with the Omron 7 Series™ Upper Arm Blood Pressure Monitor. Your cost is \$59.99. That's a savings of \$30 off the current retail price of \$89.99. You will pay a \$5 shipping and handling charge per monitor.

Product features

The 7 Series™ Upper Arm Blood Pressure Monitor is:

- Easy to use—one-touch, automatic operation.
- Comfortable—fits arm sizes from 9 inches to 17 inches. A wrap indicator tests to see that the cuff is wrapped correctly on your arm so it's comfortable and gives you accurate readings.
- Useful—this monitor:
 - Detects an irregular heartbeat while measuring your blood pressure.
 - Displays the average of up to three readings taken within the last 10 minutes.
 - Shows how your reading compared with guidelines for normal blood pressure levels.
 - Includes an AC adapter that plugs into your wall so it's ready to use whenever you are.



An Aetna Company

Your Healthy Discounts

Omron 3 Series™ Wrist Blood Pressure Monitor—Model BP629

It's lightweight, portable, convenient and simple, allowing users the benefit of being able to check their blood pressure on the go.

Your cost is \$39.99. That's a savings of \$20 off the current retail price of \$59.99. You will pay a \$5 shipping and handling charge per monitor.

Product features

The 3 Series™ Wrist Blood Pressure Monitor.

- Simple and portable design—discreet and convenient portable wrist unit allows users to monitor their blood pressure at home, work or anywhere.
- Advanced averaging—exclusive technology automatically displays the average of up to the last three readings taken within the last 10 minutes.
- 60 memory storage—60 memory storage capacity with date and time stamp allows you to review the last 60 readings with a touch of a button.
- Irregular heartbeat detector—this monitor can detect irregular heartbeats while blood pressure is being measured. If an irregular heartbeat is detected, an indicator icon will appear alerting you so you can talk to your doctor.
- This monitor includes the main unit, storage case, 2 AAA batteries, instruction manual and quick start guide.

Omron Body Composition Monitor and Scale with Five Fitness Indicators—Model HBF-510W

This Body Composition Monitor and Scale provides full-body sensing—a comprehensive understanding of your body composition to help you reach your fitness goals. Easy to use, the HBF-510W measures five fitness indicators: body fat, visceral fat, BMI, skeletal muscle and body weight.

Your cost is \$48.99. That's a savings of \$31 off the current retail price of \$79.99. You will pay a \$5 shipping and handling charge per monitor.

Product features

Body Composition Monitor and Scale with Five Fitness Indicators.

- Full-body sensing with hand-to-foot technology is more accurate than foot-to-foot monitors
- Measures body fat, visceral fat, BMI skeletal muscle and body weight
- Features a nine-person memory profile
- Easy on/off switch at base
- Large LCD display allows for easy reading
- Retractable cord for full height
- Includes monitor with scale, 4 AA batteries and instruction manual

Omron ElectroTHERAPY Pain Relief TENS Unit—Model PM3030

The Omron ElectroTHERAPY Pain Relief TENS Unit is a simple drug-free solution for pain relief of achy, stiff or sore muscle and joint pain.

Your cost is \$29.99. That's a savings of \$20 off the current retail price of \$49.99. You will pay a \$5 shipping and handling charge per unit.

Product features

ElectroTHERAPY Pain Relief TENS unit.

- TENS technology—transcutaneous electrical nerve stimulation (TENS) technology has been used by physical therapists and medical professionals for more than 30 years
- Relieves multiple body pains—temporarily reduces pain in the lower back, arms, shoulders, legs, thighs, hips, feet, knees, elbows and ankles
- Personalized therapy—three preset programs (arm, lower back, leg/foot), each with five intensity levels
- Safe and effective—FDA cleared and prescription free for home use
- Portable—comfortably fits in your hand or pocket and can be used discreetly anywhere
- Long Life Pads—includes comfortable, self-adhesive pads that are reusable up to 150 times with plastic holder for storage
- Includes unit, electrode cords, two long-life pads, pad holder, 2 AAA batteries, instruction manual, quick-start guide and pad placement guides

Your Healthy Discounts

Omron ElectroTHERAPY TENS Long Life Replacement Pads—Model PMLLPAD

Omron's Long Life Replacement Pads are durable and comfortable, and gently adhere to your skin. Used exclusively with the Omron ElectroTHERAPY Pain Relief TENS Unit.

Your cost is \$14.99. That's a savings of \$5 off the current retail price of \$19.99. You will pay a \$5 shipping and handling charge for each set of replacement pads.

Product features

ElectroTHERAPY TENS Long Life Replacement Pads.

- Durable—reusable up to 150 times and washable up to 10 times
- Versatile—good size for multiple body parts (2.5" x 4")
- Includes two Long Life Replacement Pads with snap connection, instruction manual, quick-start guide and pad placement guide

How to get your discount

- Call **1.877.216.1333** to order by phone or to speak with an Omron customer service representative to get more information.
- Mention the promotion code **AETOMR10** to get the discount.
- You can also identify yourself as a Meritain Health member.

Books

You can save 40 percent on your purchase of books, greeting cards and kits ¹ from the **American Cancer Society Bookstore**.

Book topics include:

Stay well

- Healthy living
- Disease prevention
- Cooking
- Smoking cessation
- Nutrition

Get well

- Cancer treatment
- Cancer treatment side effects
- Coping with cancer
- Caregiving
- Cancer survivorship

How to get your discount

- Visit the American Cancer Society website at www.cancer.org/bookstore to order your books online.
- To get the discount, you must enter the promotion code **HS002F14** at checkout.

Satisfaction guarantee

If you are not satisfied with your purchase, you may return it for any reason within 30 days. You will receive a full refund. Returned items must be in their original condition.

¹ Includes two or more books combined as a special discount package.

Fitness

You can save money while you get fit.

Save on gym memberships and name-brand home fitness and nutrition products that support your healthy lifestyle with services provided by **GlobalFit®**.

Regular exercise can help you maintain a healthy weight. It can also lower your risks for:

- Alzheimer's disease.
- Depression and anxiety.
- Diabetes.
- Heart disease.
- High blood pressure.

Save on gym memberships and more

You can join a gym in the GlobalFit network and get:

- Access to thousands of gyms in the United States, including national chains and independent local facilities.
- Free guest passes ¹ to try gyms before you join.
- Guaranteed lowest rates ² on gym memberships.
- Flexible membership options.
- Convenient billing options, including automatic payments to a credit card or from a bank account.
- Use of gyms for your spouse or domestic partner and your dependent children.
- Guest privileges ³ at participating network gyms when you travel.

You can also get discounts on the following through GlobalFit:

- At-home weight-loss programs
- Home exercise products and equipment
- One-on-one health coaching services ⁴

Your Healthy Discounts

How to get your discount

- Visit GlobalFit's website at www.globalfit.com/meritain. You can view details about any gym, including rates. Then you can join a gym online. There's no need to contact Meritain Health or the gym.
- If you prefer, call GlobalFit toll free at **1.800.294.1500**. Identify yourself as a Meritain Health member. A GlobalFit representative can answer your questions, send you a free guest pass,¹ or help you join the gym of your choice.

Notes:

- You may pay a one-time activation fee. Check with GlobalFit for details.
- Make all payment arrangements with GlobalFit using their convenient billing options.

¹ Not available at all gyms.

² Participation in GlobalFit is for new gym members only. If you belong to a gym now or belonged recently, call GlobalFit to see if a discount applies.

³ Call GlobalFit for more information.

⁴ Provided by HealthAdvocate, through GlobalFit.

Hearing

You can take care of your hearing and save money with **Hearing Care Solutions** and **Amplifon Hearing Health Care** (formerly Hear PO®).

Hearing Care Solutions

Hearing Care Solutions has over 2,000 providers at more than 1,800 locations and offers you:

- A discounted rate of \$42 for hearing exams.
- Hundreds of hearing aid models at low prices. Save up to 63 percent.
- A three-year supply of batteries (up to 240 cells). After that, you can join a discount battery mail-order program.
- Free in-office service of hearing aids for one year after purchase.
- Free routine services (cleanings, checks and battery door replacements) for one year after purchase from the original provider.

How to get your discount

- To schedule an appointment, call Hearing Care Solutions at **1.866.344.7756**.
- Identify yourself as a Meritain Health member.

- Hearing Care Solutions will help you find a provider located near you and schedule an appointment.
- Before your appointment, you will receive a welcome packet that includes:
 - Information on hearing loss.
 - Information on hearing aids.
 - What to expect at your first appointment.

Amplifon Hearing Health Care (formerly Hear PO®)

Amplifon Hearing Health Care has more than 1,600 participating locations and offers you:

- A discounted rate of \$48 for hearing exams.
- Discounted prices on many styles of hearing aids, including programmable and digital instruments from leading manufacturers.
- Discounts on hearing aid repairs.
- Free follow-up services for one year.
- A two-year supply of batteries (up to 160 cells per hearing aid).

How to get your discount

- To receive the discounted rates, call Amplifon Hearing Health Care at **1.877.785.3791** to order a validation packet.
- Identify yourself as a Meritain Health member.
- Amplifon Hearing Health Care will send you information about the program and what to expect at your first appointment. They can also help you locate providers in your area.
- When you receive the packet, make an appointment with a provider.
- Take your packet to your visit to get your discount.

Discounts provide access to discounted products and services and are not part of a health benefits plan or policy. The member is responsible for the full cost of the discounted products and services. Aetna may receive a percentage of the fee you pay to a discount vendor. Vendors are independent of Meritain Health and Aetna, not agents or employees thereof. None of Meritain Health, Aetna, nor its or their affiliates direct, manage or control the products and services provided by Vendors, and do not assume any responsibility or liability for those products and services. Discount offers are not guaranteed and may be discontinued at any time. Meritain Health or Aetna does not endorse any vendor, product or service associated with these discount offers. This material contains only a partial description of these products and services. While this material is believed to be accurate as of the production date, it is subject to change.