

TRUST CONNECT

Stay in tune with your health & wellness

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Think Spring!

As you prepare for brighter days and warmer weather, be sure to also keep your health top of mind.

Now is a great time to schedule your annual wellness visit with your primary care physician (PCP) to plan important health screenings, ensure you are up-to-date on vaccinations, and review medications you are taking.

In this issue you will find information on programs offered through your medical health plans, your over-the-counter (OTC) benefit, important reminders about Medicare plans, and more.

As always, visit uawtrust.org for more information on your Trust benefits.



BCBS ECP: Welvie Discontinuation

If you are a non-Medicare member enrolled in the Blue Cross Blue Shield (BCBS) Enhanced Care Plan (ECP), you may be familiar with an online surgery decision program offered called Welvie.

The Welvie program is no longer available as of March 1, 2024.

If you have questions, contact BCBS by calling the number on the back of your medical ID card.

Take Advantage of Additional Offered Programs

Staying on top of your health is no small task. Many Trust health plan carriers offer health and support programs to help you get the most out of your benefits at no extra cost. Depending on which health plan you are enrolled in, you may have access to programs and benefits such as:

- **Rewards for health activities** – Gift cards when you complete certain important healthcare activities such as getting an annual checkup.
- **Personalized clinical and disease management support** – Resources to help manage chronic conditions.
- **Healthy home visit** – Annual in-home visit from a licensed doctor or nurse to assess health and safety needs.
- **Virtual doctor visits** – Phone or video consult with a board-certified doctor (your office visit copay may apply).
- **Nurse help line** – Speak with a registered nurse any time, night or day.



MORE INFO

To learn more about additional programs your health plan offers, contact your health plan.

Visit uawtrust.org/healthplancarriers for website links to health plan carrier's websites or call the phone number on the back of your medical ID card.

Your Trust OTC Benefit: Activate to Shop

In December 2023, all Trust members received an over-the-counter (OTC) benefit “flex card,” and product catalog.

Activate Your Card Now

If you haven’t already, you must activate your OTC benefit flex card in order to use it for purchases of eligible health and wellness products. Remember:

- The card is pre-loaded with \$200; any remaining balance will not carryover into the next year.
- Cards will not be issued annually; be sure to keep this card in a safe place.

Where to Shop

There are three simple ways you can make OTC purchases with your flex card:



Visit any of the more than 68,000+ retailers where you see the “OTC Network” logo.

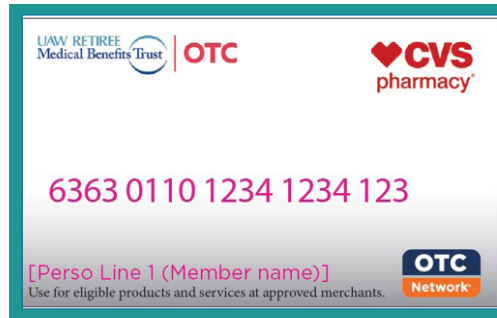


Visit uawtrust.org/otcbenefit



Call 844-487-2770 and reference your product catalog.

You can also visit uawtrustevents.com to access an informational video on the Trust OTC benefit.



Proper Prescription Drug Disposal

Did you know there are nearly 17,000 locations nationwide where you can dispose of unused or unneeded prescription drug medications?

Keeping these medications can be dangerous and improper disposal can be harmful to the environment. Visit dea.gov/everyday-takeback-day for help finding a disposal location near you, and for more information.

Every Day is Take Back Day

Dispose of your unneeded medication here

- Clean them out.
- Take them back.
- All year long.



Medicare Plans: Important Info

A Medicare Advantage (MA) PPO (Part C) plan is the primary plan for Medicare-enrolled Trust members (those over age 65, or due to disability).


An MA PPO plan is approved by Medicare and provides Original Medicare, Part A (hospital), and Part B (medical), and additional benefits. The Trust's offered plans also provide Part D (prescription drug). This comprehensive plan is called an MA-PD plan.



Have Ideas?

Are there other topics you'd like covered in this newsletter?

We'd love to hear from you, email us at uawtrust@rhac.com with your ideas.



You cannot have two MA-PPO or MA-PD plans at the same time. Signing up for one of these plan types outside of a Trust-offered plan may kick you and your dependents out of Trust coverage.

Most Trust Medicare-enrolled members are automatically enrolled in an MA-PD plan on January 1, following the year they qualify for Medicare.

Important

As a Trust member, it is important you understand you cannot enroll in two Medicare Advantage (Part C) or Prescription drug (Part D) plans. If you enroll in an MA PPO or MA-PD plan outside of the Trust-offered plans, it may automatically kick you and your dependents out of Trust coverage.

Other Reminders

- MA-PD members only need to show their health plan medical ID when obtaining services (keep your Medicare card home in a safe place).
- Beware of scams. Medicare will never call or email you requesting personal information.