



# health happenings

Photo courtesy Travel Montana

## COVID-19 Benefit Updates

As the COVID-19 pandemic continues to evolve, the Employee Benefits team wanted to make sure you're aware of benefits available to you.

### COVID-19 Testing

If you are tested for COVID-19, your participating provider visit and labs will be paid at 100% with no cost-sharing for all MMIA Employee Benefits Plan participants, including those on the high deductible plan. Regular benefits will apply for treatments.

### Medical Benefits

Telemedicine benefits have been expanded based on recommendations from public health agencies. In accordance with this guidance, Allegiance is programming their system to pay telemedicine benefits as follows:

- Coverage for screening of COVID-19 through telemedicine at 100% with no member responsibility or copay; and
- Coverage for all other telemedicine services, including behavioral health, at existing office visit benefit.

**Teladoc** – All MMIA Employee Benefit participants have no-cost access to Teladoc 24/7 telehealth. 1-800-835-2362 | [www.Teladoc.com](http://www.Teladoc.com).

**Prescriptions** – To minimize disruption for participants with complex or chronic conditions, ProAct will temporarily allow early refills of prescription maintenance medications.

## Summer 2020

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# Mixing up Your Exercise Routine

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

Summer is officially here! There is something truly special about a Montana summer. The days are long and the nights cool and crisp. Now is the perfect time to mix up your exercise routine and explore a new spot. I spoke with Take Control Health Coach and Exercise Specialist Richel Stropky on the benefits of mixing up your usual routine and trying something new.

Richel states that mixing your routine up helps prevent boredom and keep us exercising and engaged. Richel points out that doing the same exercise routine can cause over-use injuries and puts the body at risk for sprains and strains. When you do different activities, it challenges the body to use and strengthen different muscle groups. Taking up something new this summer will decrease that risk and broaden your physical abilities.

Hiking, horseback riding, biking, tennis, and water sports are all great ways to enjoy Montana and mix up your workouts. While gyms have reopened, if you are not ready to go back, there are several ways to get a workout in. Do lunges, squats, or jumping jacks at a local park. Use a fence or a railing for push-ups or a park bench for triceps dips or planks. In addition, many classes typically conducted in a gym are being offered outside, and several personal trainers are also willing to conduct sessions outside. Getting outside can make it easier to connect with a friend. Richel suggests a socially-distant park workout. If you're in different locations – call your friend – walk and then at selected intervals stop and do bursts of physical activities like jumping jacks, squats, or lunges. Having the connection either in person or on the phone increases the fun and accountability.

When heading out, remember to wear breathable clothes, apply sunscreen, carry water, wear proper shoes, and use only one ear bud to stay aware of your surroundings. If you are in the sun be sure to grab sunglasses and a hat. Enjoy!



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Please be aware, medication shortages and delays could occur and are a concern during COVID-19. Contact ProAct for more information at 1-877-635-9545.

## Mental Health

With the added stress caused by the pandemic, taking care of your mental health is critical now more than ever.

**Employee Assistance Program** – Online, telephonic, and in-person counseling at NO-COST to you and anyone in your household, whether they are on an MMIA medical plan or not!

**Reliant Behavioral Health**, now an IBH company MyRBH.com (Access Code: MMIA) | 1-866-750-1327

**Plan Benefits for Mental Health** – If you don't go through IBH, normal appointments with a mental health care provider are covered the same way a medical appointment is.

## Annual Health Screening

Both It Starts With Me (ISWM) and the Montana Health Centers are taking extra precautions to make sure your annual health screening is safe and comfortable. Visit [www.mmiaEB.net/wellness](http://www.mmiaEB.net/wellness) or read the wellness article on p.4 for details.

# Top Four Reasons to Participate in the MMIA Wellness Program Health Screening

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



Wellness screening season is just about to kick off and there are so many reasons to participate.

1. **Learn about your health risks.** Blood work, blood pressure, weight, and height information offer a wealth of FREE information about your health. These screenings are often the place where emerging health conditions are caught.
2. **Learn what your numbers mean.** MMIA offers 15-minute calls with Take Control clinicians to discuss your results. They can lead you to additional resources and let you know if your results warrant a follow-up with a medical provider.
3. **Cost savings.** This screening is offered free of charge as part of your health benefits. Additional labs can be ordered at a cost far lower than what is available through

a lab. And best of all, you'll earn \$50 for doing the Health Screening and another \$50 for completing your 15-minute Health Review Call. How often can you earn \$100 for a 30-minute time investment?

4. **Convenience.** Health Screenings are scheduled at convenient locations at or near your place of employment. Registering online and setting an appointment ensures that you will be in and out in a matter of minutes.

Whether you participate every year or this is your first year, this is something you don't want to miss. MMIA respects the privacy of your personal health information. Your results are protected by HIPAA. The Employee Benefit team does not have access to them.



PO Box 6669  
Helena, MT 59604-6669  
800.635.3089  
[www.mmiaEB.net](http://www.mmiaEB.net)

## 2020 Wellness Program – The Same as Last Year!

The 2020 Wellness Program will follow the same format as last year. Employees, retirees, and their spouses on an MMIA EB medical plan can earn up to \$200 each (\$50 for each activity below) on a physical gift card sent at the end of the calendar year, as long as they are still enrolled in the medical plan at the time they are sent.



1. Get a Health Screening between July 1 and September 30, 2020.
2. Watch the online education video and take the quiz by September 30, 2020.
3. Review your Health Screening results in a follow-up phone call with a Take Control health coach by November 6, 2020. Make sure to schedule your appointment a week after you get screened and don't wait until the last minute, as scheduling availability is limited.
4. Achieve 80% or higher employee participation in the Health Screening.

Please note both Carehere and It Starts With Me (ISWM) are taking additional precautions this year to help prevent the spread of COVID-19. These may include COVID-19 screening prior to appointments, enforcing social distancing, requiring face masks, and not allowing walk-in appointments for screenings. For more information specific to your screening location, go to [www.mmiaEB.net/wellness](http://www.mmiaEB.net/wellness) and click on the applicable "Health Screening COVID-19 Notice" in the "\$50: Health Screening" tile.

This program is developed in compliance with the EEOC wellness rules. For more information, view our EEOC Notice at [www.mmiaEB.net/wellness](http://www.mmiaEB.net/wellness).