

Fall 2022

In this issue...

2022 Wellness Season is Wrapping Up

Flu Season Tips

Maternity Management Program Spotlight

Medicare Part D Notice



health happenings

2022 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 completed your Health Screening, you could earn another \$50 by doing a 15-minute HSR call with a Take Control health coach to review your results. Scheduling your call is as easy as 1, 2, 3!

1. Once you get your Health Screening results, go to 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:

- ▶ Schedule for three weeks after your Health Screening to ensure results are in.
- ▶ Calls must be completed by November 4. Appointment slots are subject to availability.
- ▶ Only a call with a Take Control health coach scheduled on mmiaEB.net/wellness will count towards this incentive.
- ▶ Calls take about 15 minutes.
- ▶ If you miss your scheduled call, you have one chance to reschedule it before the deadline.

Education Incentive

Watch the educational video and take the quiz at mmiaEB.net/wellness by September 30 to learn

practical wellness suggestions and earn \$50. Quiz submissions will automatically notify MMIA that you have completed the activity, so there is no need to self-report. However, we do recommend that you make sure you receive a confirmation email. If you do not receive this email, that means we did not receive your quiz submission and you will not earn your incentive for this activity. Make sure to check your spam folder if it doesn't show up in your inbox.



80% Employee Participation

Employee participation in the Health Screenings will be calculated in October. Check our website 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 the additional \$50 incentive.

Getting your incentive money this year:

Watch for a notice from your clerk or HR letting you know your gift card has arrived. They will distribute the incentive cards in exchange for a signature acknowledging receipt. Don't forget to register your card right away. That is the only way to recover it if it is lost or stolen. Gift cards will be distributed by the end of the year. You must be active on the MMIA medical plan at the time of gift card distribution in order to earn the incentive. ■

Flu Season Tips

Flu season has become as annually dependable as our other seasons like spring, summer or hunting. As kids go back to school and the temps trend cooler, here are some tips to stay healthy this fall.



- Consider getting the flu vaccine. It is designed to protect against the four viruses thought to be most common for the coming season and getting vaccinated is considered the most important action to take against the flu.
- Practice helpful healthy hygiene habits (say that five times fast!)
 - ▶ Wash your hands often with soap and water. Use alcohol-based hand rub when soap and water aren't available.
 - ▶ Avoid touching eyes nose and mouth. Seems so easy, but we touch our faces way more than most of us realize and it spreads germs.
 - ▶ Clean and disinfect frequently touched surfaces. Think doorknobs, light switches, railings, and devices like computers/tablets.
 - ▶ Avoid close contact with people who are sick and stay at home if you're not feeling well.
 - ▶ Drink plenty of water and eat a healthy diet.
- Utilize Teladoc! This super convenient service provided at no additional cost allows participants to speak with a doctor over the phone or video anytime, day or night, and you can speak with a doctor within approximately 15 minutes without having to leave your home or sit in a waiting room with other sick patients. Doctors can even prescribe medications over the phone when necessary.

Register at www.Teladoc.com or at 1-800-Teladoc. ■

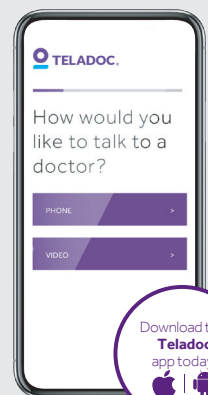


Don't let sickness slow you down.

Get treated for:

- Flu
- Sore throats
- Pink eye
- Bronchitis
- Sinus infections
- Rashes
- Allergies
- And more

Talk to a doctor by phone or video 24/7



Download the
Teladoc
app today.



Take Control Maternity Management Program Spotlight

Pregnancy brings a host of excitement, questions, and worries. Even if it's not your first baby, new questions arise, including fears about juggling priorities and multiple children.

Randi joined Take Control's maternity management program when she was pregnant with her second child. The program provides expecting mothers coaching sessions in a supportive environment, healthy nutrition and exercise tips, free pre-natal vitamins throughout the pregnancy and postpartum depression screening.

Randi especially valued her Take Control health coaches because they were so supportive and understanding. "It was really nice to have somebody that I could relate to and talk to, to make sure I wasn't way off-base mentally and physically compared to a healthy place where I should expect to be." Randi said.

Shortly after Randi gave birth the COVID-19 pandemic struck. She was worried she would get post-partum depression being isolated with a new baby. Talking regularly to her coach gave her confidence that she was on the right path and reduced her stress level significantly. "The calls made me more confident in what I was doing," Randi said. "You always feel like you need to do more. Having reassurance that I was doing a good job, trying to exercise and eat healthy, I was doing enough at that time."

Randi recommends the Take Control maternal program to others. She said it's great to have experienced health professionals to answer questions and provide ideas and opinions between regular doctor appointments. Participants have the added benefit of consulting various different health coaches in their areas of expertise for nutrition, breast feeding and exercise. "Take Control Maternity Management is a great program. They did an excellent job of encouraging me, relating to my situation, and keeping me on track."



The three biggest benefits Randi received from the Take Control maternal program were:

1. **Supportive accountability.** Take Control health coaches helped Randi focus on her goals. She appreciated help directing her thoughts, and having regular check-ins provided accountability that Randi found motivational.
2. **A helpful and compassionate listening ear.** Talking to her coach about how her month was going and her challenges was a beneficial emotional release. She said, "It's nice to know that someone cares at a time when you can feel very alone."
3. **Personalized resources.** The health coaches provided links to information or products discussed in their calls each month specific to her circumstance.

Results:

- Healthy pregnancy and delivery
- Back within 10 pounds of pre-pregnancy weight five months after delivery
- Successfully navigated having a baby during the COVID pandemic

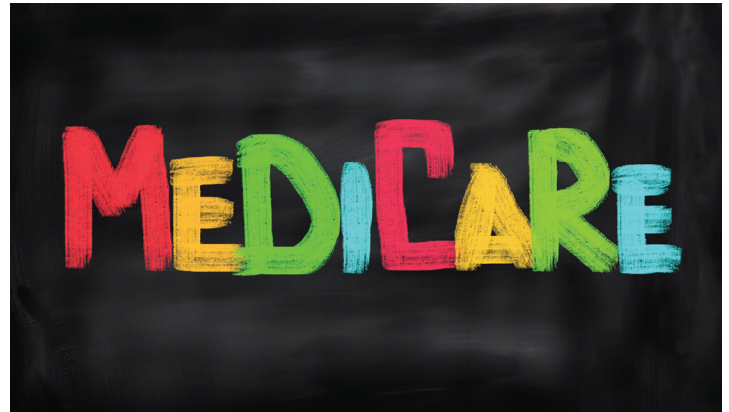
To enroll, please contact Take Control when you know you are expecting at: 1-800-746-2970. Participants who enroll in their first trimester also receive a gift card incentive for completing the program! ■



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Medicare Part D Notice

As your medical plan administrator, MMIA is 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 the MMIA prescription drug coverage is, on average, expected to pay out as much as standard Medicare prescription drug plans pay. This information can help you decide whether 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. And remember that the MMIA sponsored Medicare Advantage plans include prescription coverage as an option for your consideration. More information about those plans available at www.mmia.net/retirees.



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. ■