



**TEN ideas to help
you get the most
from your MEUHP
health plan.**

1. Replace your old ID card with the NEW

New ID Cards were mailed at the end of June. To avoid any potential issues at the pharmacy or providers, please be sure to replace your old ID card with the new!

Call FTJ at 800-821-7303 ext 1179 or
email mmaxwell@ftj.com
if you have misplaced your new card.



2. New MEUHP Cost Saver Program

If you're having a non-emergency surgery, there is a **NEW program** that can potentially save you money AND earn an incentive.

Before you schedule your non-emergency procedure or treatment, call Tracy Perkins to discuss - and learn about the potential cash incentives you may be eligible for - up to \$500!

Certain procedures, wellness visits, well baby care and regular office visits are not eligible.



Call Tracy at 816-489-8869
or email tperkins@ftj.com

3. Motivate Me Incentives - up to \$250

Members are eligible for up to \$250 again this plan year for completing health goals such as personalized health assessments, biometric screenings, annual physicals and more.

Logon to mycigna.com for details.

Wellness

Total Wellness Starts Here

Get a personalized
health assessment

Get Started




4. NEW Centers of Excellence Incentive

New \$250 incentive is available for you and your covered spouse when you choose to have certain procedures at a Center of Excellence designated for that procedure.

- Back Surgery
- Joint Surgery (hip / knee)
- Cardiac Surgery
- Obstetrics

Look for the *Center of Excellence Star* when choosing a facility.



 **Center of Excellence** for Joint Replacement (Hip Replacement, Knee Replacement)

5. Biometric Screenings - Know Your Numbers

Biometric screenings are encouraged and will earn a \$50 incentive.

Our District may participate in the on site biometric screenings through Quest Diagnostics.

Stay tuned for details.



6. Physical Exams - 100% covered PLUS \$75 incentive

Members and spouses are again eligible for a **\$75 incentive** for an annual physical or an ob/gyn visit.

Two gatekeeper goals must be met prior in order to get the incentive.



Logon to
www.mycigna.com
for details

7. VIRTUAL Visits - no better time than now!

AMwell for Cigna and MDLive for Cigna virtual visits are available for only \$55.



Logon to www.mycigna.com or your mycigna app for details!

8. EAP Program - Stress and finances can take their toll

These are stressful times - particularly for educators and school district staff.

If you or any family member in your home needs counseling - for any reason - you can visit with a counselor at NO Cost through the Employee Assistance Plan (EAP)



9. Save money with NATIONAL labs: Quest and LabCorp



Did you know you can request your provider to use a national lab and potentially save you money? Ask your provider next time you need lab work.



Description	National labs average cost	Other outpatient lab average cost	Outpatient hospital lab average cost
General health panel*	\$21.85	\$43.59	\$191.32
Complete blood count (CBC)	\$5.34	\$11.67	\$42.26
Prostate screen (PSA)	\$12.62	\$27.58	\$71.26

* A general health panel consists of a comprehensive metabolic panel (CMP), a complete blood count (CBC) and a thyroid stimulating hormone (TSH).

10. COVID-19 Enhanced Benefits



MEUHP is extending the Covid-19 protections for members through the end of October which includes cost share waivers for diagnostic testing, related visits (including virtual) and treatment.

We're all in this together - Call 800-821-7303 ext 1179 with questions!

