

Health Benefit Plan Options

Choose one of the following options. Plan guides are available at www.elseib.org.

State Employees' Health Insurance Plan (SEHIP)

Basic medical plan that is designed to be your primary insurance. Members pay a monthly premium for this plan, but discounts are available.

Wellness Discount \$25 monthly per member/spouse

Non-Tobacco Discount \$60 monthly per member/spouse

Gaps In Care Incentive \$25 monthly per member/spouse

Spousal Surcharge \$50 per month

Federal Poverty Level Discount 10-50% of SEHIP premium

Note: All premium adjustments begin the first day of the second month after all requirements are met.

Free Plan Options

Supplemental Plan

Eliminates most out-of-pocket expenses not paid by your primary insurance, such as coinsurances, copays, and deductibles.

Primary insurance coverage cannot be SEHIP, PEEHIP, LGHIP, TRICARE, TRICARE for Life, Medicaid, Medicare or the Marketplace. Does not coordinate with high-deductible plans

Optional Plan

Provides dental, vision, cancer, and hospital indemnity coverage, all-in-one.

Primary insurance coverage cannot be SEHIP or Medicaid. Active employees with primary coverage through TRICARE or TRICARE for Life are not eligible to enroll; however, retirees with primary coverage through TRICARE for Life are eligible. Minimum 12-month enrollment requirement.

Premium Cash Option (PCO)

Reimburses you up to \$175 per month by mail or direct deposit to offset the cost of your primary group health insurance premium.

Primary insurance cannot be SEHIP, Medicaid, Medicare, or the Marketplace. Retirees are not eligible.

Decline All Coverage

State employees have the option to decline all plan options offered through the SEIB. This option will disenroll you from medical coverage only.



Creating an online account is simple! Go to my.elseib.org and check out the New Employee Online Enrollment Guide for a step-by-step guide to creating a mySEIB account and enrolling in your health insurance benefits.

Stand - Alone Policies

Dental- Choice of BCBS or Southland Single coverage \$8.00 | Family coverage \$15 per month

Vision- Southland Single coverage \$12 | Family coverage \$24 per month

Cancer- Southland Single coverage \$12 | Family coverage \$24 per month

Flexible Benefits Plan

Set aside pre-tax money via payroll deductions to pay for **eligible*** health care and dependent care expenses not paid by your benefit plan.

Conveniently manage your account at www.connectyourcare.com or download the Connect Your Care (myCYC) mobile app on your smartphone. Receive your reimbursement by mail or direct deposit to a checking or savings account.

Health Care Reimbursement Account

- Annual minimum \$120, maximum set by IRS
- File a manual claim or use your Flex card
- Rollover up to maximum amount allowed by the IRS when you re-enroll
- \$50 enrollment bonus

Dependent Care Reimbursement Account

- Annual maximum set by IRS
- Pay your daycare provider directly
- File a manual claim with CYC
- No rollover provision

Additional Benefits for SEHIP Members



- Virta Health- Diabetes Reversal Program
- Naturally Slim- Online Weight-loss Program
- myBlueHealth- Personalize Care Team for Chronic Conditions

Learn more at www.alseib.org/wellness

Exercise Facilities



No enrollment fees or contracts
Low monthly membership fees
Visit our website for participating exercise facilities

Weight Management



Physician-supervised weight management
Nutritional counseling
Reimburse up to 80% of program cost
\$150 per year maximum

Tobacco Cessation Program



Reimburse up to 80% of program cost
No deductible
\$150 lifetime maximum

Baby Yourself®
Maternity Program



Nurse to answer questions during and after pregnancy
Gifts and educational resources
A FREE app to track your pregnancy
Financial incentives for enrollment before end of 2nd trimester

Teladoc®



High-quality care provided board-certified physicians
Available 24/7/365 via Web, Phone, or Mobile App
No cost to SEHIP members
Diagnose, treat & prescribe medication (if medically necessary)
for a wide range of conditions

Vision Care Networks



Routine Vision Care Network
Laser Vision Correction Network (LASIK)
Discount Program. Not Insurance. No monthly premium
Participating providers found at:
<http://www.alseib.org/HealthInsurance/SEHIP/VisionBenefit.aspx>

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Montgomery County | Visit www.alseib.org/montgomery for your agency's designated advisor.

