



HEALTH PLAN

SUMMER 2023

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

LOCAL 22 HEALTH PLAN

**Medicare Reimbursement / Spousal Verification /
Peer Support / Viveka APP / Ultra Sound Screening**

MEDICARE PART B REIMBURSEMENT

Medicare Part "B" Reimbursement is a benefit that Local 22's Executive Board fought hard to receive. Local 22 is the only bargaining unit in the city with this benefit. If you are retired and are Medicare eligible – you are entitled to receive your Medicare Part B premium reimbursement, as long as you have coverage with the Local 22 Health Plan. If you are retired and your spouse is Medicare Part B eligible – your spouse is entitled to receive the premium reimbursement, as long as you have coverage with the Local 22 Health Plan.

In January 2023 most Social Security and Medicare rates have been adjusted. In order to receive the proper reimbursement you must notify the Health Plan of any adjustment.

Medicare Part B reimbursement is based on the information you provided to the Health Plan and is based on the number of months during the applicable quarter that you paid a Medicare Part B premium.

IT IS NOT NECESSARY TO PROVIDE AN ANNUAL COPY OF YOUR MEDICARE PREMIUM STATEMENT UNLESS THERE IS A CHANGE IN THE AMOUNT YOU PAY FOR YOUR PART B COVERAGE.

IF YOUR PART B PREMIUM IS DIFFERENT IN 2023 THAN IT WAS IN 2022, AND YOU HAVE NOT ALREADY PROVIDED AN UPDATED STATEMENT TO US, PLEASE CONTACT THE HEALTH PLAN SO THAT WE CAN RE-CALCULATE YOUR REIMBURSEMENT.

IF YOUR PREMIUM INCREASES, WE WANT TO BE SURE YOU RECEIVE ALL THE MONEY YOU ARE ENTITLED TO. IF YOUR PREMIUM DECREASES, AND YOU DON'T LET US KNOW, YOU WILL BE RESPONSIBLE TO REIMBURSE THE HEALTH PLAN FOR ANY OVERPAYMENT YOU RECEIVE AND RISK THE CHANCE OF FORFEITING FUTURE REIMBURSEMENT.

This is a City funded benefit with strict reporting guidelines enforced by the City of Philadelphia.



Any Questions feel free to contact me at:
Gerard "Jerry" Kots
Assistant Health Plan Administrator
Local 22 Health Plan
215 440 4426 or 267 549 6326
jkots@iaff22.org

Spousal Verification Audit



VERY IMPORTANT!



In 2022 Local 22's Health Plan started the process of a spousal audit to insure that only legally eligible dependents are receiving benefits under the Local 22 Health Plan. This is both a legal and fiduciary responsibility of the Administrators and Trustees of the Health Plan.

There are still over **100 members not in compliance** with the audit verification. Final certified letters have been mailed to those not in compliance. Members not in compliance have received notice that if they do not comply with the documentation needed by **March 24, 2023** the spouse and step children, if applicable, coverage will be terminated. The termination will be effective April 1, 2023 and re enrollment will not be available until November's open enrollment.

If you have questions or need information on the required documentation call the office at 215-440-4422.



Diabetes management, simplified

Local 22 Philadelphia Firefighters and Paramedics Health Plan now offers Livongo for Diabetes to you. It's covered 100% by your health plan.

You'll get this and more when you sign up:

- Connected meter
- Support from coaches when you need it
- Unlimited strips and lancets at no cost to you

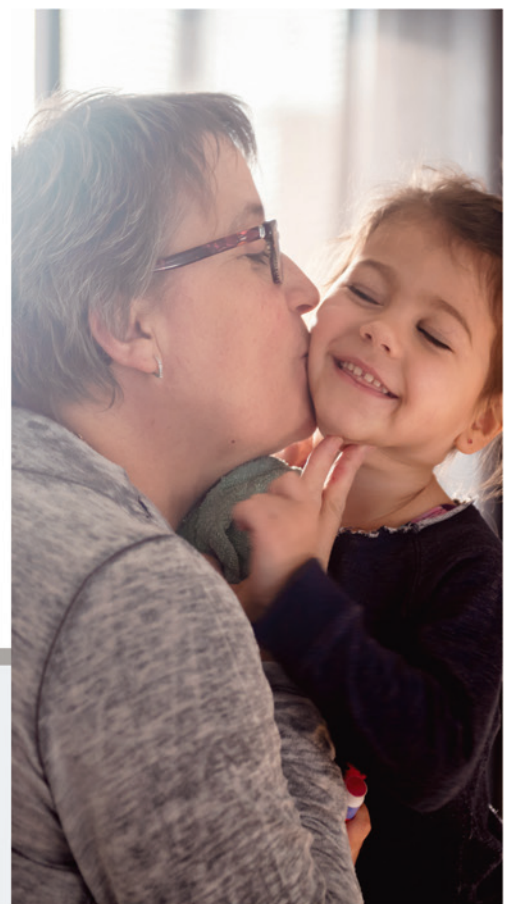


Get started

Text **"GO LOCAL22"** to 85240 to learn more and join

You can also join by visiting Join.Livongo.com/LOCAL22/register
or call **800-945-4355** and use registration code: **LOCAL22**

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Peer Support

Local 22 IAFF – Peer Support

The mission of the Peer Support Program (PSP) is to offer confidential assistance and support to all Local 22 members and their families, during times of personal need or due to traumatic incidents. The PSP augments the Local's and PFD's Employee Assistance Program (EAP) but does not replace psychological treatment. The objective of the PSP is to minimize psychological trauma that Local 22 members and their families may experience throughout their career and render assistance in an attempt to accelerate normal recovery to abnormal events, some of which are unique to Firefighters and EMS providers.

Local 22 Peer Support Committee

Tommy Kane – 215 917 7236
Mike Yaeger – 215 514 5288

If you find yourself in crisis, you can contact any of the above committee members 24/7.

92 Percent of Firefighters say stigma is a barrier to seeking behavioral health treatment

It's not a sign of weakness

If you want help, ask for it. Asking is the hardest part. You must get over your own pride if you want to get better.

Peer Support Counseling

Local 22 is in the process of building a strong Crisis Management Team to include trained IAFF Peer Support Counselors, Chaplin Services, Behavioral Health Specialist, along with a list of resources gathered to provide our membership with the best Behavioral Health Services available:

- Substance Use Disorder
- Suicide
- Post-Traumatic Stress Disorder (PTSD)
- Marital Issues
- Financial Troubles
- Depression
- Death

We cannot stress enough that these are completely confidential experiences between you and you Peer Support Counselor.

We are here to support you! We want to help you! These services are confidential. If you or someone you love needs help, please contact us.

You are not alone - help is here

Go to <http://www.pfmfitness.com/behavioral-health/>

for list of Peer Support Volunteers and additional information



Healthy teeth, healthy savings

Special discounts for
Aetna® Dental plan members



CVS Health® and Listerine Oral Care products

Save an extra 10% on select products (including sale items), like teeth whitening products, mouthwash, toothpaste and toothbrushes.



Aetna oral care products brought to you by ZDental

Save on Sonic toothbrushes and replacement brush heads, oral health care kits and water flossers.



Colgate® products

Save on a Colgate whitening kits and Smart electric toothbrushes.



At-home products

Save on blood pressure monitors, pedometers, activity trackers, pain relief devices and more.



Healthy lifestyle choices

Save on gym memberships, health coaching, fitness gear, wearable fitness devices, group fitness classes on demand and more.



Weight management

Save on weight-loss programs and meal plans, and enjoy one-on-one support.



Start shopping for discounts:

1

Go to **Aetna.com**

2

Register for, or
log into, your
member website

3

Click “Health and
Wellness” and
choose “Health &
Wellness Discounts.”



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 **aetna®**

Local 22 Health Plan / VIVEKA APP

We are pleased to announce that Local 22 Health Plan is partnered with VIVEKA Health to offer an APP designed for Local 22 Health Plan members.

The APP is a real valuable tool for our members.

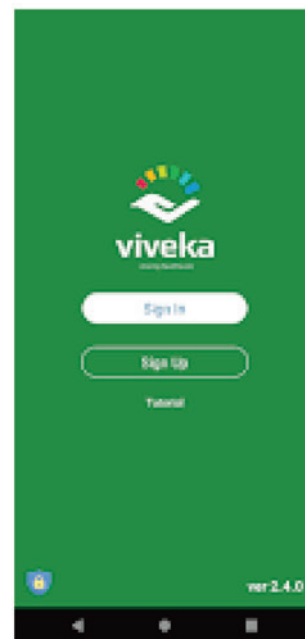
You have the ability :

- To add dependents,
- Send documents such as Birth Certificates and Marriage Certificates directly to the Health Plan via the App,
- Find nearby doctors, pharmacies and other Health Plan providers
- Access your Blue Cross and Benecard Cards
- Receive Health Plan Updates and information
- Receive your Medical History (Optional)
- Communicate with the Health Plan

To download the Local 22 Health Plan / VIVEKA APP go to the APP store on your Cell Phone.
Download the Viveka Health APP.

Follow the registration instructions then sign in.

Downloading and registering for the APP will meet 1 of your 2 qualifying events for your FY 23 Wellness Incentive.



Care for your smile. Anywhere. Any time.

24/7 Virtual dental care

Our partnership with The TeleDentists means members can get virtual dental care 24/7. Whether at home with a dental emergency, need a dentist after hours or are away on vacation, a member can easily get the care needed. Dental providers can facilitate oral evaluations of their patients, answer questions, provide advice, prescribe appropriate medication and refer patients to a specialist as needed.

Why virtual dental care matters:

- Controls costs (ER Diversion)
- Member satisfaction
- Healthier outcomes
- Productivity improves

The TeleDentists offer access to 24/7 Online Dental Care through Aetna Health website



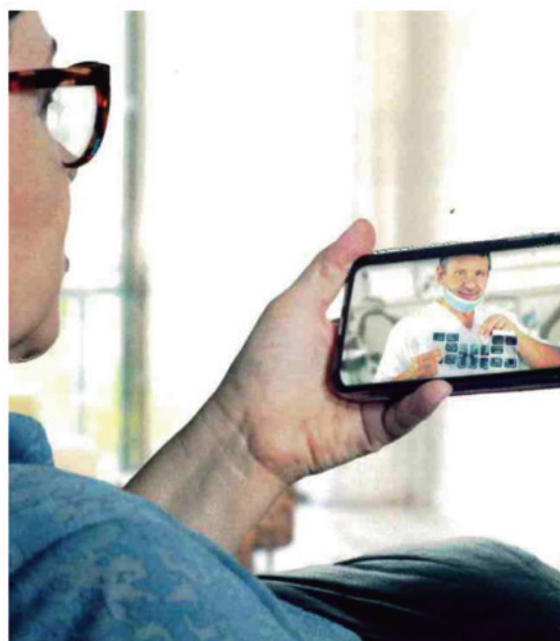
Talk to a dentist
anytime, anywhere
you happen to be



Receive quality care
via phone or video
conference



24/7 access
to state-licensed dentists





Stepping Forward for Families of First Responders- Stage 1 (Unmounted)

Where: Pegasus Therapeutic Riding Academy
8297 Bustleton Ave. Philadelphia, PA 19152

When: Sunday Mornings: 9:45am - 10:45am
Spring Session: March 26th - June 18th

What: Pegasus Therapeutic Riding Academy, an equine assisted activities center for children and adults with disabilities located in Pennypack Park in Northeast Philadelphia, will be providing an equine facilitated learning program for the children of First Responders families. The program will primarily work on introducing stress coping skills while working with our equine partners, along with secondary skills such as responsibility, respect, building relationships, asking for help, teamwork and communication.

Cost: Covered through Local 22 health plan

How: Contact our EAAT Programming Assistant Kylie Bonelli, at 215-742-1500 or kylie@pegasusphilly.org to register or with any questions.

The deadline to register is March 22nd. Grab a spot fast, space is limited!



Been putting off that knee or back surgery? It's time to feel good again.

Local 22 Health Plan offers an orthopedic surgery benefit program, ValueHealth® SurgerySavings, to connect you and your dependents to:

- High-quality surgeons and orthopedic specialists
- Top-rated ambulatory surgery centers (ASCs)
- Better health outcomes and excellent patient experience



GET STARTED — SIGN UP FOR THE PROGRAM

Call our concierge team at **833-858-4584** or visit app.surgerysavings.com/users/sign_up
Organization code: **Local22**

BENEFITS AND AVAILABLE RESOURCES

Concierge Experience: The SurgerySavings concierge team supports you from program enrollment to recovery, including locating in-network high-quality surgeons and facilities.

Advantages of opting to have your surgery at an ASC instead of a hospital:

- lower infection risk
- specialized services
- convenience and comfort

Covered surgeries include: knee, hip, shoulder, elbow, wrist, hand, back and neck.

WHAT TO EXPECT

- **Meet your dedicated concierge.** The concierge team will review your available surgery benefit options and help you locate a participating surgeon.
- **Meet with your surgeon.** At a scheduled appointment, you and a surgeon will decide together if a surgical procedure is needed and if your procedure is appropriate to be performed at an ASC.
- **Get your surgery done and recovery comfortably.** If surgery is necessary, you will have your procedure at a top-rated participating ASC. As you recover, the concierge team will ensure all your needs have been met following your surgical procedure.



Local 22 Philadelphia Health Plan Ultrasound Health Screening



TO: ACTIVE and RETIREES MEMBERS of Local 22 Health Plan
FROM: Jerry Kots
RE: Ultrasound-based Cardiovascular and Cancer Screening Event
DATE: February 16th, 2023

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, May 15th, 2023, to Friday, March 26th, 2023 from 7:00 AM to 3:00 PM.**

Local 22
415 N.5th Street
Philadelphia, PA, 19123-4095

United Diagnostic Services will be conducting Early Detection Diagnostic Testing, which has proven successful in identifying actionable pathologies to improve overall health as well as early detection for cancer and cardiovascular issues. Early detection has had a significant impact on helping prevent and reverse potential future catastrophic events. All tests are ultrasound-based and therefore painless.

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.

The screenings will be scheduled from Monday 5/15/2023 through Friday 5/26/2023 from 7:00 AM to 3:00 PM.

Fasting for at least 6 hours is required for the screening and you must pre-register to participate. Results will be issued via email 7 to 10 business days after testing. Be sure to use the email & phone number you'd like to receive updates when registering.

Pre-registration is required. To schedule your appointment:

1. Go to (click here) [Scheduling Link](https://udshealth.as.me/?location=11630%20Caroline%20Road%2C%20Philadelphia%2C%20PA%2019154-2110)
(<https://udshealth.as.me/?location=11630%20Caroline%20Road%2C%20Philadelphia%2C%20PA%2019154-2110>)
2. Click on "Choose Appointment"
3. Select your desired appointment date/time and click "Continue"
4. Enter required information: First & Last Name, phone number, email address.
5. Click "Complete Appointment"
6. You will get a welcome email and appointment confirmation email with exam instructions.

You can set up an account to log in and adjust your account or appointment.

For questions, please call or text our Main Number at (646) 553-5803



Relieve pain from the comfort of home

Tired of chronic pain or loss of mobility? We have you covered! Meet Sword, the new digital physical care program designed to help you overcome your back, joint or muscle pain – at home.

Combining physical care specialists with easy-to-use technology, Sword is far more than just convenient. You may find it works better than in-person physical therapy and it won't cost you any more.



Coming soon in April 2023!
Learn more at join.sword.health/local22



How it works



Your dedicated **physical therapist** designs an exercise program just for you.



Sword will ship you a tablet and motion sensors to guide you and provide real-time feedback.



Complete your exercise sessions **at home when it is convenient for you.**



Your physical therapist is there to support you virtually and is **available at any time.**





Local 22's
Health and Wellness Initiative
415 N. 5th Street Philadelphia, PA

**Need help?
Contact Us!
215-440-4433**



Wellness Program and Incentives

Whats the purpose of the Wellness Incentive Program?

Wellness has been defined as "an active process of becoming aware of and learning to make healthy choices." Wellness means more than simply not being ill; it's a proactive approach to keeping your mind and body in good condition. The Local 22 Health Plan wants to help you decrease your risk of disease, or manage an existing disease, and enhance your quality of life. That's why we offer financial incentives to you (and your spouse) for completing activities centered around a healthier lifestyle.

I. FY23 incentive payment for members and spouses (July 1, 2022 to June 30, 2023)

- a. The FY18 incentive payment is available to all eligible health plan members and their spouses, regardless of whether you have participated in any of the earlier phases of the wellness program. The FY23 incentive payment provides \$200 to a member and an additional \$100 to a spouse for completing at least 2 of the following activities between July 1, 2022 and June 30, 2023:
 - i. Complete a smoking cessation program
 - ii. Attend at least 4 visits with a registered dietician
 - iii. Complete at least 6 visits with a personal trainer or other certified fitness professional
 - iv. Complete the IBC Diabetes Program, which requires at least 4 phone calls with an IBC Health Coach
 - v. Complete the IBC Asthma Program, which requires at least 4 phone calls with an IBC Health Coach
 - vi. Complete at least a 5k run/walk
 - vii. Complete at least a 25 mile bike-a-thon
 - viii. Have a Heart Scan done through Temple University Hospital
 - ix. Have a cancer screening test
 - x. Including but not limited to a colonoscopy, mammogram; etc.
 - xi. If you are diabetic, have your annual dilated eye exam
 - xii. If you are diabetic, have your annual pediatric exam
 - xiii. Also download the VIVEKA app on your mobile device.
 - xiv. 2 Follow up appointments with Guardian Nurses
- A. **Biometric screening.** Your biometrics are your height, weight, waist measurement, blood pressure, pulse rate, body mass index, total cholesterol, triglycerides and blood sugar level.
 - I. **Personal Health Profile (PHP) or "Wellness Profile"**
 - I. You may complete a PHP [also known as a "wellness profile"] by logging on to the Independence Blue Cross website at www.ibxpress.com.
 - B. Completion of any **two (2)** of the listed activities between 7/1/2022 and 06/30/2023 :

Please do not hesitate to call the Health Plan at 215-440-4422/4421 or call Jerry Kots directly at 215-440-4426 if you have additional questions. For FY23 we've tried to offer enough variety in our incentive activities that everyone can participate. **Don't miss out on this opportunity to earn\$\$ and get (or stay) healthy in the process!**

Draft Cancer Navigator Newsletter Blurb for IAFF Local 22

Local 22's Cancer Navigator Service

In 2022, 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 Alonda Woods, our Local 22 Guardian Nurse at **(484) 803-2198**.

IAFF Local 22's membership is now supported by the Guardian Nurses team.

Every day, the RNs at Guardian Nurses Healthcare Advocates help patients and their families get what they need from the healthcare system. Local 22's Health Plan now has a dedicated nurse that supports our members. Her name is *Alonda Wood*.

Struggling with a healthcare issue?

Call Guardian Nurses Healthcare Advocates.

If you or someone you love is ill or injured, or needs long-term care, chances are you could use some help. Our Nurse Advocate can:

- **VISIT YOU AT HOME** or in the hospital to assess your care needs.
- **BE YOUR GUIDE**, coach and advocate for any healthcare issue.
- **MAKE APPOINTMENTS** so you can be seen as quickly as possible.
- **GO WITH YOU** to see doctors, to ask questions and to get answers.
- **IDENTIFY PROVIDERS** for all care needs and second opinions.
- **RESOLVE PROBLEMS** with billing, claims and health insurance.
- **GET THINGS YOU NEED** such as healthcare equipment.
- **PROVIDE DECISION SUPPORT** when you are thinking about treatment options
- **EXPLAIN A NEW DIAGNOSIS** to help you make informed decisions.
- **COACH AND SUPPORT YOU** through the challenges of chronic disease

Who is eligible? Services are available to members of Local 22's Health Plan and their covered dependents.

All services are free and confidential. Contact Alonda at (Cell) 484.803.2198, (O) 215.836.0260 x 119 or Awood@GuardianNurses.com.



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



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