

March 20, 2020 MEUHP Member Newsletter

UPDATES ON COVID-19 & SPRING 2020 OPEN ENROLLMENT

Dear MEUHP Insured Member,

With new information coming out daily on COVID-19 (Coronavirus), we want to keep you updated and share some practical information regarding your MEUHP benefits administered by Cigna. Additionally, with school districts out of session for extended periods of time, we want to let you know that your **MEUHP open enrollment for July 1 benefits will proceed smoothly online via FTJConnect, administered by Forrest T. Jones & Company.** Once the renewal is completed by your district, your Payroll Supervisor will notify you when your open enrollment is ready.

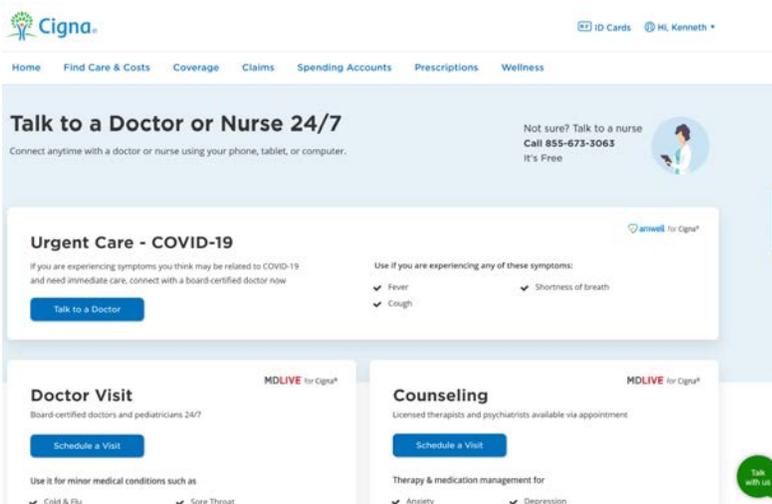
Do the 5 and help stop Coronavirus! (from the World Health Organization, www.who.int)

1. Hands – wash them often
2. Elbow – cough into it
3. Face – don't touch it
4. Feet – stay more than 6 feet apart
5. Feel Sick? stay home

**For past and future
updates on COVID-19 &
July 1 Enrollments - go to
www.meuhp.com**

What to do if you are ill!

- Call your health care provider. If you need to be tested, the MEUHP will cover the testing at no cost to you.
- If you do not have a health care provider or do not want to leave home, you can talk to a doctor or nurse 24/7 at myCigna.com at no cost.
- If you need to visit with a doctor and you do not have access to a computer, you can download either the [AmWell](#) or [MDLive](#) app from your app store for your Smartphone. Again, for COVID-19 related visits, there is no charge to MEUHP members to use telehealth services.
- If you have not registered on [myCigna](http://myCigna.com), you are encouraged to do so. All you need to register is your name, date of birth and SS# or Cigna ID number on your ID card. Once registered, I'm sure you will like the convenience and resources you can access. I use it all the time. Here is a screen shot of one page on myCigna:



The screenshot shows the myCigna website interface. At the top, there's a navigation bar with links like Home, Find Care & Costs, Coverage, Claims, Spending Accounts, Prescriptions, and Wellness. The main content area features a prominent banner for "Talk to a Doctor or Nurse 24/7" with a sub-headline "Connect anytime with a doctor or nurse using your phone, tablet, or computer." To the right of this banner, it says "Not sure? Talk to a nurse Call 855-673-3063 It's Free" and includes a small image of a nurse. Below the banner, there are three main service tiles: "Urgent Care - COVID-19" (with a "Talk to a Doctor" button), "Doctor Visit" (with a "Schedule a Visit" button), and "Counseling" (with a "Schedule a Visit" button). Each tile includes a brief description and a list of symptoms or conditions it covers. A "Talk with Us" chat bubble is visible in the bottom right corner.

The MEUHP supports our members!

- Now through May 31, 2020, the MEUHP will waive member out of pocket expenses for COVID-19 testing related visits with in-network providers, at doctor’s office, urgent care clinics, emergency room or at any of the virtual telehealth options that can be accessed from a phone, tablet or computer.
- If you are worried about going to the pharmacy, many pharmacies offer home delivery. Or, consider the online **Cigna pharmacy option** for 90-day supplies of most medications available through myCigna.com.
- Members on health savings account type plans (HSA) have access to over 240 preventive brand and generic medications **free to the member**. **Preventive medications** are used to prevent conditions like anxiety, high blood pressure, high cholesterol, diabetes, asthma, osteoporosis, heart attack, stroke and prenatal nutrient deficiency.
- The MEUHP is investing in your health. Now is a great time to set health goals, work on your wellness and earn incentives through the **MotivateMe** program.
- Please use our **EAP program** if you or a household member have issues and questions that you need to discuss with trained mental health, legal or financial professional. This benefit is included with your membership.
- If you have general questions about your MEUHP health benefits or coverage, call Cigna at 800-244-6224. This is the number on your ID card.
- The MEUHP, through its partnership with Cigna and Forrest T. Jones & Company (FTJ), is available to answer your calls, emails, etc., provide support and assist you.

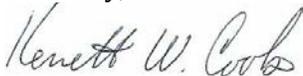
As a school district employee, I know that you are constantly taking care of others, especially the children in your care. That’s why it is especially important that you take care of yourself first in these difficult times and that is also why we are working to ensure that your health coverage is positioned to take care of you as well.

If you have questions on COVID-19, your MEUHP benefits or in the coming weeks about your District’s spring open enrollment, you can contact your FTJ Regional Director or Cigna at 800-244-6224 or www.cigna.com.

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Please stay safe and be well!

Sincerely,



Ken Cook

Executive Director

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