



HEALTH PLAN

SUMMER 2022

WELCOME TO THE **HEALTH PLAN'S NEWSLETTER**

LOCAL 22 HEALTH PLAN

**Ultrasound Screening / Temple University / Livongo Program
/ Cancer Navigator / Amplifon**

HEALTH PLAN STAFF CHANGES



From the Local 22 Health Plan Staff, Local 22's Union staff and all the members you served so well **HAVE A LONG, HEALTHY AND HAPPY RETIREMENT, KATHLEEN CORCORAN.** Everyone at Local 22 would like to Thank You for your hard work, professionalism and most of all your kindness in dealing with our members and their issues. Under your guidance you have taken our Health Care and Wellness programs to a level that has exceeded all our expectations. You have set a high bar for us to work with but you also prepared us to meet this challenge. Enjoy this next phase of your life and don't be a stranger.



Local 22 would like to Welcome **Ismael Torres** as our new Health Plan Administrator. Ismael comes to Local 22 with an impressive background in Health Plan Administration. He has served as an Administrator and Assistant Administrator for over 13 years with Local 389 and Local 338 in New York. Prior to his position as Administrator, Ismael served for 7 years in various supervisory positions working for Local 389's Benefit fund. Ismael started his position with Local 22 in November 2021 and hit the ground running. Besides catching up on our established programs Ismael has introduced the Livongo program that will go live April 1, 2022. He has also finished a project that had its roots under Kathleen's administration by adding our Nurse Navigator to Local 22. Ismael looks forward to not only maintaining our current programs but improving our programs to better serve our members.



Local 22 also welcomes **Linda Clark** to the fold. Many of us already know Linda from her previous role as Local 22's first Guardian Nurse. Linda's current position is Local 22's Nurse Navigator. Linda has extensive nursing background. She served as a Pediatric Nurse at St Christophers. Linda has worked as a Case Manager at IBX, Temple, St Christophers, Fox Chase Cancer and Holy Redeemer as well as working at Guardian Nurses. As Local 22's Nurse Navigator, Linda will work to ensure that our members are aware of our various programs available to assist them in dealing with chronic conditions. She will help educate our members dealing with chronic conditions. She will assist our members to get the proper care for their health issues. We are thrilled to welcome Linda into the Local 22 family.

Local 22's Cancer Navigator Service

In January, the Local 22 Health Plan launched a service called Cancer Navigator to bring additional support to newly diagnosed cancer patients on our health plan. The service helps cancer patients find a great doctor and team for their care and get second opinions.

Navigating a new cancer diagnosis can be overwhelming – there are many decisions to make early in the journey, including where to go for care and whether you should get a second opinion. Different cancer centers and doctors may lead to different outcomes. Luckily, we have great cancer hospitals and doctors in the Philadelphia area. **Cancer Navigator is a free and confidential service offering personalized education and guidance for cancer patients.** Cancer Navigator can help you understand which local centers are best equipped for your particular type of cancer and help you get an appointment quickly.

Call In Today to Get Started

Cancer Navigator works through our Guardian Nurses service. If you have been diagnosed with cancer and would like support finding a great doctor and team for your care or getting a second opinion, reach out to **Jen Prater**, our Local 22 Guardian Nurse at **(484) 803-2198**.

LOCAL 22 HEALTH PLAN IS TEAMING UP WITH TEMPLE HEALTH SYSTEM



LUNG CANCER SCREENING HAVE BEEN ADDED TO OUR PROGRAM

Screening for Lung Cancer – available for Members only – No spouses or dependents unless they are active or retired PFD members covered by the Health Plan.

Lung cancer is the number one cause of cancer-related death in the U.S. Fortunately when lung cancer is detected early, there are more innovative lung cancer treatments available, offering the best chance for a successful outcome.

The Temple Healthy Chest Initiative (THCI) offers lung cancer screening with low-dose CT (LDCT) scan, a quick and effective way to catch lung cancer in its early stages – even before you have symptoms. If you're at high risk for lung cancer, getting an annual lung cancer screening could be life-saving.

These scans can also reveal other conditions in the chest like lung disease, such as COPD, heart issues, or even osteoporosis. Through the Temple Healthy Chest Initiative patients will be made aware of any findings and be connected to specialists as needed.

For more information or to make an appointment for a lung cancer screening at one of our five locations, call: **1-800-TEMPLE-MED**.

The 5 locations are: Fox Chase Cancer Center, Jeanes Hospital, Northeastern Medical Center, Episcopal Hospital and Temple Main Campus.

SLEEP APNEA / HEART SCAN

Sleep Apnea – Available for members and dependents .

For an appointment or more information call [215-728-2148](tel:215-728-2148).

Temple's sleep disorder's center provides rapid diagnosis and treatment for sleep apnea and other sleep conditions such as narcolepsy, insomnia and restless leg syndrome. The program is equipped with a team of sleep specialists with extensive experience and knowledge to provide patients with high-quality care through all stages of evaluation and treatment.

From sleep studies and diagnosis, to monitoring and follow-up care, we're a large center with several attending physicians who are board-certified and fellowship-trained in sleep medicine. Temple offers in-lab, in-home or contactless sleep studies for your convenience.

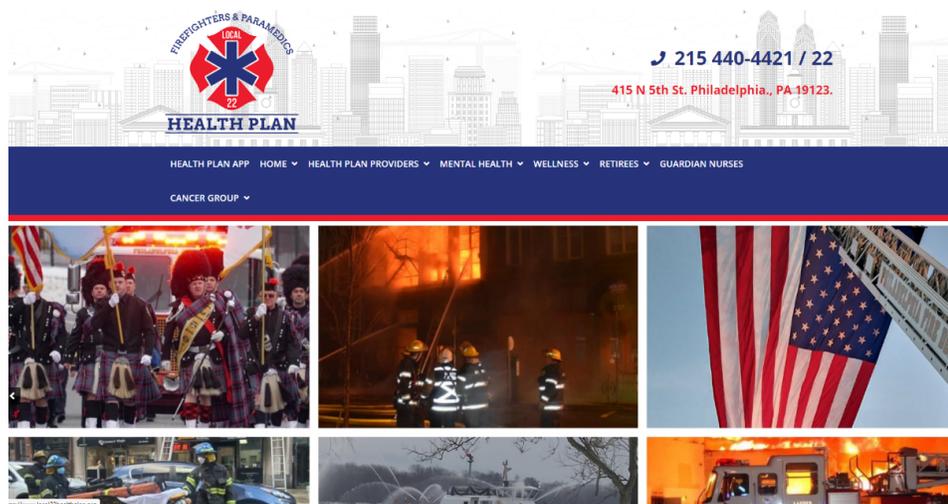
Treatment for sleep apnea typically includes continuous positive airway pressure (C-PAP) as well as positional therapy, oral appliances and Inspire upper airway stimulation. Additionally, we work with Temple's Ear, Nose and Throat specialists to offer surgical procedures when necessary. We can typically see patients, evaluate them, and begin treatment much more quickly than other sleep centers — sometimes within a few days.

Heart Scan

All members and dependent spouses eligible for benefits under the IAFF Local 22 Health Plan are eligible for the scan. If you have a significant family history of a coronary event we recommend this scan. Please contact Temple at [\(215\) 707-8800](tel:215-707-8800) for appointments.



LOCAL 22 HEALTH PLAN WEBSITE



Visit our website periodically to get updated information on all our programs and the Latest News about your Health Plan. Local 22 Health Plan website was designed specifically for your Health Plan. www.Local22Healthplan.org will keep you informed of all the latest testing, Guardian Nurses, Incentive and Health Care information



Local 22 HEALTH PLAN

Medical Ultrasound Screening



TO: ACTIVE and RETIREE MEMBERS of Local 22 Health Plan

FROM: Jerry Kots

RE: Medical Ultrasound Screening Event

DATE: April 18th through April 29th, 2022

As a result of our continued commitment to the Health and Wellness of our members, Local 22 Health Plan is hosting an Ultrasound Screening Mondays to Fridays starting Monday, April 18th through Friday, April 29th, 2022. This event will take place at Local 22, 415 N.5th Street, Philadelphia, PA, 19123-4095.

Why should you participate in the Heart-Vascular and Cancer Ultrasound Screening?

First, early detection of any cardiovascular issues is crucial for preventing a serious health crisis. Unfortunately, doctors are usually unable to prescribe diagnostic tests without symptoms. A Heart and Vascular screen tests for plaque build-up on the artery walls, blockages or restrictions in blood flow and indicates signs of potential strokes, heart attacks or aneurysms.

Second, our health screen partner, National Diagnostic Services, is the only mobile screening company in the nation that is a certified cardiovascular lab. They are also the only provider from whom you will receive a comprehensive evaluation of the major abdominal organs to detect serious illnesses such as cancers, tumors and blood clots.

All tests are ultrasound based and therefore painless, and non-invasive. Tests include an Echocardiogram, Carotid, Abdominal Aorta, Thyroid, Liver, Spleen, Bladder, Kidney, and Testicular. This screen also includes an Exterior Pelvic scan for females. The examination will take approximately 30 min to complete.

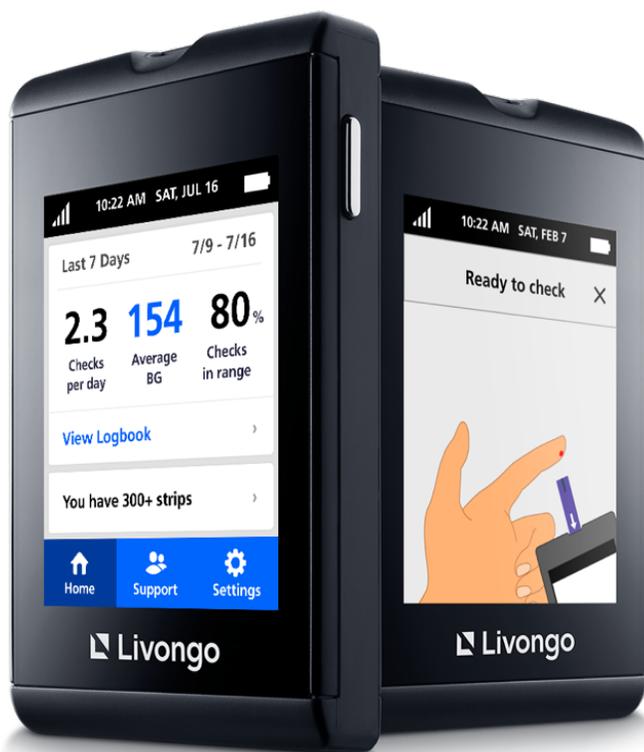
Pre-registration is required. To schedule your appointment:

1. Go to: <https://ndsscheduling.liveeditaurora.com/>
2. Select "create an account"
3. Complete the requested fields
4. Click "Submit"
5. Under "Choose your location" select: "IAFF Local 22"
6. Under "Choose Your Type of Appointment" select: "Ultrasound Screening"
7. Click "Search"
8. Select your desired appointment date/time (*note: room number does not matter! Pick either 1 or 2*)
9. Click "Book"
10. A blue dialog will appear, Click "Book Appointment"
11. You will get a welcome email and appointment confirmation email with exam instructions

For questions please call Stephanie Savage (516) 450-7255

Local 22's Livongo Program

Starting April 1, 2022 Local 22 Health Plan is supporting Our members and dependents fighting Diabetes with the Livongo Program



Livongo for Diabetes: New Health Benefit at No Cost that Makes Living with Diabetes Easier

Who can join:

The program is offered at no cost to you and your family members with diabetes and coverage under the Independence Blue Cross medical plan.

What you get:

- **Connected Meter:** Automatically uploads your blood glucose readings to your secure online account and provides real-time personalized tips.
- **Support from Coaches When You Need It:** Communicate with a coach anytime about diabetes questions on nutrition or lifestyle changes.
- **Unlimited Strips at No Cost to You:** When you are about to run out, we ship more supplies, right to your door.

Enroll today: join.livongo.com/LOCAL22/now



AMPLIFON - Your Hearing Program

NEW HEARING BENEFIT

LOCAL 22 Health Plan is proud to announce our partnership with Amplifone as our new Hearing Benefit provider starting April 1, 2022.

Your Hearing Program



If you think you may have hearing loss, rest easy. Firefighters & Paramedics Local 22 Health Plan has teamed up with Amplifon to offer you quality hearing health care.

	Level 1	Level 2	Level 3	Level 4	Level 5
	Over 1,300 hearing aid options with an average savings of 64% off retail pricing.*				
Amplifon Price (per ear)	\$695	\$995	\$1,195	\$1,495	\$1,895
Your Plan Benefit (per ear/every 5 years)	-\$500	-\$500	-\$500	-\$500	-\$500
Your Out-Of-Pocket Cost (per ear)	\$195	\$495	\$695	\$995	\$1,395



Risk-free trial[†]

Find your right fit by trying your hearing aids for 60 days.

Complimentary Aftercare[‡]

Easy as 1-2-3

1-year follow-up care - ensures smooth transition to your new hearing aids

2-year battery support - battery supply or charging station to keep you powered

3-year warranty - coverage for loss, repairs, or damage

To learn more, call 844-490-2438 or visit:
www.amplifonusa.com//lp/local22hp



MEDICARE PART B REIMBURSEMENT NEWS

Local 22 Health Plan members and their spouse who are eligible for Medicare Part B are entitled for reimbursement. Local 22's E Board won this benefit for our members in a past Arbitration award. This is a city funded benefit.

In the first Quarter of 2022 most Medicare Part B recipients had changes made to their premiums. It is the members responsibility to notify the Health Plan of these changes. Most changes are increases to your premium. Some changes may be decreases in the premium. Members with increases will not see the increase in their reimbursement unless the Health Plan is notified. Members with decreases in premium risk the chance of losing their benefit if you do not report the proper adjustment.

Documentation for changes in premium can be emailed to jkots@iaff22.org or mailed to Local 22 Health Plan – 415 N 5th St – Philadelphia, PA 19123

SPOUSAL VERIFICATION AUDIT

LOCAL 22Health Plan has hired PDA to perform a Spousal Audit. Letters went out in February to all Health Plan members carried as Married in the Health Plan database. The reason for the audit is to ensure that the Health Plan is covering only eligible spouses. Members who get divorced and do not notify the Health Plan within 30 days are responsible for any medical bills we receive for their ex-spouse. The Audit will help us protect members from receiving the large bills from their ex spouse bills.



FY 22 WELLNESS INCENTIVE

Documentation for the FY 22 Wellness incentive is due by June 30, 2022. For more information and instructions go on the Health Plan website at www.local22healthplan.org. Local 22 Health Plan offers many programs to help our members and spouses qualify for the \$200 / \$100 incentive. Philly Fire Motivated Fitness has developed group programs as well as individual programs that qualify for the incentive. For info on the Philly Fire Motivated Fitness Programs go the website at www.pfmfitness.com.



THE LOCAL 22 VIVEKA HEALTH PLAN APP

February 1, 2021 The Viveka Health Plan APP went live. This APP was developed specifically for Local 22's Health Plan. The App is a great tool that keeps your Health Plan information available at your fingertips 24/7. Members and dependents are encouraged to download this APP. Not only will it supply you with up to date Healthcare information and your Health Plan cards but it is a fast convenient means of communication between the Health Plan and our members. Download the APP prior to June 30, 2022 and it will count as 1 of the 2 qualifying incentives for the FY22 Wellness Incentive.

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Firefighters & Paramedics
Local 22 Health Plan
415 N 5th Street
Philadelphia, PA 19123

