

Motivate Me!

With up to \$250 in incentives

Each year, MEUHP members are eligible for up to \$250 in incentives through the Motivate Me program by doing wellness related activities. Here's a breakdown of the incentives available to you. The top two goals must be completed before other incentives are payable.

Health Risk Assessment	\$25
Biometric Screening	\$50
Preventive Award—Annual physical, OB/GYN or mammogram, colon, cervical or prostate screening	\$75
BMI < than 30 (or work with coach)	\$50
Coach—Telephone coaching on your time	\$50



Logon to www.mycigna.com,
download the mycigna app or
call 800-244-6224
to start earning!

MEUHP's Cost Saver Program



Did you know that an MRI can cost anywhere from \$300 to over \$4,000, depending on where you go?

The Cost Saver Does!

If you plan on having a medical procedure (examples below) call the Cost Saver **BEFORE** you schedule. If your procedure qualifies, ***you can earn between \$125 and \$500 in incentives!***

Take Advantage of this FREE service.

Common Procedures that qualify for the incentive:

Colonoscopy	CT scan
Endoscopy	Joint Surgery
MRI	Eye Surgery
Ultrasound	Hernia Surgery

Cost Saver

816-489-8869

Call or text before you schedule!

If your procedure is not shown, call to see if it may qualify. We've had rave reviews from those who have used the service.














*"It was **an excellent experience** and I recommend this service to anyone!"*

*"My experience with cost saver was awesome! **It saved me thousands of dollars for a CT scan—PLUS I received a \$250 gift card!**"*

*"**I love having access to this service.** It can be very overwhelming knowing where to even begin or who to contact for the best price! I was able to save hundreds of dollars going through this program."*

Employee Assistance Plan (EAP) Resources available to MEUHP members and families!

Through your mycigna.com portal, you can find a variety of resources to help you and your family with many of life's challenges—and everyday living. For example, under the legal forms, you can find access to forms such as wills, bills of sale, checklists and more! To access the EAP programs, logon to mycigna.com and select the coverage tab. You'll find the EAP tab and then select the Select Work/Life resources.

 <p> HOMEPAGE PARENTING AGING BALANCING THRIVING WORKING LIVING INTERNATIONAL </p>	<p>CONSUMER TIPS</p> 	<p>HOME IMPROVEMENT</p> 	<p>HOME BUYING OR SELLING</p> 
	<p>MOVING</p> 	<p>FINANCIAL</p> 	<p>LEGAL</p> 
	<p>LEGAL FORMS</p> 	<p>SAFETY</p> 	<p>PETS</p> 
	<p>TRAVEL & LEISURE</p> 	<p>FRAUD & THEFT</p> 	<p>GO GREEN</p> 

Meet two new MEUHP Regional Directors



Dylan Albertson—
Northwest & KC Region

Dylan has assumed the role of NW/KC Regional Director following the retirement of Anne Slentz. Dylan has a strong background in sales and marketing and looks forward to meeting employees throughout the region.

He's also a sports enthusiast who had great coaching from his dad, former California Superintendent Marty Albertson.

Dylan Albertson
816-408-9039
 dalbertson@ftj.com



Josh Shoemaker—
Central and NE Region

Josh Shoemaker, former superintendent at the Keytesville R-III school district, has joined the FTJ team as the MEUHP Regional Director for the Central and NE regions of the state.

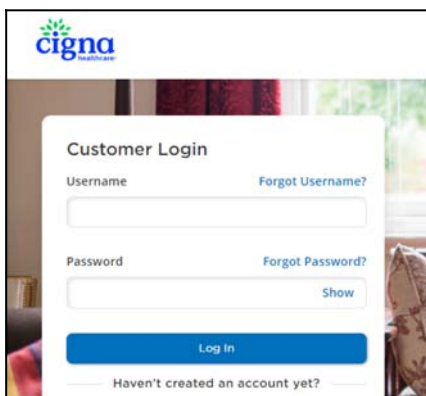
Josh lives in Marceline, MO with his wife and three children. He enjoys playing golf, collecting sports cards, and volunteering with area youth sports. Josh is excited about working with educators in a new light!

Josh Shoemaker
660-998-3631
 jshoemaker@ftj.com

MEUHP Monthly Challenges are here!

We recently emailed the first monthly challenge to the MEUHP Membership. The challenge was a POP Quiz with True or False answers to 5 questions regarding mycigna.com. Each entry with a correct answer is eligible for a drawing for a \$25 gift card.

If you haven't created your account at mycigna.com, now's the time. It takes just a few minutes and you'll have instant access to price comparisons, forms, wellness challenges, provider lookups and so much more! Go to www.mycigna.com to get started.



Here are the answers to September's pop quiz—thanks to all who entered!

True or False - On mycigna.com, you can:

1. Download a digital copy of your ID Card
True!
2. Connect with a virtual doctor -
True!
3. Add your family members at any time –
FALSE!
You can only enroll family members during open enrollment or within 30 days of a qualified event (marriage, divorce, new baby, etc). To add family members, you will need to contact your payroll supervisor.
4. Access legal forms such as wills or bills of sale through the Employee Assistance Plan (EAP) -
True!
5. Switch to Home Delivery for your pharmacy-
True!

Did you know ... October is Breast Cancer Awareness Month?



Overall, women in the United States have a 1 in 8 chance of developing breast cancer in their lifetime, according to the American Cancer Society. However, the risk of developing breast cancer does increase with age. It is important to understand risk factors for breast cancer, early signs and symptoms, as well as to make and keep regular mammogram and doctor's appointments.

Your MEUHP plan includes a mammogram benefit (including 3D mammograms) for women age 40 and over every 1 to 2 years—at no charge. This cancer screening will qualify for the yearly \$75 preventive incentive provided you have met the 2 gatekeeper goals.



The [National Breast Cancer Foundation](http://NationalBreastCancerFoundation.org) has an excellent library of **free resources** for breast cancer patients and their families including:




- Most Asked Questions About Breast Cancer Signs & Symptoms
- The Cancer Caregiver Guide
- Breast Cancer Surgery eBook
- Family Medical History Checklist
- Healthy Recipes for Cancer Patients eBook

In addition, you can find breast cancer education and resources in your health library at mycigna.com.

VIRTUAL CARE—SEE A DOCTOR ON YOUR TIME!

Whether it's a sinus infection, a wellness visit or managing a chronic condition, you can visit with a physician in the comfort of your own home—on your own time!

To access virtual care, just logon to mycigna.com or access your mycigna app.

Immediate Care	Primary Care	Dermatology
		
Connect Now	Schedule a Visit	Start Visit
<p>Best for cold & flu, UTI, sore throat, pink eye, etc</p>	<p>Consult with a doctor for your annual wellness screening</p>	<p>No appointment necessary</p>
<p>Able to prescribe medication (if necessary)</p>	<p>Review lab results (taken prior to your visit)</p>	<p>Message with a board-certified dermatologist who can diagnose and treat</p>
<p>Available 24/7 on-demand or by appointment</p>	<p>Manage chronic conditions such as asthma, cholesterol, diabetes and high blood pressure.</p>	<p>conditions such as acne, dermatitis, eczema, etc.</p>
<p>Connect by video or phone</p>	<p>Connect by video, phone or send a secure message</p>	<p>Upload pictures and describe symptoms to receive a treatment plan within 15 hours</p>
		<p>Dermatologists can send prescriptions to your nearest pharmacy.</p>

Do you know a family member or friend nearing age 65?

If so, they will soon be facing a host of decisions related to Medicare, Medigap, Medicare prescription plans and Medicare Advantage. Learning about Parts A, B, C and D can be both confusing and exhausting!

You can rely on the agents at Forrest T. Jones & Company to help you sort through your options and provide trustworthy information and advice. Our representatives specialize in retiree insurance programs that address the needs of clients in both rural and metropolitan settings.

Call **913-353-2251** or email seniorproducts@ftj.com to visit with a licensed Missouri agent who specializes in Senior Products!



The Medicare Annual Election Period begins October 15 and runs through December 7th