



EDUCATORS HEALTH ALLIANCE

Participation. Collaboration. Cooperation.

Issue 11

A Publication of Educators Health Alliance

June 2016

In this issue:

- EHA to Get New Tele-Health Service
- Editor's Note
- EHA BCBSNE 2016-17 Open Enrollment Opt Out Form Submission Deadline July 1, 2016
- Real Food... Coming in August!
- Be Cool...WEAR SHADES!
- Dependent Eligibility Verification Announcement

EHA To Get New Tele-Health Service

Starting September 1, 2016 the Educators Health Alliance with Blue Cross Blue Shield of Nebraska, will be offering Tele-Health care for our members. This service, managed by American Well, allows our members to call via smart phone or tablet to Nebraska-based physicians for common health illnesses.

With the Tele-Health service you will have the option to pick from three female or three male physicians 24 hours a day, seven days a week. Along with the choice of doctor, their profile will appear on your device along with the average wait time for care. The average wait time to see a physician using this method is approximated to be only six minutes. The EHA understands the importance of time management for Teachers and Staff in an academic setting.

This service allows our members to reach out to physicians for ailments such as sinus infections, cold, flu, rashes, and or pink eye to name a few. The ability to "tele-call" a doctor, rather than using an urgent care or driving to see your physician, helps our members use their time more effectively. If a

prescription is needed, the physician will notify your pharmacy and fill it at your convenience.

The deductibles for using the Tele-Health service are also reduced. Members that normally pay a deductibles ranging from \$15 to \$39 will now pay \$10. If your office visit copay is \$40 or more, your Tele-Health copay is \$15. Members on a high deductible plan will pay a copay of \$39. In the latter examples the Tele-Health copay is significantly cheaper for our members. All while allowing you to see a doctor at your convenience.

As we approach another new school year, Blue Cross Blue Shield will be issuing all new cards to our members with the Tele-Health number located on the back. Blue Cross Blue Shield will also be informing our members of this new service through the summer and beyond. □

From Your Editor:

My name is Gregory Long, Field Director for the Educators Health Alliance. As the EHA moves forward on the current health care issues, I would like to take this opportunity to meet with school districts across the State of Nebraska. My goal would be to discuss current changes to insurance plans and reasons behind the changes. It is vital that members are aware of the new out-of-pocket maximums in connection to their benefits beginning on September 1, 2016.

I would also like to explain to all EHA members the benefits being part of the largest insurance pool in the State. In addition, the NSEA's representation within the EHA is vital a component in continuing to meet the needs of it members in regards to health care benefits across the State of Nebraska.

If you would like to meet regarding these or any other issues, please contact Greg Long, EHA Field Representative at greg@ehaplan.org or 402-440-1358. □

EHA BCBSNE 2016-17 Open Enrollment Opt Out Form Submission Deadline July 1, 2016

All EHA subgroups will have an Open Enrollment unless it is decided at the local level to opt out. This opting out may be applied at the subgroup level and requires the employer and the bargaining unit (for subgroups where one exists), to sign off on the desire to opt out. Subgroups may opt out of the Open Enrollment by completing and returning the form to Blue Cross Blue Shield of Nebraska. The Opt Out Form is located on the EHA website at www.ehaplan.org.

The undersigned hereby acknowledge and decline to participate in the EHA Group Health Plan Open Enrollment for plan year 2016-17.

Please mail to Blue Cross Blue Shield of Nebraska: Attention Kent Trelford-Thompson. □

Participating Organizations



Participation. Collaboration. Cooperation.

Greg Long
EHA Field Representative
P.O. Box 82003
Lincoln, NE 68501-2003
1-866-465-1342 Toll Free
402-440-1358 Cell
greg@ehaplan.org
ehaplan.org

EHA Wellness for 2016

Real Food – Coming in August!

So what exactly is meant by REAL food? This August, the EHA Wellness Program challenge is centered on choosing fresh sources of food instead of foods from a box, can, bag or package as we wrap up summer. Sometimes it's easier to grab a quick snack in a bag or without thinking we purchase items with lots of ingredients we can't pronounce. When we eat real foods like fresh fruits and vegetables, we can improve our health and support the local farmers!

Eating fresh fruits and vegetables is an essential part of our daily diet and overall weight management. Many people are now choosing locally grown when shopping for produce. Buying locally grown food is good for the environment, economy, and your health.

The key word in describing the health benefit of locally grown is "fresh." Since the produce is local, it is fresher than produce that has been

shipped from other countries. Fresher produce means it's more flavorful and more nutritious. Fruits and vegetables lose their optimal nutritional value as soon as they are picked. The closer we eat to the source and the less processing and shipping, the more nutritional value we can access.

Eating local foods gives you a greater variety. A farmer who is not concerned with shipping foods, shelf life or supermarket demands for 'name brands' is free to try small crops of different varieties. Local produce translates to eating foods that are in season. This means you are enjoying foods when they are the most abundant and generally less expensive.

Sign up today at www.ehawellness.org and enter your EHA Code. If your group isn't yet participating in the program, we can get you started. Email contact@ehawellness.org today! □

Be Cool...WEAR SHADES

Headed outside to soak up some rays? Have fun, but be sure to wear sunglasses and a wide-brimmed hat. Your vision will thank you someday. During the summer, the level of ultraviolet (UV) radiation from the sun is three times greater than in the winter. And, since most people spend more time outside during the warm weather, we're getting even more exposure than we do in say, January. Too much exposure without protection may cause conditions that can lead to vision loss like cataracts, age-related macular degeneration, and growths, including cancer. That's over the long term, but even a day without protection isn't good. Like skin, the eye surface can burn. The solutions: Sport sunglasses, and don a wide-brimmed hat. Don't be fooled by cloudy days, either. The invisible rays are just as present then.

Selecting Sunglasses

When it comes to sunglasses, the lens color and the price don't matter. The ability to block UV light doesn't depend on the darkness of the lens, and many \$10 sunglasses provide just as much protection—or sometimes even more—than a \$100 pair. Look for glasses that block 99 to 100 percent of both UV-A and UV-B rays. You may even want to go for the wrap-around style so the rays can't enter from the sides.

Finding Shade

UV rays are the strongest from 10 a.m. to 2 p.m., so you may want to limit your time in the sun during these midday hours. This is especially true for kids, whose eyes are more sensitive. If you're headed to the beach or going on a fishing trip, you should also know that reflected light off water can be the most dangerous of UV light because it is intensified. □

Dependent Eligibility Verification Announcement

On March 22nd the EHA Board of Directors passed a motion to conduct the eligibility verification once a year starting October 1st of 2016. This was changed from a quarterly check. Children born to already existing members will not need to be verified through Xerox. More information will be released as we move closer to the 2016/17 school year. □