

BACK TO SCHOOL

GREETINGS TO ALL!

by Dr. Gates - KCPA President | CMO

I am thrilled to introduce our first Health Benefits Newsletter. You're receiving this because you are utilizing the benefits through KCPA's Employee Benefits Program. Our primary focus is to prioritize the well-being of you and your family. In this newsletter, you will find valuable information, helpful tips, and guidance on how to maintain a healthy lifestyle. We understand the importance of providing comprehensive health benefits, and we want to ensure that you have access to the resources and support you need to lead a healthy and fulfilling life. Through this newsletter, we aim to empower you with knowledge and practical advice that can positively impact your overall well-being.

Please take the time to read through the newsletter and familiarize yourself with the various health benefits available to you. Additionally, you will find valuable tips on how to stay healthy, both physically and mentally. We believe that prevention is key, and by adopting healthy habits, we can proactively manage our health and reduce the risk of illness.

Your health is our top priority, and we are committed to providing you with the necessary tools and information to make informed decisions about your well-being. We encourage you to actively engage with the content in this newsletter and reach out to your Practice Managers/HR Managers if you have any questions or need further assistance.

Thank you for being a part of our organization, and we look forward to supporting you on your journey towards a healthier and happier life.

IN THIS ISSUE

HOW TO PREVENT THE FLU

PREVENTATIVE EXAMS

IMMUNIZATIONS

MAKE-A-WILL MONTH

BENEFIT REMINDERS & IN-NETWORK PROVIDERS



How to prevent the flu:

Other ways to prevent the flu include:

- Avoid close contact with people who are sick and stay away from others when you feel under the weather.
- Wash your hands often to protect against germs.
- Avoid touching your eyes, nose, and mouth.
- Get plenty of sleep, stay physically active, eat a nutritious diet, and keep your stress level low.

HAVE YOU VISITED THE DOCTOR THIS YEAR FOR YOUR PREVENTATIVE EXAM?

· Visiting your doctor for an annual checkup (including dental cleaning and eye exam checkup) can help you detect and receive treatment for chronic conditions before they cause serious health problems.

· Please visit www.bluekc.com where you can look for in-network providers to schedule your annual checkup or call the number on the back of their ID card.

· For in-network Dental and Vision providers, visit www.cigna.com.



If you enrolled in Cigna Critical Illness benefits, you and your eligible dependents can earn \$100 per insured for completing your health screening. Log in online at myCigna.com or the myCigna App to file a claim.



NATIONAL MAKE-A-WILL MONTH:

LegalShield Provider Law Firm can help enrollees create their Will in 3 easy steps:

- Answer a few questions about their estate.*
- Complete the Will questionnaire via the LegalShield mobile app and upload it directly to their provider law firm*



·Receive their completed Will within 5 business days of submitting the necessary preparation documents.

·Check out most recent [Estate Planning Survey Article: 5 Reasons to Make a Will](#)

Guide: [The Complete Guide to Estate Planning](#).

Live Well, Work Well:

·August is recognized as National Immunization Awareness Month to promote the importance of immunizations at all life stages.

Vaccination protects against severe illnesses and complications of vaccine-preventable diseases, including measles, polio, hepatitis, meningitis and COVID-19.

·Vaccinations are so vital that the CDC offers immunization schedules to help you understand if you or others are up to date on shots:

- o Infants and children (birth to age 6)
- o Preteens and teens (ages 7-18)
- o Adults (ages 19 and older)
- o Pregnant women (before, during and after)

Talk to your doctor for more information on vaccines or to learn more about which ones you may need.



Benefit Reminders:

·**Blue KC Care Management App** – manage your health and take control of your wellness and ongoing health conditions. With this app, you can find resources and connect with a local Kansas City Care Team today to help you manage condition (such as diabetes, asthma or cancer), get maternal health support, lose weight, quit smoking, manage pain, and more. Once you download the app, access code is: kchealth

Blue KC's Mindful – is available 24/7 and is just a call away for topics including: Major life events (divorce, loss, etc), financial issues, childcare, stress, anxiety, and other everyday life challenges. For a list of resources, visit www.mindfulkc.com or call 833-302-MIND (6463) to speak with a Mindful Advocate.

Blue KC's Virtual Care – Access to Care, Anywhere, Anytime. Have a cold/flu symptoms, allergies, respiratory infection, or sinus problems? Download the MyBlueKC mobile app or visit www.bluevirtualcare.com to schedule a virtual appointment with your doctor. Average wait time is 3 minutes! No need to wait in the doctor's office!

Blue KC Wellness Program – A Healthier You (AHY) – a wellness program provided at zero cost to you! Provides wellness tools allowing you to get healthier and earn chances to win prizes. Access AHY program via your BlueKC website or app.

Blue365 – gives you access to savings across all aspects of your life – including discounts on wearable devices, gym membership starting at \$19/month, discounts on healthy, organic meal delivery and more! Register now at no cost at www.blue365Deals.com/BlueKC.

Employee Assistance Program (EAP) – is designed to help you lead a happier and more productive life at home and at work. It is 100% completely confidential! Unum's EAP services are available 24/7. Online support at www.unum.com/lifebalance or by phone: 800-854-1446. When accessing EAP be sure to refer to your employer as Kansas City Metropolitan Physician Association.

BenefitHub – gives you FREE ACCESS to savings on thousands of items with exclusive discounts on travel, hotels, restaurants, car rentals and much more! www.kcmpa.benefithub.com. First time signing up? Enter your date of birth and the last six digits of your Social Security number.

Prescription drug costs – can be unexpectedly high when filling at your pharmacy of choice. There are a few ways to save the most on your out-of-pocket expenses by evaluating all your options before filling your prescribed drugs:

- When filling your scripts, review the copays or coinsurance by drug tier. Contact your pharmacy, provide your BlueKC information and ask for cost estimate.
- GoodRX coupon is a free price comparison tool that helps you save money by finding the lowest Rx prices at local pharmacies. Check it out at www.goodrx.com or download the mobile app.
- Sometimes paying the pharmacy's cash price without using your insurance may be the lowest cost option. Contact your local pharmacy and ask for a cost estimate without insurance.

And REMEMBER, Knowing Where to Go for Care, utilizing the procedure Cost Estimator Tool and staying in-network will reduce your out-of-pocket spending.

·BlueKC.com/WTG

·Before visiting a provider, be sure to check www.bluekc.com to ensure they are in the BlueSelect Plus Network.

·Here is a short BSP video: <https://www.youtube.com/watch?v=GCOfInPb8M>