

Your Health & Wellness Newsletter

Brought to you by the State of Maine's
Division of Employee Health & Benefits







STATE of MAINE

SOURCE

for
EMPLOYEE BENEFITS & WELLNESS

BENEFIT CHANGES NOW IN PLACE

The new benefit plan year has begun. As a reminder, the following health plan changes were put into effect on July 1, 2017:

- 
The Point of Service Health Plan is now referred to as the State of Maine Health Plan.
- 
The new medical plan administrator is Anthem Blue Cross and Blue Shield.
- 
The new pharmacy benefit manager is Express Scripts.
- 
For those who pay a premium, you will see an increase of approximately 3%. This increase also applies to the employer paid portion of the premium.
- 
Some services will reflect new copays or coinsurance amounts. For more information, including coverage updates and plan documents, visit www.maine.gov/deh.
- 
State of Maine Health Plan members have access to expert medical advice from world-leading physicians. Grand Rounds is our new partner providing this service. This additional benefit is voluntary, confidential and provided at no cost to you. For more information, visit grandrounds.com/stateofmaine or call 1-800-531-6756.

Visit the State of Maine website at www.maine.gov/deh for more information about the insurance programs, summary of benefits & coverage and premium rates that are now in effect.

Remember, start using your new ID cards from Anthem and Express Scripts, effective July 1st.

INSURANCE COVERAGE FAQs

- Q.** *Will the amount I've met towards my out-of-pocket maximum transfer from Aetna to Anthem?*

A. Yes.
- Q.** *Do I need to find a new doctor?*

A. You do not need to find a new doctor; the State of Maine Health Plan will continue to provide coverage for both in and out-of-network services. To find out if your doctor is in the Anthem network, call Anthem Member Services at 1-844-273-4614 or visit www.anthem.com to find a provider.
- Q.** *Will I continue to have coverage nationwide?*

A. Yes. Nationwide coverage will continue to be offered. Check the Find a Doctor tool at www.anthem.com to find a provider in your state.
- Q.** *What happens if I need care outside of the United States?*

A. Contact the Blue Cross Blue Shield Global Core Service Center at 1-800-810-2583 for assistance.



EXERCISE YOUR BRAIN

Keep your brain fit! We put a lot of emphasis on maintaining a healthy body, but it's important to give your brain a workout, too!

1. Read. It's a great basic exercise. The harder the text, the better the workout.
2. Don't let stress damage your brain. Practice meditation, even for 10 or 20 minutes a day.
3. Stimulate your thinking by playing chess, learning a new language and doing crosswords and other puzzles.
4. Turn off the TV. Or at least watch educational programs.
5. Make sure you are getting enough sleep or improved quality of sleep.
6. Eat well and exercise. Research shows that physical exercise increases levels of a protein that improves learning and memory.



SEASONAL ALLERGIES

Sneezing a lot? Have a runny nose and congestion? It may not be the common cold this time. Seasonal allergies are in full effect! Millions of Americans experience symptoms of allergies each year. Symptoms of seasonal allergies are a result of your immune system's response to allergens, such as pollen or mold. In the Summer, most allergies are triggered by pollen from grasses and weeds.

Symptoms of allergies include:

- Watery or itchy eyes
- Sneezing
- Runny nose
- Congestion
- A rash or hives

We can develop allergies at any age. Talk with your doctor about your symptoms and the best way to get relief from them.



SUN SAFETY

The weather is warmer, birds are chirping and the flowers are blooming. Makes you want to get outside and soak up the rays, doesn't it? Be sure to protect your skin while you're at it. According to the Centers for Disease Control and Prevention, the sun's UV rays can damage your skin in as little as 15 minutes.

- Apply "broad spectrum" sunscreen of at least SPF 15.
- Wear UV protection sunglasses.
- Wear a brimmed hat made of a tightly woven fabric (no holes that let sunlight through).
- Wear appropriate clothing, like a beach cover-up, long pants and long skirts.
- Avoid prolonged sun exposure between 10am and 2pm.
- Stay in the shade of an umbrella or a tree.



MAKE WELLNESS A PRIORITY

The State of Maine Health Plan offers no-cost resources to help with:

Tobacco Cessation

Trying to quit smoking? Your State of Maine Health Plan covers several in-network services at **no cost** to you! Those services include unlimited tobacco cessation counseling visits, lung cancer screenings and up to a 180-day supply of certain treatment medications. For more information, contact Member Services at the number located on the back of your medical or pharmacy ID card.

Pre-Diabetes

Plan members can participate in the National Diabetes Prevention Program (NDPP) at **no cost**. The program may help you prevent the start of type 2 diabetes. To see your pre-diabetes score, log on to your WellStarME account at www.WellStarME.org, and click on the Pre-Diabetes section. For more information about NDPP, visit rethinkdiabetes.org.

Nutrition

Your health plan now covers unlimited nutritional counseling visits at **no cost** to you when you see an in-network provider (including a registered dietitian). No diagnosis or referral is required.



Health Insurance:
Anthem Blue Cross and Blue Shield
Member Services: 1-844-273-4614
www.anthem.com
24/7 Nurse Line: 1-800-607-3262

Pharmacy Benefits: Express Scripts
Member Services available 24/7:
1-800-595-0817
www.express-scripts.com

Vision Benefits: Anthem Blue View Vision
Member Services: 1-866-723-0515

Grand Rounds: 1-800-531-6756
www.grandrounds.com/stateofmaine

WellStarME: www.WellStarME.org

CompareMaine: www.CompareMaine.org

Living Resources Program:
www.GuidanceResources.com
(web ID: LivingME) or
1-844-207-LINK (5465)

eNewsletter Subscription:
www.maine.gov/deh

Register for an online account with Anthem and Express Scripts to:

- Find a doctor or pharmacy
- Research costs and quality of care for services, providers and prescriptions
- View special offers

Download the Anthem Anywhere and Express Scripts mobile apps:

- Access your Mobile ID card
- Use the Cost Estimator tool
- Find a doctor or pharmacy
- Check the status of claims

LiveHealth Online mobile app:
www.livehealthonline.com

- Members can easily and conveniently connect to a board-certified doctor anytime, anywhere

• Copay: \$20

For more information, contact Anthem Member Services.

CALENDAR OF EVENTS:

JUL | UV Safety Month

AUG | Children's Eye Health and Safety Month
National Immunization Awareness Month

eNEWSLETTER AVAILABLE!

The monthly print newsletters are also available electronically. To subscribe, visit www.maine.gov/deh and complete the subscription form.

HEALTHY RECIPE: OVERNIGHT OATMEAL WITH BERRIES

A mixture of milk, yogurt and raspberries combine with dry oats to become a smooth make-ahead breakfast. Just mix and refrigerate overnight for the next day.

1/2 cup low-fat milk (or less for thicker oatmeal)

1/4 cup Greek yogurt, fat-free

2 teaspoons honey

1/4 teaspoon cinnamon

1/4 teaspoon vanilla extract

1/2 cup uncooked rolled oats

1/4 cup raspberries, frozen

Prep time: 15 minutes | Makes: 1 Servings

1. Combine milk, Greek yogurt, sugar, cinnamon and vanilla extract in a container or jar with a lid.
2. Add oats and mix well.
3. Gently fold in raspberries.
4. Cover and refrigerate 8 hours to overnight.
5. Enjoy cold or heat as desired.

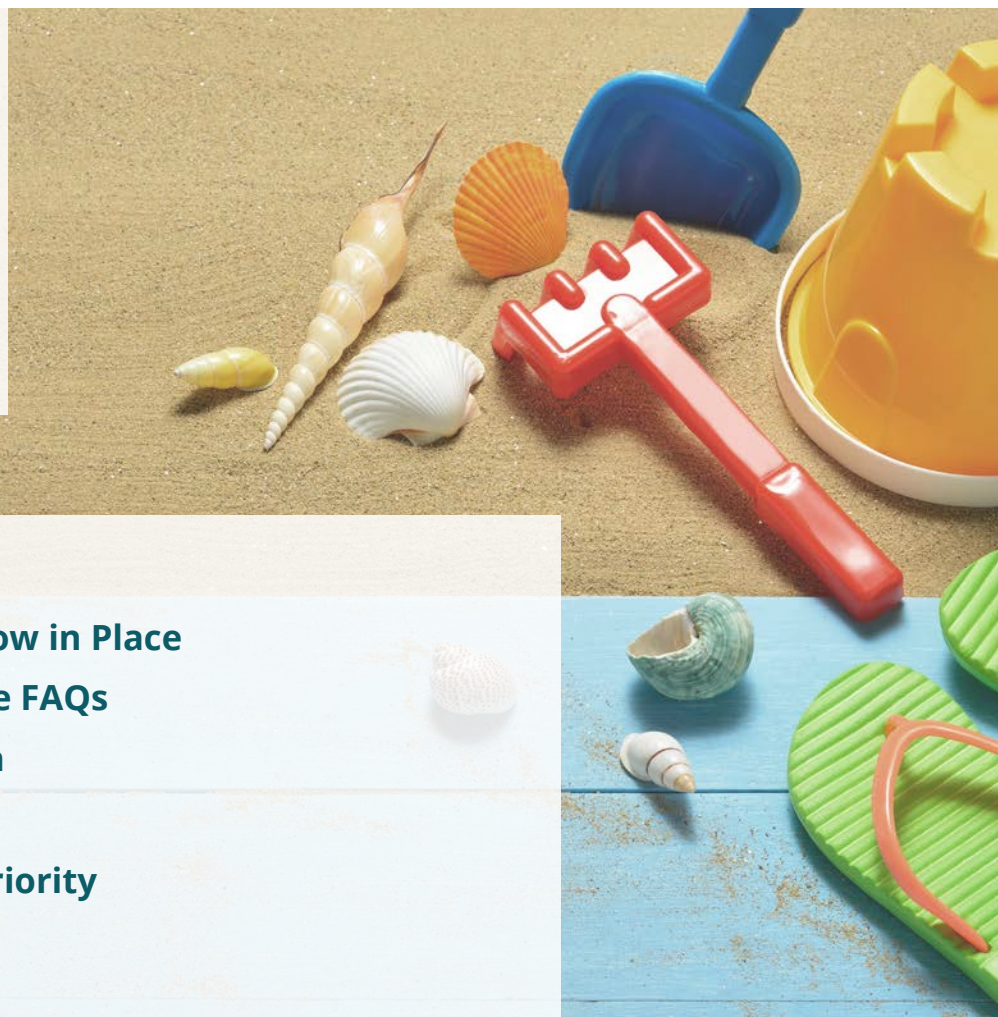
Note: Frozen blueberries or strawberries may be used in place of raspberries.

Source: USDA Center for Nutrition Policy and Promotion

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The State of Maine
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*This newsletter can be made available
in alternative formats. Please contact
Employee Health & Benefits for assistance.*

In this issue:

- ★ **Benefit Changes Now in Place**
- ★ **Insurance Coverage FAQs**
- ★ **Exercise Your Brain**
- ★ **Sun Safety**
- ★ **Make Wellness a Priority**
- ★ **Resources**
- ★ **Calendar of Events**
- ★ **Healthy Recipe: Overnight Oatmeal with Berries**