



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

Winter Bulletin January 2016

Changes as of April 1, 2016

When you don't feel well, or your child is sick, the last thing you want to do is leave the comfort of home to sit in a waiting room. Available as of April 1st, virtual visit lets you see and talk to a doctor from your mobile device or computer without an appointment. Most visits take about 10-15 minutes and doctors can write a prescription*, if needed, that you can pick up at your local pharmacy. In addition, you pay only \$15 for a virtual visit.

Doctors can diagnose and treat a wide range of non-emergency medical conditions, including:

- Bladder infection/Urinary tract infection
- Bronchitis
- Cold/flu
- Diarrhea
- Fever
- Migraine/headaches
- Pink eye
- Rash
- Sinus problems
- Sore throat
- Stomach ache

Use virtual visits when:

- Your doctor is not available
- You become ill while traveling
- You are considering visiting a hospital emergency room for a non-emergency health condition

Virtual visits are not appropriate for:

- Anything requiring an exam or test
- Complex or chronic conditions
- Injuries requiring bandaging or sprains/ broken bones

Learn more about virtual visits by visiting myuhc.com on or after April 1st.

Also as of April 1st the plan will cover diagnostic x-ray and lab services in connection with the diagnosis of temporal mandibular joint dysfunction (or TMJ). The plan will continue to exclude services for the treatment of TMJ.

Reminder – For your Mail Order shipments:

If you need your prescriptions shipped to an alternate address other than your home please remember to call into the mail order facility to do the one time change for shipping. Any time you need your order shipped to an alternate location you will need to call in to make this change.

* Prescription services may not be available in all states.

New IRS Forms!

The Affordable Care Act has created new IRS Forms that many of our members will be receiving for the first time. SSEHP will be mailing IRS Form 1095B for all enrollees who are not Medicare primary within SSEHP. This IRS Form is used to substantiate minimum essential coverage for calendar year 2015 so you are not penalized for not having health insurance under the individual mandate. When you receive this form, please provide a copy to your tax preparer when you file your 2015 Taxes. In addition to the 1095B, full-time employees of our participating Districts will also receive a 1095C form. Please maintain this form for your records.

NEW SSEHP WEBSITE!

Please take a moment to review our new SSEHP website at www.ssehp.org. You can view past bulletins, our summary plan description, helpful documents on free programs and services, and more!

How to Find a Provider Who Accepts Medicare:

If you are looking for a provider that will accept Medicare, you can go to www.medicare.gov, on the upper right hand corner of the home screen there is a link to find doctors with Medicare Assignment

Remember to use SSEHP's Health Advocate Program!

With Health Advocate, you have your own Personal Health Advocate, typically a registered nurse, supported by a team of administrative experts and medical directors. You can have the confidence in knowing that the entire Health Advocate team is working on your behalf to help and represent your needs.

Health Advocate can help in many ways:

- Assisting with Medicare Issues
 - Finding the best doctors
 - Scheduling appointments
 - Helping to resolve insurance claims
 - Obtaining unbiased health information
 - Assisting in the transfer of medical records
 - Locating and researching the newest treatments
 - Identifying alternative resources

Our offering of Health Advocate clearly relates to our interest in making certain that SSEHP members have the best possible healthcare. We believe that you and your family will greatly benefit from this valuable service. For help with a problem, just call Health Advocate at 1-866-695-8622 (toll-free).

6 Ways to Fend Off Seasonal Flu

The best way to prevent seasonal flu is to get a flu shot. But there are also other important things you can do to stay healthy during flu outbreaks.

Six ways to fend off the flu:

1. Get a flu shot. The flu shot is the single best way to prevent seasonal flu. The ideal time to get a flu shot is between September and November, before the start of the flu season. But even getting it later in the season can help. The flu shot may not always prevent seasonal flu, but it can make symptoms milder and help reduce the risk of serious complications. The flu shot is recommended for children and teens from 6 months to 19 years of age and for adults age 50 or older. Many others with certain health problems, jobs or risk factors should also get the flu shot. To be protected, you need to get the shot every year. Talk to your doctor to find out if the flu

shot is a good idea for you. If you are not able to get a flu shot, the following tips are even more important.

2. Wash your hands often. Handwashing is a simple but powerful way to prevent many types of infection, including the flu. Use soap (any type will do) and warm water. Scrub for 15 to 20 seconds. Rinse well, and dry with a clean towel or paper towel. If you don't have access to soap and water, use an alcohol-based hand wipe or gel sanitizer.

3. Keep your hands away from your face. Flu germs can live for hours on surfaces such as doorknobs and desks. They can enter your body if you touch a contaminated surface and then touch your eyes, nose or mouth.

4. Steer clear of sick people. Try to avoid close contact with people who are sick. If possible, stay out of crowds when flu outbreaks are highest in your area.

5. Cover your mouth and nose when you cough or sneeze. Use a tissue and then throw it away. If you don't have a tissue, use your hand. Then wash your hands to get rid of the germs.

6. Build your defenses. Keep your immune system strong by eating a healthy diet, getting plenty of sleep and getting regular exercise. Always talk to your doctor before you increase your activity level.

If you get the flu...

Sometimes even the best prevention fails. If you do get the flu, stay home until you're well. This can help keep the flu from spreading. If you can't afford to be sick, talk to your doctor about taking an antiviral medicine. Antiviral medicine can often shorten the severity and duration of the flu. But it works best if you start taking it within the first two days after flu symptoms start. Symptoms of flu can include fever, headache, tiredness, sore throat, dry cough, nasal congestion and body aches.