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2023 WELLNESS SEASON IS (W)RAPPING UP

*Like Dr. Dre at Christmas, Wellness season is (w)rapping up.
Good news - there is still time to earn some Wellness incentives!*

If you completed your Health Screening, you could earn another \$50 by doing a 15-minute Health Screening Review (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 www.mmiaeb.net/wellness.

2 Click on "Schedule Call" in the Health Screening Review 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 it for **three weeks after** your Health Screening to ensure the coach has your results.
- Calls must be completed by **November 3**. Appointment slots are subject to availability.
- Only a call with a **Take Control health coach** schedules through www.mmiaeb.net/wellness will count towards this incentive.
- Call takes about **15 minutes**.
- If you miss your scheduled call, you have **one chance to reschedule it** before the deadline.

Education Incentive – Video and Quiz

The Education Video this year provided details on many helpful program resource offerings. If you did not view during the Wellness season, you can still watch and learn about what is available to you - you just won't get the incentive. Quiz submissions automatically notified MMIA that you have completed the activity, so there is no need to self-report. However, we do recommend that you make sure you received a confirmation email. If you did not receive this email, that means we did not receive your quiz submission and you will not earn your incentive for this activity, or that you entered an incorrect email address. 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 www.mmiaeb.net/wellness for a list of cities and towns that achieved the 80% Employee Participation goal. This is calculated by taking the number of employees that have received a screening divided by total eligible employees at the end of the Wellness season. 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 city benefit contact letting you know your prepaid Visa 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. Prepaid Visa cards will be distributed by the end of the year. You must be active on the MMIA medical plan at the time of card distribution in order to earn the incentive.



FUN, FANTASTIC FALL RECIPE!

Turkey White Bean Pumpkin Chili

Cals: 272.5 | Protein: 32 | Carbs: 31 | Fat: 2.5

A perfect fall chili made with pumpkin puree, ground turkey, white beans, green chili and spices. Top this with chopped fresh cilantro, scallions, jalapeños, or cheddar and serve it with baked chips on the side for a wonderful lunch or dinner.

Yield: 9 Servings

Serving Size: 1 cup

Ingredients

- olive oil spray
- 2 lbs 99% lean ground turkey
- 1/2 teaspoon olive oil
- 1 small onion, chopped
- 3 garlic cloves, minced
- 1 teaspoon chili powder, to taste
- 2 bay leaves
- 1 1/2 tbsp cumin
- 1 tsp oregano
- 2 15 oz cans white northern or navy beans, rinsed and drained
- 15 oz can pumpkin puree
- 4.5 oz can chopped green chile
- 2 cups low sodium chicken broth, check labels for GF
- kosher salt and pepper to taste
- chopped cilantro, red onion or chives for topping
- Greek yogurt or low-fat sour cream for topping, optional
- Pro tip – add some cinnamon!!

INSTRUCTIONS

Slow Cooker Version

- Heat a large skillet over high heat and lightly spray with oil.
- Add meat and cook, breaking it up until white, about 5 minutes. Transfer to the crock pot.
- Add oil to the skillet, then onions, garlic, sauté about 3 - 4 minutes; add cumin and sauté another minute. Transfer to crock pot.
- Add beans, pumpkin puree, green chilis, broth, chili powder, oregano, and bay leaves. Cover and cook on high for 4 hours or low for 8 hours.
- Remove bay leaves and adjust seasoning to taste before serving.

Instant Pot:

- Press saute and lightly spray with oil. Add meat and cook, breaking it up until white, about 5 minutes. Set aside.
- Add oil to the saute pan, then onions, garlic, sauté about 3 - 4 minutes; add cumin and sauté another minute. Return meat to the pot.
- Add the beans, pumpkin puree, green chilis, broth, chili powder, oregano, and bay leaves.
- Cover and cook on high pressure 25 minutes. Natural release.
- Remove bay leaves and adjust seasoning to taste before serving.



Gina. (2023, March 28). White Bean Turkey Chili Recipe. Skinnytaste. <https://www.skinnytaste.com/white-bean-turkey-chili-4-pts/>

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. It is important to compare costs amongst Medicare drug plans to make sure you are receiving the best benefit at the most affordable cost. And remember that the MMIA sponsored Medicare Advantage plans include prescription coverage as an option for your consideration. More information about those plans is available at www.mmiaeb.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.

FREE BRAND NAME MEDICATIONS



Call 1-866-488-7874 and ask the CRX representative if your medication is offered at no charge!



CRX International is a voluntary international mail order prescription program that is available to eligible members, retirees and their dependents of Montana Municipal Interlocal Authority's Employee Benefits Program

www.crxintl.com

WebID: **MMIA**

Brand name medications, in the original factory-sealed manufacturers packaging, are delivered direct to your door from certified pharmacies in Canada, the United Kingdom and Australia.

PLEASE NOTE

↳ The MMIA Scripts international mail-order program that we have offered the past five plus years is administered by CRx International. It is a fantastic program that saves copay costs for participants, delivers prescriptions directly to your door and has saved the MMIA self-funded pool over \$1.6 million dollars since it's inception! Participants will now go directly to the CRx website to access online enrollment. Though you may not see branding for 'MMIA Scripts' on the site, it's the same awesome cost-saving program.



PO Box 6669
Helena, MT 59604-6669
800.635.3089 ext. 4
www.mmiaEB.net



FUN FACT:

It's rare, but outside of the Open Enrollment period (May 15 – June 15), an MMIA participant can make plan changes when certain events take place.

Did you just begin working or have one of the following life events: marriage, birth, adoption, loss of coverage (for you or your spouse or dependents under 26) or divorce? If so, you need to fill out the requisite Change or Enrollment form within 31 days of the event.

Work with your benefit administrator to ensure all changes are completed and submitted promptly within the 31-day window to ensure proper coverage. **Don't forget: Get it Done in 31!**

mmiaeb.net/forms/

