



Reminders...

- Lines are muted...
- Please submit your questions via the Zoom Q&A feature.
- Time permitting, we'll answer your questions live.

Communications Subcommittee Open Forum Meeting

September 23, 2024

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Agenda

- Summary of Available Mobile Apps
- Payer Matrix Program
- Healthcare Bluebook Rewards
- Updates on the Brook+ Program
- Fall Newsletter

Communications Subcommittee Members

Candy Reimer – NY44 Trustee

Bob Giannicchi – NY44 Trustee

Stacey Porter – NY44 Benefits Specialist

Lora Schasel – NY44 Fiscal Agent

John Kertis – Oswald Communications Leader

Summary of Available Mobile Apps

Independent Health



Independent Health administers the healthcare plans for the Western Region. The MyIH mobile app helps you:

- Display your member ID card quickly
- Track your plan deductibles and status at a glance
- Find doctors, specialists, and urgent care in your network
- See what's covered on your plan
- View your claims status, details and history

Independent Health members must first register for a member account using the register link on the Independent Health website, or from the MyIH mobile app log in screen. It's easy – you just need your member ID number from your ID card. Once registered, you will be able to use the same log-in on IndependentHealth.com or on the MyIH mobile app to access your personal account information.

MVP Health Care



MVP Health Care administers the healthcare plans for the Eastern Region. The MVP mobile app has a name: Gia!

Use the Gia by MVP mobile app to manage your plan and access \$0 virtual care 24/7. You can also use it to:

- Message a doctor for virtual primary and specialty care
- Connect to urgent and emergency care in minutes
- Easily connect with a behavioral health provider
- Request a new medication or refill, lab tests, screenings, and more



Guardian Life



Guardian Life administers the dental insurance plan for the NY44 Health Benefits Plan Trust.

Download the mobile app to:

- Find a dentist in Guardian's networks
- Access your ID card from your phone or tablet
- Easily access your dental benefit plan information
- View your dental claims status and history



If you have an Apple smartphone, you can even add your ID card to your Apple wallet

Note: Not all school districts offer the dental plan.

Capital Rx



Capital Rx oversees the prescription benefits for the NY44 Health Benefits Plan Trust. The Capital Rx Pharmacy Benefits mobile app allows you to manage your pharmacy benefits from anywhere.

Accessing our app provides you with on-demand access to your personal prescription information. The app:

- Allows you to access the Capital Rx Formulary for NY44
- View your deductible, out-of-pocket, and plan spend information
- Keeps you informed of updated drug pricing and possible drug alternatives
- Access your ID card



If you have already created your Capital Rx account online, login to the app using your established username and password. The app and member portal use the same account information, so any password changes on the portal will transfer to the app or vice versa.

Payer Matrix

Payer Matrix. What's This About?

Payer Matrix is one of the vendors contracted with the NY44 Health Benefits Plan Trust. They perform a critical function – helping keep costs down for all of us.

Payer Matrix identifies enrollees who have been prescribed specialty prescription drugs and could be eligible for the Payer Matrix program. Payer Matrix then contacts potentially eligible enrollees directly to start the process.

As new specialty prescription drugs are written, a **Reimbursement Care Coordinator (RCC)** from Payer Matrix will contact eligible enrollees. If you or a covered dependent (under age 18) qualifies for the program, expect to receive a “welcome call” from Payer Matrix.

During the call, the Payer Matrix RCC will ask for the prescribing physician’s name and phone number. Payer Matrix will also request for verbal authorization to contact your physician to explain the program.

Payer Matrix will not request any information from the physician until they receive written consent from the enrollee.

In some cases, the Payer Matrix RCC may ask the member to release certain financial information that will allow the prescription to be covered. In most cases, the enrollee will be able to have their specialty drugs covered by an alternate funding source (e.g., patient assistance programs, manufacturer programs, or grants) with no cost share.

Healthcare Bluebook Updates

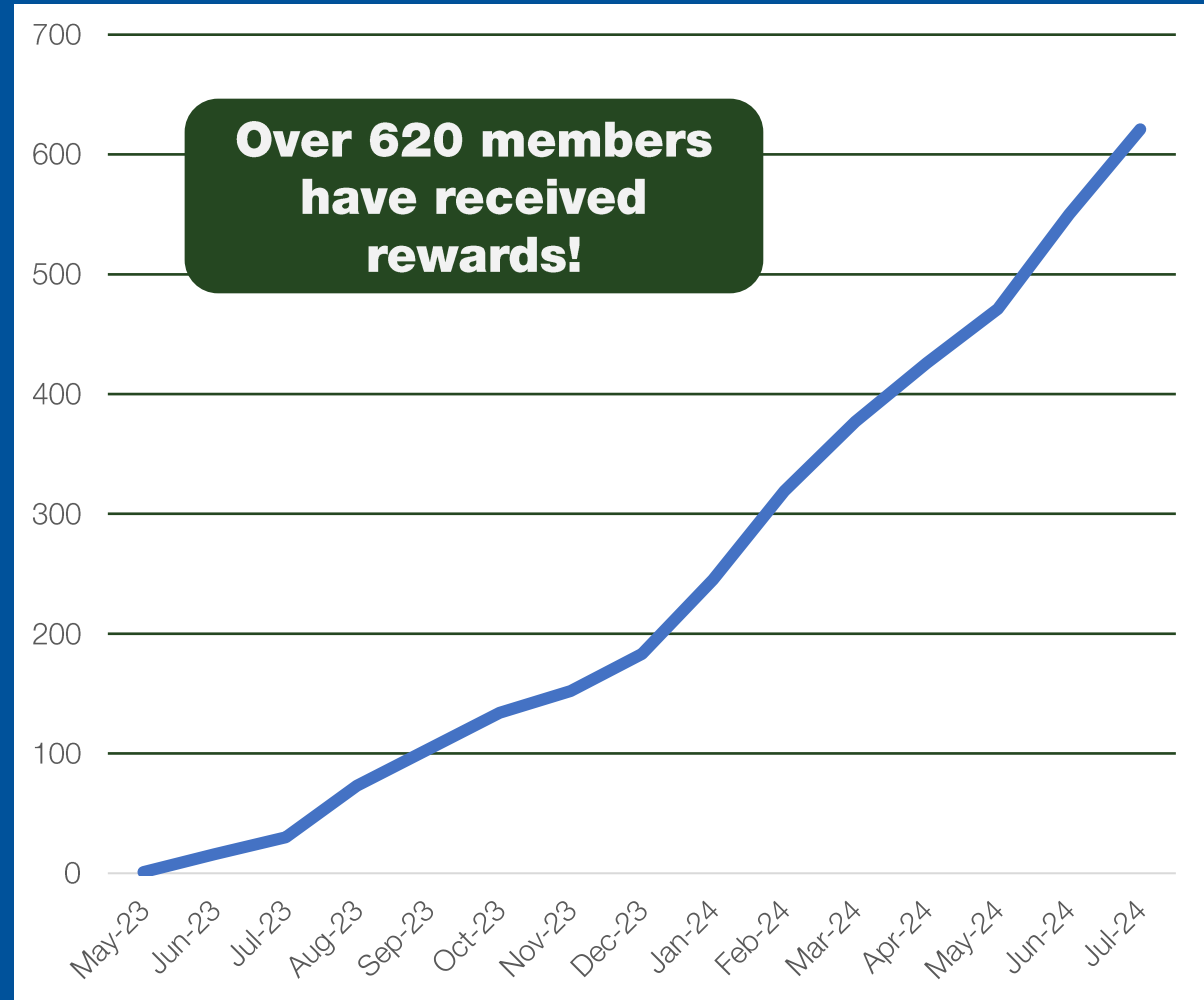
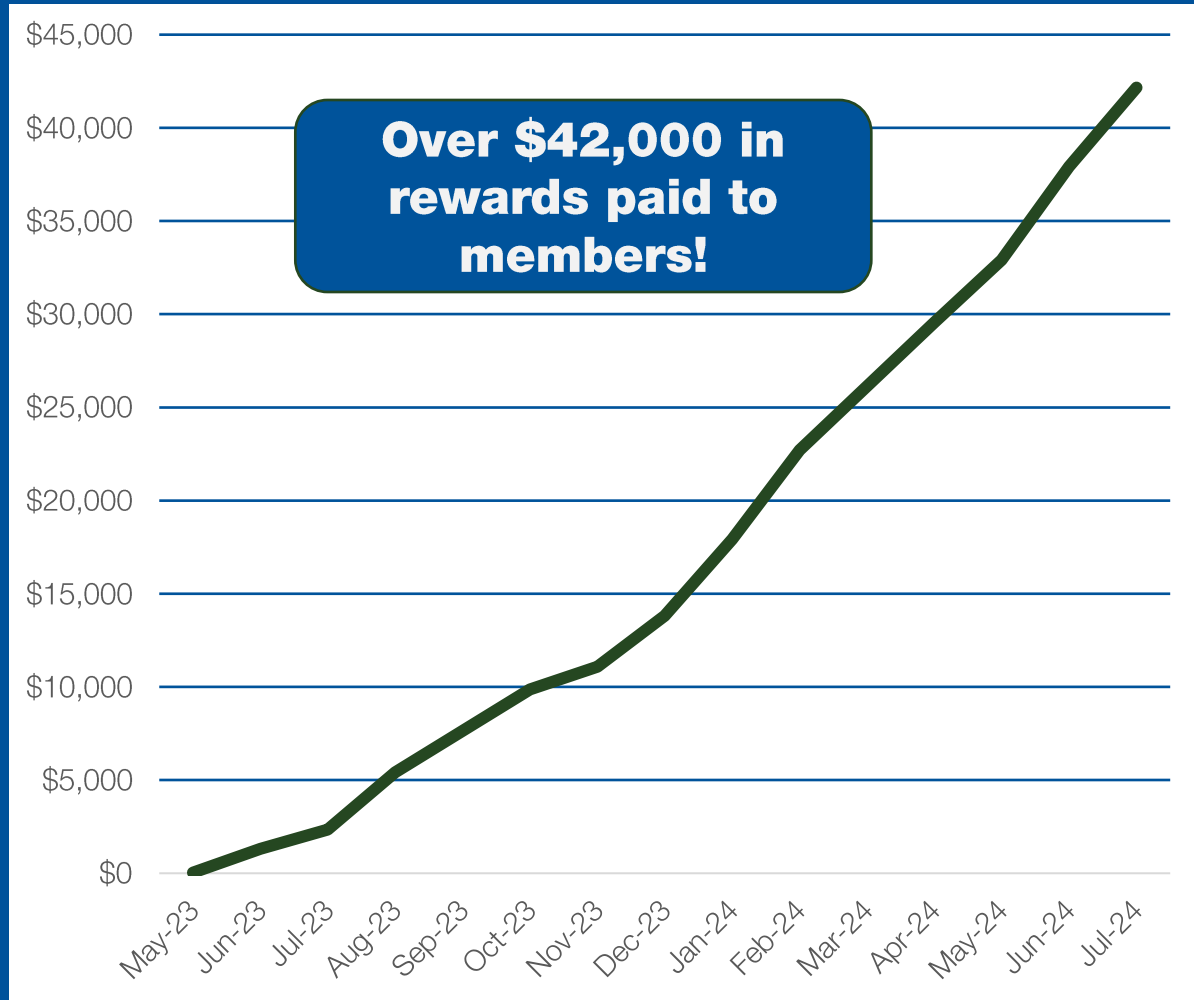
Healthcare Bluebook: Let's Review

- Healthcare costs varying widely between network providers.
- Healthcare Bluebook can take the mystery out of cost savings.
- Selecting low-cost/high-quality care can help reduce out-of-pocket expenses.
- Members can shop for prices and locations with their doctor using the Healthcare Bluebook mobile app.
- The member can then decide which location fits your budget and your medical situation.
- Since implemented in April, the Healthcare Bluebook program has grown in popularity with members.
- **Over 500 members a month utilize the program to compare healthcare costs.**
- Plus, members can earn rewards for selecting a lower-cost/high-quality provider for their healthcare services.

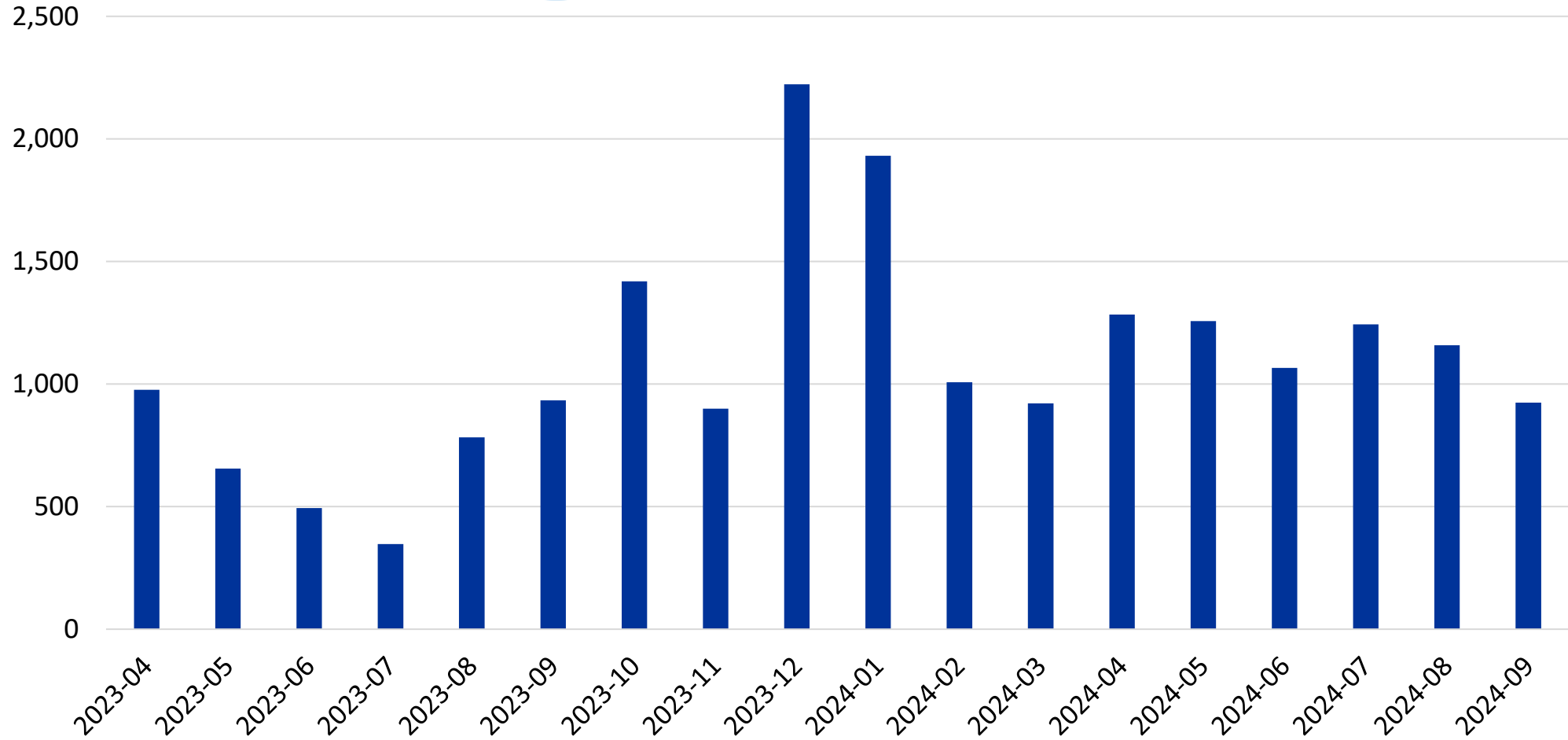


Healthcare Bluebook™

Rewards Paid are Climbing Every Month!



Healthcare Bluebook: Visits to HCBB Website as of 09/18/2024



Healthcare Bluebook: Rewards Reminders

- Rewards are earned by visiting “green” providers for rewards-eligible procedures.
- Members must “search” before the procedure to qualify for the reward.
- Members do not have to submit any special forms to get a reward. Healthcare Bluebook does all the processing and there are no additional forms to submit.
- Remember, a reward cannot be earned until the claim is submitted to insurance carrier.
- There is typically a two-month delay between when the reward is earned, and reward is issued to the member.

Members with questions can call the Healthcare Bluebook support line at 1-888-316-1824.



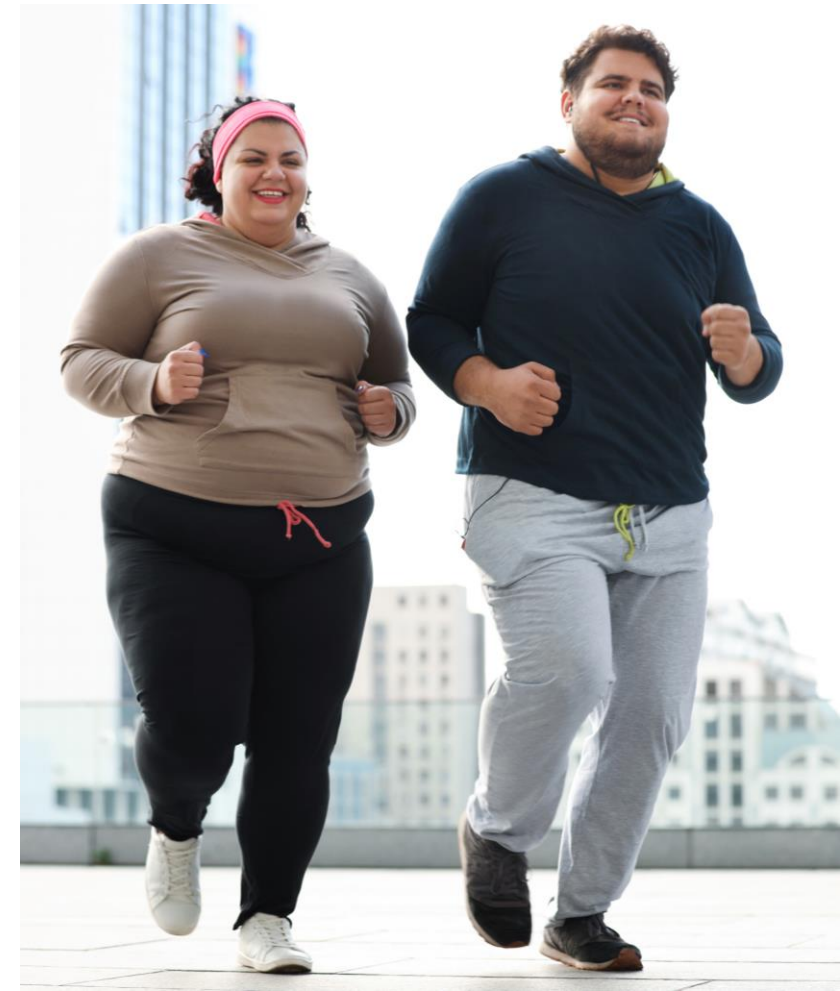
Healthcare Bluebook™

Brook+ Update

Brook+ Program: Let's Review

- The Brook+ program is a Diabetes Prevention Program.
- According to the American Diabetes Association:
 - Over 37 million Americans have diabetes;
 - Another 96 million have prediabetes; and,
 - Today, diabetes causes more deaths than breast cancer and AIDS combined.
- Good news: People can significantly reduce the risk by making simple, daily lifestyle changes, which is what the Brook+ program is designed to do.
- **Joining a Diabetes Prevention Program can cut the risk of developing type 2 diabetes in HALF.**

brook+



Prioritizing Health with Brook+

One Person's Journey!

In a world where life pulls us in every direction, it can be hard to prioritize our own health and well-being.

In the September Newsletter, you'll be able to read the story of empowerment, growth, and transformation that an NY44 member shared with us!

"No matter how doubtful, go ahead and make the attempt to prove your doubts wrong. Take that chance of improving your health, focusing on self-care, and getting rid of the guilt!"



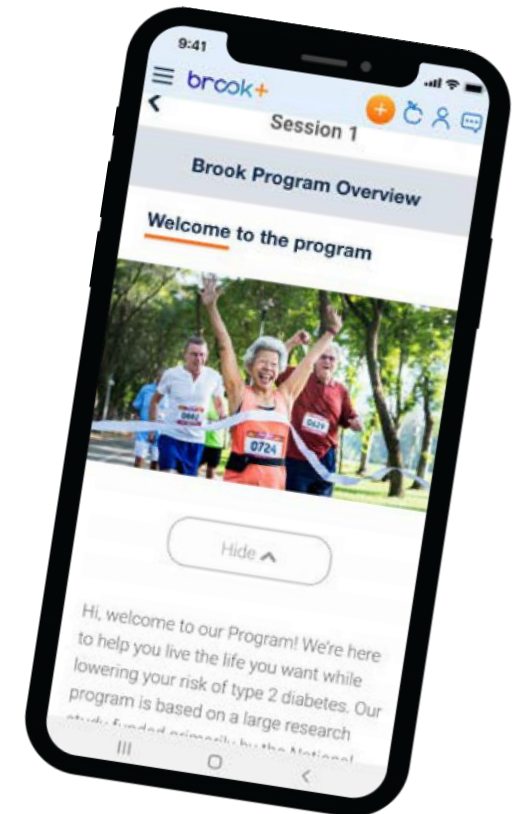
Brook+ Program: Let's Review

- Brook+ is a fully digital program certified by the Centers for Disease Control (CDC).
- Members work the program on their time and their own pace but there is a personal *Health Coach* every step of the way.
- Members must qualify to join the program.
- It's easy to see if you qualify by taking the 1-minute health quiz.
- Members who are eligible can join immediately by entering member ID information.

There is no cost to members for this program.

It is provided as part of the NY44 Health Benefits Plan Trust medical plan benefits.

brook+



Fall Newsletter

Fall NY44 Newsletter

Coming soon to your mailbox!



NY44 HEALTH BENEFITS PLAN TRUST | September 2024

A Message from the Chair and Vice Chair of the NY44 Health Benefits Plan Trust

Welcome to the 2024-2025 school year! As autumn settles in, we're excited to update you on the programs supporting your health and well-being throughout the academic year and beyond.

At NY44, we remain committed to ensuring your access to care, empowering your health improvement and supporting your long-term health. We are pleased to report member engagement with the Bluebook programs continues to reach new heights!

Brooks offers pre-diabetic members support to make lifestyle changes towards better health. Diabetes Research Institute Foundation, over 11% of the U.S. population has diabetes and 10 American adults have prediabetes (blood sugar levels that are higher than normal but not high enough to be classified as type 2 diabetes). We have an inspiring testimonial from a fellow NY44 member who shares her journey.

Healthcare Bluebook helps members compare costs between healthcare providers and seek high-quality care and whose costs are lower. In this issue of our newsletter, we are sharing results from the Healthcare Bluebook Engagement game. Members participating in the game can win prizes and be entered to win potential prizes. Keep an eye out for more game coming months.

In this increasingly fast-paced world, we understand the importance of having health information at your fingertips. Our providers all provide mobile apps: MVP (Gla), Independent Health, Guardian, and Capital Rx. These tools can help you manage your health on the go, providing easy access to critical information whenever you need them.

As we head into the fall and winter seasons, we've included timely wellness tips to help you stay healthy and active. Additionally, for our members who are eligible for Medicare, you'll find crucial enrollment dates and other important details to guide you through this process. The Annual Enrollment Period starts on October 15th.

Your health and well-being are our top priority, and we are committed to providing you with the support you need to thrive.

Here's to a healthy and rewarding school year ahead!

Best Regards,

James Fregolotte
James Fregolotte, Chair
jfregolotte@1b.org

Donna Walters
Donna Walters, Vice Chair
dwalters@1b.org

The NY44 Trust website is your go-to source for all the latest updates on the plans offered by the Trust. For fast access just scan this QR Code.

NY44 HEALTH BENEFITS PLAN TRUST | Newsletter

Healthcare Bluebook

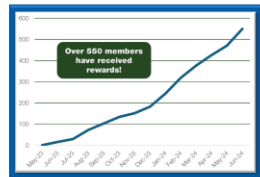
Have You Earned a Reward?

The NY44 Health Benefits Plan Trust is proud to partner with Healthcare Bluebook. Healthcare Bluebook allows you to compare costs between healthcare providers and diagnostic procedures and health care facilities and then select one whose costs are lower but who ALSO provides high-quality care. Signing up for the program and accessing healthcare cost comparison information is simple. You can even get a reward for using a lower-cost diagnostic or medical facility.

Costs can vary widely between healthcare providers even when they are all in-network. Healthcare Bluebook can help identify providers who are lower cost and also high-quality. You can shop for prices and locations with your doctor using the Healthcare Bluebook mobile app. You can then decide which location fits your budget and your medical situation.

Look at all the Rewards Paid to Members!

Hundreds of NY44 members have received thousands of dollars in rewards. You don't need to submit any special forms to get a reward. Rewards are earned by visiting "green" providers for rewards-eligible procedures. Healthcare Bluebook does all of the processing; there are no additional forms to submit. Just remember to "search" for the procedure before you go. Your reward cannot be earned until the claim is submitted to the insurance carrier and the claim is paid, so, there will be a delay of several months between your treatment date and receipt of your reward.



Look for a New Game Later This Year!

Last winter many of us enjoyed participating in the Healthcare Bluebook The Price is Right game. We hope you found the game informative, engaging, and fun. If you missed out - don't worry - Healthcare Bluebook plans on another engagement game later this year. Please keep an eye out for more communication about the forthcoming engagement game. In the meantime, be sure to explore the advantages of Healthcare Bluebook.

If you have questions just call the toll-free support line at 1-888-316-1824. You can scan the QR code to instantly go to the NY44 website www.ny44.org for more information and instructions for downloading the Healthcare Bluebook app.

The BROOK+ Diabetes Prevention Program

The Brook+ program is available to NY44 Health Benefit Trust enrollees. It's a 12-month program to build lasting healthy habits, lose weight and reduce blood sugar. It leads on for the story of health, and transformation that started with us!



with Brook+ Self-Care and

It helps us in every direction, to size our own health and healthily, who was struggling with weight and her own health. It became a powerful tool and prioritizing it to share her story of health, and transformation.

Brook+ family history of both Type 1 and Type 2 diabetes. Her doctor has also noticed it. "My blood work has improved since starting Brook+ and I feel different. Her newfound focus on movement has been a game-changer. I'm losing weight and when I see that I'm losing weight, she says, "Even for the day, the effort to improve your health is also noticed."

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For anyone hesitant about self-care, here's a straightforward way to get started.

No matter how ahead and manage your health, you can prove your doubts, chance of improvement, focusing on self-care, getting rid of the

Going Mobile? How To Get Info When You're On The Go

Unless you're tethered to a desktop computer, you'll appreciate the convenience of mobile apps. Here's information on accessing the mobile apps from the companies that provide health insurance, prescription drug coverage and dental insurance for the NY44 Health Benefits Plan Trust.

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Contacted About?



Vendors contracted with the Plan Trust. They perform a service that keeps costs down for all of us.

Members who have been prescribed drugs and could be covered by the program. Payer Matrix then enrolls them directly to start their prescription.

Prescription drugs are written, a Reimbursement Coordinator (RCC) from Payer Matrix contacts you, your cooperation is greatly appreciated.

Payer Matrix will not request any information from the physician until they receive your written consent (the form is in the set to packet you'll receive). In some cases, the Payer Matrix RCC may ask you to release certain financial information that will allow your prescription to be covered. In most cases, you will be able to have your specialty drugs covered by an alternate funding source (e.g., patient assistance programs, manufacturer programs, or grants) with no cost share. Maintaining affordable healthcare costs is vital. If a Payer Matrix Reimbursement Care Coordinator (RCC) contacts you, your cooperation is greatly appreciated.

If you have questions, you can contact Payer Matrix:

- 877-305-6202
- customerservice@paymatrix.com



QUESTIONS



Thanks
for Attending!

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