

Fall 2021

In this issue...

Watch Your Mail! A New Benefit ID Card is Coming Your Way

2021 Wellness Season is Wrapping Up

Medicare Part D Notice

Strive for Five: Refocus to Build Healthy Habits

Ride into Mental Health!



EMPLOYEE
BENEFITS

health happenings



Watch Your Mail! A New Benefit ID Card is Coming Your Way

All participants on the MMIA Employee Benefit medical plan will be getting new benefit ID cards. Those only on vision and/or dental will not be getting new cards.

Why am I getting a new benefit ID card?

Our Pharmacy Benefit Manager, ProAct is changing their BIN #. This is a six-digit number that tells the computer database at the pharmacy which health plan is to receive the claim for your prescription. After October 1, if you have the wrong BIN #, your pharmacy won't be able to process your prescriptions through your coverage.

What do I need to do?

Watch your mail for an envelope from Allegiance containing your new card. Don't treat mail from Allegiance as "junk mail"! After you receive your new card, be sure to throw away all previous versions of your card.

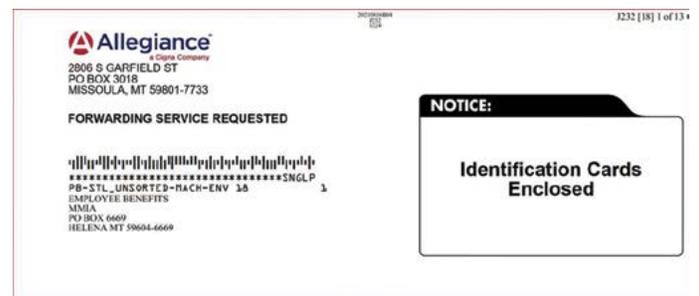
What if my new card hasn't shown up?

If you don't have your new card, but need a prescription, give your pharmacy this BIN # 023575 along with your old ID card. If you have any trouble, you or your pharmacy can call ProAct at 1-877-635-9545.

How can I print a temporary ID card?

You can print a temporary ID card any time by going to www.askallegiance.com. Temporary cards will have the correct BIN # after October 1, 2021.

1. Go to www.askallegiance.com
2. Click "Health/Reimbursement" login and enter your credentials
3. Click on "80010XX – MMIA" under "Health Account(s)"
4. Click on the "Resources" dropdown on the left side of the page, then select "ID Card Image"
5. Your participant ID should automatically populate under the "participant" field. Click "submit" ■



2021 Wellness Season is Wrapping Up

Wellness season is wrapping up, but there is still time to earn wellness incentives!

Health Screening Review (HSR) Call

If you got your Health Screening, you can earn another \$50 by doing an HSR call with a Take Control Health Coach. Scheduling your call is as easy as 1, 2, 3!

1. Once you get your Health Screening results, go to www.mmiaeb.net/wellness.
2. Click on "Schedule Call" in the HSR box.
3. Pick a time and day for your call and answer the phone when your coach calls!

A few things to know about the HSR call:

- Calls must be completed by November 5. Slots are subject to availability.
- Only a call with a Take Control Health Coach scheduled through www.mmiaeb.net/wellness will count for this incentive.
- Calls take about 15 minutes.
- If you miss your scheduled call, you will have one chance to reschedule it, but slots are subject to availability.

Education Incentive – Video and Quiz

Watch the educational video and take the quiz at www.mmiaeb.net/wellness by September 30 in order to learn important plan information and earn \$50. Quiz submissions will automatically notify MMIA that you have completed the activity, so there is no need to self-report.

80% Employee Participation

Employee participation in the Health Screenings will be calculated in October. Check www.mmiaeb.net/wellness for a list of cities and towns that achieved the 80% Employee Participation goal. Everyone from those cities or towns who got a Health Screening will earn a \$50 incentive.

Getting your incentive money this year:

Watch for a notice from your clerk or HR letting you know your gift card is in. Don't forget to register your card right away. That's the only way to recover it if it is lost or stolen. ■



Medicare Part D Notice

As your medical plan administrator, we are required to notify participants of the Medicare Creditable Coverage Disclosure. This notice informs you that the MMIA drug coverage plans we currently offer are creditable. This means that the MMIA prescription drug coverage is, on average expected to pay out as much as standard Medicare prescription drug coverage pays.

This information can help you decide whether or not you want to join a Medicare drug plan. If you are considering joining a Medicare drug plan, you should compare your current coverage, including which drugs are covered at what cost, with the coverage and costs of the plans offering Medicare prescription drug coverage in your area.

Please visit the Employee Benefits section of our website at www.mmiaeb.net/forms/notices to access this notice or call us at 1-800-635-3089 option 4 to request a copy by mail. ■



Strive for Five: Refocus to Build Healthy Habits

By: Laura Del Guerra, RD, CDE, Take Control

I love fall! The nights are getting cooler and the leaves have already started turning on the maple tree in my front yard. For many people fall signals a fresh start. Summer is over, school is back in session, and work always seems to get busier. A change of season seems to have a tendency to throw us off of our usual routine. Consciously focusing on five simple habits will help ensure that you are at your best and ready to take on whatever fall brings.

Strive for five is a way to refocus on core habits to improve your health, energy, and focus. The five daily habits include: drinking more water, moving more, adding a healthy food, developing a healthy sleep habit, and practicing stress reduction.



1. **DRINK MORE WATER:** Many of us do not drink the amount of water needed to stay hydrated and cooler days don't mean you need less water. Water carries nutrients to cells, flushes out toxins, and helps regulate body temperature. Easy ways to add more fluid daily include adding mint, cucumbers, or fruit to water. Consider setting a reminder on your phone or Outlook calendar to refill your glass, try different temperatures of water and choose a water bottle you enjoy drinking from.
2. **MOVE MORE HABIT:** Take a look at what physical activity you are getting now and how you can add more movement daily. If you sit all day, challenge yourself to get up and move five times daily. Consider using a fitness tracker. If you'd rather not invest in one, most smart phones have built in trackers.
3. **HEALTH FOOD HABIT:** Think about what food group is missing or underrepresented in your daily diet. Then think of a food group that shows up too often. Once you know these things you can begin to build your healthy food habit by creating "swappportunities." For example, if one of your "go to" snacks is cheese and crackers because you like the crunch of crackers swap them out for an apple, carrots, or celery.
4. **HEALTHY SLEEP HABIT:** Many of us don't get the amount of sleep we need. In order to create a better sleep, take a look at your current sleep habit and set the stage for improvement. If you tend to stay up late watching Netflix or reading on your Kindle, decide when "lights out" will be. Then 30 minutes prior, start your bed time routine. Keep your room comfortably cool (60-65 degrees), avoid stimulants before bed, and when morning comes don't press the snooze button – get up and start your day!
5. **STRESS REDUCTION HABIT:** Stress levels for many are at an all-time high. When the body is under stress the inflammatory process is triggered which can make us susceptible to illness, increase blood pressure and heart rate, and worsen chronic conditions. There are many ways to reduce stress – each as individualized as you are. Yoga, journaling, taking a bath, and doing a hobby are just a few ideas.

Before you start, remember to begin where you are today. Personalize the habits, look at the road blocks that may keep you from success, and finally make a plan – put it into your day and track your progress! ■



PO Box 6669
Helena, MT 59604-6669
800.635.3089
www.mmiaEB.net



Ride into Mental Health!

Get up to six counseling sessions per issue per year, at no cost. These sessions can be done face-to-face or by phone or video. Also get financial, mediation, and identity theft services and standard legal forms such as wills or powers of attorney.

www.MyRBH.com
(Access Code: MMIA)

1-866-750-1327



now an



company.