



HealthWatch

Winter 2017 Newsletter

Issue 1 | Volume 28 | State Employees' Insurance Board

TELADOC- Now Available



TELADOC™

State Employees Health Insurance Plan Group 13000 members, you and your covered dependents now have access to Teladoc, our newest program that allows you to talk to a U.S. board-certified doctor through the convenience of phone, video or mobile app, 24/7 with **no copay**. Teladoc is not meant to replace your primary care physician, but it is available to provide you with quick, convenient and affordable healthcare on your terms. Set up your account today, so when you need non-emergency care for cold and flu symptoms, respiratory symptoms,

sinus problems, ear infections, skin problems or more, a Teladoc doctor is just a call or click away!

Step 1: Enroll

Set up your account by phone (toll-free), web, mobile app or by texting "Get Started" to 469-844-5637.

Online: Visit Teladoc.com/Alabama and click "set up account"; when using this option, you will need to select "State of Alabama Employees" as your employer or insurance provider.

Mobile app: Visit teladoc.com/mobileapp to download the app and click "Activate Account". When using this option, you will need to select "State of Alabama Employees" as your employee group.

Call Teladoc: Teladoc can help you register your account over the phone. 1-855-477-4549

Step 2: Provide Medical History

Just like visiting a new physician, you will need to provide your medical history. This gives Teladoc doctors the information they need to make an accurate diagnosis and prescribe the medicine that works for you.

Step 3: Request a Consultation

Once your account is set up, request a consultation anytime you need care. Talk to a doctor by phone, web or mobile app.

For more information, visit Teladoc.com/Alabama, or call 1-855-477-4549.

Healthwatch is published by:
State Employees' Insurance Board
201 South Union Street, Suite 200
PO Box 304900
Montgomery, AL 36130-4900
(334) 263-8341 • 1-866-836-9737
Fax: (334) 263-8541

Chief Executive Officer

William Ashmore

Editor

Michelle Walden

Newsletter Comments

healthwatch@alseib.org

WWW.ALSEIB.ORG

Toll-Free Numbers

State Enrollments: 1-866-836-9737

Wellness: 1-866-838-3059

Flexible Benefits: 1-866-833-3378

Blue Cross Blue Shield: 1-800-824-0435

2017 Plan Changes for Medicare Retirees

Deborah Taylor, RN, Clinical Director



The SEIB and Blue Cross and Blue Shield of Alabama are excited to provide you with a new, comprehensive Medicare Advantage prescription drug plan beginning January 1, 2017. This new plan, Blue Advantage, is a preferred provider organization that combines all the benefits of your health and prescription drug coverage under one all-inclusive and convenient plan. Additional information is available on our website at www.alseib.org.

Below is a list of things to remember:

- You must have Medicare Parts A & B
- Keep your red, white and blue Medicare card
- Present your new Blue Advantage card to your healthcare providers and pharmacy
- Keep your dental card if you have dental coverage through the SEIB
- Notify the SEIB if you choose another prescription drug plan
- Notify the SEIB if there are changes in your Medicare coverage
- Notify the SEIB if you return to work and/or become eligible for other group health insurance coverage

Dependents that are not Medicare eligible will remain on the State Employees' Health Insurance Plan and should keep their current BCBS insurance card.

If you are retired and become eligible for Medicare due to age, you will receive a letter from the SEIB at least 21 days prior to your Medicare effective date informing you of the change in your coverage. You will automatically be enrolled in Blue Advantage unless you choose to opt-out. If you become eligible for Medicare before age 65, you must notify the SEIB. Should you have questions regarding eligibility, changes, or if you would like to discuss your plan options, please call the SEIB's enrollment department at 1-866-836-9737.

If you have any questions regarding claims, benefits, or if you need assistance finding a provider, please call BCBS Customer Service at 1-855-453-5185 (TTY 711), between the hours of 7:00 a.m. – 5:30 p.m., Monday-Friday.

Is the Southland Optional Plan for You?

Tonya Campbell, Marketing Director

If you have other health insurance coverage offered through a spouse or other employer, you may have considered one of the two free plan options mentioned in recent editions of the Healthwatch - the Premium Cash Option or the State Employees' Supplemental Coverage Plan. For those of you who did not choose either of those options, the Southland Optional may be exactly what you have been looking for.

Who is eligible to enroll in the Southland Optional plan?

SEHIP members who are offered other group health insurance coverage through a spouse or other employer.*

What are the benefits of enrolling in the Southland Optional plan?

- It's free for you and your eligible dependents;

Southland Optional (cont'd)

- You and your eligible dependents will receive dental, vision, hospital indemnity, and cancer coverage, all in one;
- Save up to \$750 a year by eliminating dental, vision, and cancer insurance premiums.

Considering all of your health insurance options is easy. For additional information on this and all of your benefits offered through the SEIB, contact your SEIB advisor, whose contact information is on the back of this publication.

*Medicare, TRICARE, TRICARE for Life and BCBS Group 13000 are not eligible primary health insurance plans.

New Year, New You



'Tis the season for New Year's resolutions and, according to Time.com, the most popular ones happen to be losing weight and quitting the use of tobacco products. Did you know that the SEIB has programs available to help you achieve both of these goals? Check out our information below and see if these programs are the final push and support you need to get into a healthier lifestyle.

TOBACCO CESSATION PROGRAM

Purchase any non-covered tobacco cessation product or program, and you and your covered spouse can be reimbursed 80% of the cost of the program, up to a lifetime maximum benefit of \$150. Examples of products covered are over the counter tobacco cessation products and tobacco cessation programs. Medications used for tobacco cessation that are covered by your health insurance are not eligible for reimbursement under this program. Note: E-cigarettes are not eligible for reimbursement through the SEIB's tobacco cessation program or as an approved tobacco cessation product.

SEIB EXERCISE FACILITY PROGRAM

Visit the SEIB's website to find participating exercise facilities in your area and take advantage of benefits exclusive to active and retired state employees. Benefits include:

- No enrollment fee
- No contract
- Payroll deduction
- Low monthly rates
- Active employees determined to be at risk during their wellness screening will receive the monthly wellness discount for addressing their risk(s) by providing proof that they have joined one of the participating facilities.

PHYSICIAN WEIGHT MANAGEMENT PROGRAM

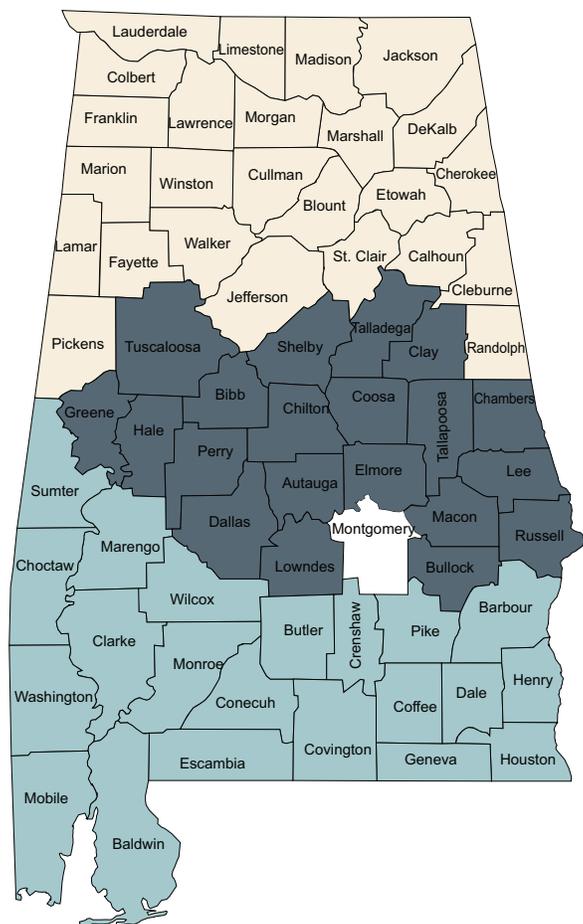
You, and your covered spouse and/or dependents, can participate in a physician administered weight management program and receive an 80% reimbursement for costs, up to \$150 annually. The program must be overseen by a physician.

As a member of the SEHIP, you are eligible to participate in wellness programs provided by BCBS. All you have to do is create an account at www.bcbsal.org and choose a program that will assist you in making your New Year's resolutions a reality.



**STATE EMPLOYEES'
INSURANCE BOARD**
PO Box 304900
Montgomery, AL 36130-4900
www.alseib.org

PRSRT STD
U.S. Postage
PAID
Montgomery, AL
Permit No. 109



Field Benefit Advisors are Available for Your Convenience

Our health insurance benefit advisors are located throughout the state to answer your questions on enrollment, benefits and plan options. Listed here are the advisors, their territories and ways to contact them. You should contact the advisor assigned to your county of employment.

Kerry Schlenker
Toll-Free: 1.866.838.5027
kschlenker@alseib.org

Marsha Abbett
Toll-Free: 1.866.841.9489
mabbett@alseib.org

Rick Wages
Toll-Free: 1.866.841.0980
rwages@alseib.org

Connie Grier
Toll-Free: 1.877.500.0581
cgrier@alseib.org

Note: All health care claims inquiries must be directed to Blue Cross Blue Shield.