



Educators
Health
Alliance

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Participation. Collaboration. Cooperation.

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School Board Members: Now Is The Time!

School Board members have the opportunity to join the Educators Health Alliance health coverage.

Eligibility -

Once the school district/community college (Group) agrees to offer coverage, board members are treated like any other eligible employee and will be subject to the same eligibility rules regarding open enrollment, qualifying events, etc.

- Coverage is available to active board members only.
- Board members must enroll in Employee Only dental coverage at a minimum in order to enroll in any level of medical coverage.
- Board members may enroll during the annual Open Enrollment period for a September 1st effective date, or at another time during the plan year with a qualifying event. (For information on qualifying events, please refer to the EHA Certificate of Coverage, aka "A Guide to Your Health Benefits, Section 6 – Eligibility and Enrollment.)
- Election to the board is a qualifying event, beginning with their board start date, and contingent on the member meeting the waiting period and coverage start date rules in place for all other employees.
- The end of a board term will be treated as an employment termination. COBRA rules would apply just as they do for all other employees. Board members may also be eligible for EHA Direct Bill retiree coverage if they meet the requirements (e.g., 60 months of continuous coverage, age 50-64, etc.)
- **Participation -**
- All board members are to be included in the eligible employee count on the renewal application. Participating board members will be counted as enrolled employees.
- A separate subgroup will not be created solely for board members without prior approval of BCBSNE.
- Coverage waivers from eligible board members are not included when calculating gross and net participation percentages. This eliminates the possibility of a premium surcharge to be applied solely due to the enrollment of board members.

Cont. PG.1 Premium Payment and Contribution Requirements –Board members will appear on the group bill along with the other employees. The applicable premium will be the full premium amount for the plan(s) offered by the Group (see legislative references below)

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The school board or board of education of any school district may permit its members to participate in the school district's hospitalization, medical, surgical, accident, sickness, or term life insurance coverage or any one or more of such coverages. A board member electing to participate in the insurance program of the school district shall pay both the employee and the employer portions of the premium for such coverage.

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A board may permit its members to participate in any hospitalization, medical, surgical, accident, sickness, or term life insurance coverage offered to the employees of such community college area. A board member electing to participate in any such insurance coverage shall pay both the employee and the employer portions of the premium for such insurance coverage. A board which opts to permit its members to participate in insurance coverage pursuant to this subsection shall report quarterly at a meeting of the board a list of the board members who have elected to participate in such insurance coverage.

The Group cannot contribute any amount toward the premium. The board member must pay the premium directly to the Group. The Group will pay BCBSNE the full premium just as they would for any other employee.

The Group will collect the premium from the board member and submit payment to BCBSNE.

BCBSNE cannot accept a personal check from the board member. If a personal check from a board member is submitted for payment, it will be returned to the Group uncashed, and payment will not be credited to the balance due, potentially putting the Group in delinquent status until such payment is reissued and received from the Group



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EHA Wellness 2020

Participating Organizations



Summer's Nutritional Gem

About this time every year, strawberries are on our minds, and definitely in our plates. No matter if you pick them yourself or buy them at the store, June brings strawberries at their juiciest prime. These sweet treats are a favorite many, but just one of the beautiful fruits and vegetables that are set to beckon you either in the grocery store, at the local farmer's market or maybe from your own garden. Summer is a great time to appreciate nature's bounty while bolstering your health with minimal effort.

EHA Wellness challenges participants to eat 2 fruits and 3 vegetables each day, a science-based nutritional guideline. The servings are only one medium piece of fruit or ½ cup size serving. Seems a simple task. However, it can be a struggle for many, especially those with small children, picky eaters, or even a stubborn spouse. Here are some ways to make it easier, and maybe even fun!

Make-Your-Own-Salad Bar

- You will need several small bowls or a divided dish or two
- A variety of vegetables, fruits, nuts and any other ingredients your family enjoys
- One or two types of lettuce, chopped
- At least 2 types of salad dressings

Chop up 3-4 types of vegetables (these can change with the seasons or you can experiment with new types) and 1 or 2 types of fruit for salad ingredients. Have each ingredient in a separate container so that each person can build their own salad. Set up as an assembly line and let the fun begin! Even the youngest in the group can pick a few things to munch on. Praise them for their adventurous palate!

Fruit Parfaits

Your favorite fruit, some nutritious yogurt, and maybe some granola or chopped nuts. What's not to like? Kids will love the layers and parents will love that kids can.....

Cont. pg. 1: can make it themselves. Here is a favorite pairing of ours:

- Fresh or frozen blueberries
- Sliced fresh or frozen peaches
- Chopped Pecans or walnuts
- Unsweetened Greek or regular yogurt
- Squeeze of honey
- Dash of cinnamon

Layer each ingredient in a tall glass or a pint mason jar. Top with honey and cinnamon. Enjoy!

In Rare Form

Keep those fruits and veggies prepped and ready to go in your fridge. Simple, easy and at your fingertips. If it's ready, it WILL be eaten. Keeping the good stuff front and center increases the motivation to make it part of your day. *Try these in baggies or bowls:* carrots, sweet bell peppers, sugar snap peas, edamame, purple cabbage, berries, apples, oranges.

Ready to track your efforts this summer? Register for the 90-day challenge, **Eat for Health**, through EHA Wellness by logging on at www.ehawellness.org with your EHA Code. Don't know your code? Contact us at contact@ehawellness.org.

Library Cards and Potato Salad – A EHA Wellness Summer

Imagine a bright sunny day this summer. You are running to the library to drop off books on your way to a family cookout. Your famous potato salad is nestled in the front seat of the car. Having completed *the EHA Wellness Book Club*

Challenge and currently in the midst of the **Keep Food Safe Challenge**, you are firmly in control. The books were for your enjoyable reading, not just for the kids. Your potato salad is chilled, packaged for travel and tested for correct temperature at your destination. You are having the best of an EHA Wellness summer!

Whether you are staying in or able to get out and about, EHA Wellness is here for you this summer. Do you look wistfully at the titles you have been meaning to get to or are you that person who has already compiled a summer reading list? EHA Wellness wants to nurture that desire for a good book this June with the **Book Club Challenge**. Complete this challenge by setting aside daily time for reading and by adding a new word to your vocabulary each day.

No one wants a foodborne illness if you are at home, much less at a tailgate! Safety and cleanliness have been paramount this year and, perhaps a bit of a tiring subject. However, we should be ever vigilant with our food, especially in warm environments. The EHA Wellness challenge, **Keep Food Safe**, starts in August. Learn the safest way to Clean, Separate, Cook and Chill your favorite dishes to complete the challenge. Keep Food Safe comes at a perfect time as we go into the school season and, hopefully, as we gather together for tailgates and potlucks. Ready for an EHA Wellness summer? Register for Book Club and Keep Food Safe at

www.ehawellness.org with your EHA Code. Don't know your code? Email us at contact@ehawellness.org. **Remember, complete any challenge and you are in the running for a chance to win a \$25 gift card!**