



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

Fall Bulletin 2019

Notice : Group health plans sponsored by State and local governmental employers must generally comply with Federal law requirements in title XXVII of the Public Health Service Act. However, these employers are permitted to elect to exempt a plan from the requirements listed below for any part of the plan that is "self-funded" by the employer, rather than provided through a health insurance policy. The Suffolk School Employees Health Plan has elected to exempt Suffolk School Employees Health Plan from the following requirements: Protections against having benefits for mental health and substance use disorders be subject to more restrictions than apply to medical and surgical benefits covered by the Plan. The exemption from these Federal requirements will be in effect for the plan year beginning on January 1, 2020 and ending on December 31, 2020. The election may be renewed for subsequent plan years. Please be advised, this notice should not be construed as meaning that mental health and substance use disorders are not covered by the Suffolk School Employees Health Plan. Please review the Summary Plan Description regarding the extent to which coverage is provided.

Maternity Support Program

If you're thinking about having a baby or have one on the way, the maternity support program is here to provide information and support throughout your pregnancy and after giving birth.

When you enroll in the program, you'll be able to work with a maternity nurse who is available to answer your questions and help you with things like:

- Choosing a doctor or nurse midwife, and help you with finding a pediatrician or other specialist
- Information to help you take care of yourself and the health of your baby — even if your pregnancy is considered high-risk
- Support to help you manage your health — physically and emotionally — before and after your baby is born

Whatever your journey, we're here to help. Get started today.

1-877-201-5328

myuhc.phs.com/maternitysupport

Teladoc Virtual Visit provider joins UnitedHealthcare network

Teladoc[®] has joined the UnitedHealthcare Virtual Visits provider network, as the national Virtual Visits provider supporting an integrated Virtual Visit experience.

You will be able to seamlessly initiate a Virtual Visit from the myuhc.com[®] member site landing page and the UnitedHealthcare app. You will no longer need to leave myuhc.com or the app or download a separate app for Virtual Visit access.

AmWell[®] and Doctor On Demand[™] will continue to participate in the provider network and will remain listed on the myuhc.com Virtual Visits page. Virtual Visits will continue to be available to members in all markets and states. There will be no cost regardless of provider choice.

Effective Jan. 1, 2020, Teladoc will be the sole Virtual Visit provider in UnitedHealthcare's network to allow telephonic-only visits.

Did you know the cost you pay varies for different providers – for the same service?

Consider Tier 1 when you need care. You can easily choose the doctors, specialists and facilities that offer the greatest value by finding a Tier 1 symbol next to physicians' names. Just go to "Find a Doctor" on myuhc.com[®] and spot the blue dot. Spot the blue dot on myuhc.com. TIER 1 Here's

how it looks on myuhc.com.



UnitedHealthcare Tiered Benefit plans let you choose from any health care professional in the UnitedHealthcare network, including specialists, without a referral or selecting a primary care physician (PCP). And you can save money by going to Tier 1 physicians who are recognized for providing the greatest value for their benefit plan. You can seek care from any network provider, but you will pay more out-of-pocket costs when you don't visit Tier 1 physicians.

A note of reminder when choosing an orthopedic surgeon the copay is \$25 for a premium provider and \$50 for a non-premium UHC provider. OON providers will be subject to deductible and coinsurance.

The app has you covered.

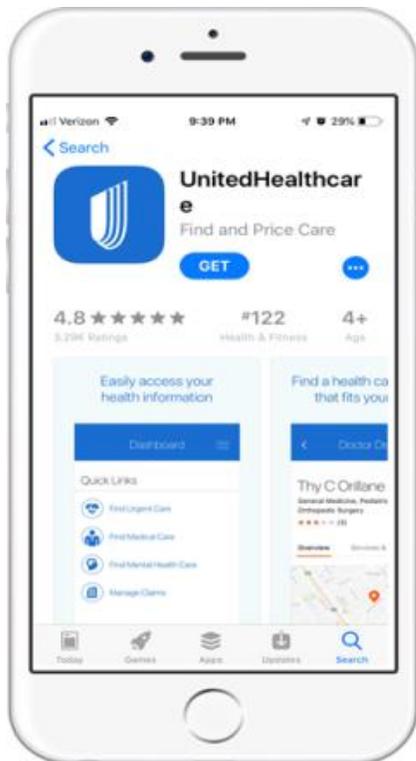
UnitedHealthcare has just launched the new UnitedHealthcare app which provides secure, on-the-go access to personalized health information.

When you're out and about, you can do everything from managing your plan to getting convenient care. Just download the app to:

- Find nearby care options in your network.
- Estimate costs.
- Video chat with a doctor 24/7.
- View and share your health plan ID card.
- See your claim details and view progress toward your deductible.

Other features include:

- HealthSafe ID
- “Contact Us” features
- Paperless preference



The UnitedHealthcare app is currently available to download from the App Store[®] or Google Play[™] and was released as a soft launch in 2018 to allow users to test and provide feedback. If you currently have the Health4Me[®] app, the Health4Me[®] and UnitedHealthcare app will run in parallel until the Health4Me app is sunset, which is tentatively scheduled for the end of 2020.

MENTAL HEALTH: SIGNS AND SYMPTOMS

At liveandworkwell.com you can dig deeper into mental health topics that are important to you. In these short videos from PsychHub, you'll hear personal stories, find out about common symptoms and learn about how treatment can help restore health and well-being.

Panic Disorder

Don't let panic attacks take over your life. See how one sufferer tackles hers.

Suicidal Ideation

Learn how to listen, watch, and ask when someone signals thoughts of suicide.

Sleep Difficulties

Can't sleep? Always tired? With help, you can learn how to get the restful sleep you need.

Concentration Problems

An inability to focus can be a sign of ADD, depression, or sleep issues.

Unwanted Memories

A traumatic event can come back to haunt you. Learn how to make peace with the past.

Anxiety

Anxiety can make everyday life hard. Learn how to cope and get your life back.

Depression

If it's hard to remember what happiness feels like, it could be depression. You're not alone.

Anhedonia

If you've stopped enjoying what you used to enjoy, there is hope.

Guilt or Self Blame

Learn how therapy can help you learn to let go of guilt and shame.

Drinking or Using More Than Intended

Former Congressman Patrick Kennedy talks about his own struggle with substance use and how recovery is possible.

Please visit liveandworkwell.com for more information.

MSK Direct for SSEHP

The Suffolk School Employees Health Plan has partnered with Memorial Sloan Kettering Cancer Center (MSK) to provide guided access to care at MSK including mammography screening. October is Breast Cancer Awareness month, a worldwide annual campaign that highlights the importance of breast health, education and research. We encourage all clinically eligible women to get the recommended breast cancer screening. Breast cancer screening through mammography is important because it can detect breast cancer in its earliest stages, when it is most curable.

MSK recommends mammograms once per calendar year for women over the age of 40. Those with an immediate family history of breast cancer (parent, sibling or child) should be screened starting ten years before the age of the youngest immediate family member diagnosed with breast cancer, but not earlier than age 25. For example, if your mother was diagnosed with breast cancer at age 43, it is recommended you begin screening at age

33. If you have a question about when to begin screening it is best to speak with your clinician about personalized recommendations.

MSK DIRECT CAN BE ACCESSED THROUGH THE DEDICATED PHONE LINE FOR SSEHP MEMBERS AND THEIR FAMILY AT: (833) 825-4563 OR (646)-449-1533.

Available 8:30 am to 5:30 pm ET, Monday through Friday. Calls outside of these hours will be returned the next business day. Family members who are not enrolled in the SSEHP will need to state their relationship to the SSEHP member.

Compare quick care options

Call 911 or go to an **emergency room (ER) if you have a life-threatening condition.**

For everything else, see your primary care physician (PCP) or family doctor first. If seeing your PCP isn't possible, it's important to know your quick care options, especially before heading to an ER. Getting care at the best place for your condition could save you money and time. For more details on quick care options, visit uhc.com/checkchoosego.

Urgent care is ideal for when you need care quickly, but it is not an emergency (and your doctor isn't available). Urgent care centers treat issues that aren't life threatening. I.E, Sprains, Strains and minor infections.

Go to a **doctor's office** when you need preventive or routine care. Your primary doctor can access your medical records, manage your medications and refer you to a specialist, if needed.

Visit a **convenience care clinic** when you can't see your doctor and your health issue isn't urgent. These clinics are often in stores. Care for Minor injuries, common infections and ear aches can be treated at the clinic.

A **virtual visit** lets you see a doctor via your smartphone, tablet or computer. Allergies, bladder infections, fever, stomach aches and sore throats can be treated through a virtual visit.