



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



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

**LOCAL 22 HEALTH PLAN**  
**PROUD TO PARTNER WITH LOCAL 22 IN SPONSORING**  
**A HEALTH FAIR AT THE LOCAL 22 PICNIC.**

**SATURDAY SEPTEMBER 28**

***On Saturday September 28 at Cannstatter's –  
9130 Academy Rd – Philadelphia  
from 11:00am to 2:00pm.***

**A Health Fair will be setup for Local 22 members and their families.**

- **Penn Medicine will be offering free PSA testing.**
- **Pa Academy of Dermatology is scheduled to offer free skin cancer screenings.**
- **Philly motivated fitness will have representatives there to talk about their programs.**

**Many of our vendors and other programs will have representatives at the fair  
to help our families better understand the full scope of programs the  
Health Plan offers.**

**We have also partnered with IBX / Wellness concepts to offer a wide variety  
of Nutrition counseling / raffles, food sampling and more.**

**Save the Date and visit the Health Fair and Picnic. Learn about our programs  
and enjoy some good Food and beverages.**



## WELLNESS FAIR

**Please Join Us in Celebrating Good Health!**

**SEPTEMBER 28<sup>TH</sup> - 11:00AM – 2:00PM**

**LOCATION – CANNSTATTER – 9130 Academy Rd**

### Stop by the Wellness Stations:

- Eating for Energy
- Shake It Up- Superfood Smoothies
- Promoting Positivity
- Book Nook – Resources & Raffles!
- Know Your Numbers Trivia
- Longevity Lifestyles
- Mocktail Hour
- Healthy Hydration
- Ask a Registered Dietitian Station!

**Visit representatives from our program providers:**

- HELLO HEART
- SWORD HEALTH
- BENECARD PHARMACY
- PHILLY FIRE MOTIVATED FITNESS
- PENN MEDICINE – PSA TESTING
- PAD – DERMATOLOGY SCREENING

**The day includes Q&A and activities with Registered Dietitians and healthcare practitioners, raffles, food samples and more!**



## Weight loss isn't one-size-fits-all

Meet Wondr, the weight-loss program that fits you.

Wondr is a skills-based digital weight-loss program that teaches you the skills to:

- ✓ **Lose weight**
- ✓ **Increase your energy**
- ✓ **Improve your sleep**

**and be your healthiest self—** while eating the foods you love. Our program is based on behavioral science and takes a personalized approach that fits into your life—**at no cost to you.\***



**Get started today at [wondrhealth.com/Local22HealthPlan](https://wondrhealth.com/Local22HealthPlan)**



### Science-backed video lessons

Every week, experts in diet, exercise, sleep, stress, and more, will teach you behavior-change skills to feel better and live stronger, for life.



### Content tailored to YOU

Based on your health profile, we serve up relevant, bite-sized content from our library, that addresses your unique challenges and goals.



### Exclusive rewards

Celebrate progress toward your health goals with rewards like exclusive recipes and meal plans to help keep you accountable along the way.



### A supportive community

WondrLink is our online community, where our coaches are ready to support and encourage you every step of the way. Plus, you can share and gain tips and tricks from participants like you.

\*Restrictions and eligibility info can be found at [wondrhealth.com/Local22HealthPlan](https://wondrhealth.com/Local22HealthPlan)



**wondr**





 Hello Heart

# Take control of your health with Hello Heart



To enroll for free, scan the QR code or text\* the code: LOCAL22 to 75706.



## All the cool stuff you'll love:

### Hello Heart monitor

Free Hello Heart monitor that easily connects to your phone

### Track your heart trends

Blood pressure, cholesterol, medications, and more

### Clear explanations

Understand what your numbers mean

### Personalized tips

Easy-to-apply tips for maintaining a healthy heart

### Share with your doctor

All your heart readings and trends in one easy-to-understand report

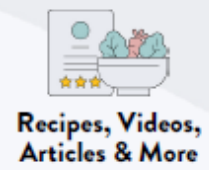
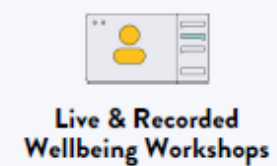


## Wellbeing Hub



Your Wellbeing Hub is a one-stop-shop for all things wellness including wellbeing resources, videos, recipes, meditations, and more. You can also register for upcoming workshops, view past workshop recordings and participate in challenges!

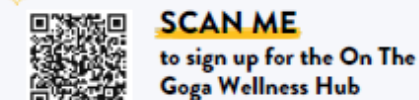


**Who's Eligible?** Active City Employees with a payroll number may obtain an account and participate in challenges. Although contracting employees working in City departments are not allowed to obtain an account and participate in challenges you are welcome to attend virtual sessions showing in the Employee Newsletter.



## How To Sign Up:

- 1 Visit The Hub**  
HUB.ONTHEGOGA.COM/SIGNUP  
- 2 Use Your City of Philadelphia Email**  
Fill in your basic account information. Be sure to use your City of Philadelphia email address.
- 3 Check Your Inbox For a Confirmation Email**  
Click the link in the email to confirm your account. Don't see the email? Check your spam folder.
- 4 Log In To Your Account**  
Once you've confirmed your account, you can log in and start exploring your new Wellbeing Hub



\*Message & data rates may apply. Visit <https://www.helloheart.com> for privacy and terms information.  
Hello Heart is not a substitute for medical care. Talk to your doctor to make sure you are diagnosed and treated properly.  
Need help? ✉ support@helloheart.com ☎ 18007673471 Monday-Friday, 8am-8pm ET



## LOCAL 22 FIRE FIGHTERS & PARAMEDICS HEALTH PLAN

### SMART Rx ASSIST

**Smart Rx Assist:** There is a new program out there that the Health Plan has enrolled in that will help the Plan with specialty drug costs on the medical side. It's like the copayment assistance program we have in place on the Rx side. There is very little member involvement. Most of the paperwork, pre-certification, etc. is taken care of between the member's doctor and Smart Rx. The Plan can see significant savings using Smart Rx. This program went into effect as of 6/1/2024.

### COBRA RATES

**Cobra Rates:** Cobra rates have increased. All affected members were notified of the increase in COBRA rates on 4/30/2024.

### SKIN CANCER SCREENING

**Skin Cancer Screenings:** The Health Plan will host another onsite cancer screening for our members. The screenings will be for various types of skin cancers and the screenings will be done by the Pennsylvania Academy of Dermatology. The screenings will be held on Nov. 15th and 16th. More information will be available in the next couple of months as planning/implementation moves along.

### MEDICARE PART B REIMBURSEMENT

**Medicare Part B Reimbursement:** Just a reminder it is the members responsibility to notify the Health Plan office when they have a change in their premium. Premiums usually change yearly – in order to receive your premium increase you must let us know.



## LOCAL 22 FIRE FIGHTERS & PARAMEDICS HEALTH PLAN

### ADDING DEPENDENTS

**ADDING DEPENDENTS:** It is the member responsibility to make changes in their dependents status within 30 days of the event. Adding a dependent requires the proper documentation – Official Marriage / Birth Certificates and Social Security numbers. The Birth Certificate must have the members name as a biological parent. Removing a dependent requires a copy of the Official Divorce decree within 30 days of it being finalized. Complete forms and instruction to Add dependents can be found on – [www.local22healthplan.org](http://www.local22healthplan.org) – “FORMS” – **“ADD Dependents Form”**.

**If you do not ADD the dependent within the 30 day limit that dependent will have a gap in Health Plan coverage. You will be responsible for the dependents medical bills during that gap in coverage.**

### LIVONGO

**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 members and covered dependents with diabetes and coverage through the Local 22 Health Plan 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](http://join.livongo.com/LOCAL22/now)



### VIVEKA

**Sign up for the VIVEKA Health Plan APP.** This APP is designed for Local 22 Health Plan members. You will have all your Medical Cards, Provider information and Claims information available on your phone. It is free – just visit your APP store on your phone and download it.

