

TRUST CONNECT

Stay in tune with your health & wellness

Page 1

You & Your PCP
Contact Information

Page 2

Annual Exams
Dependent Verification

Page 3

Dental Care
Vision Care

Page 4

Drug Take Back Day
Express Scripts Mobile
App

REMINDERS

Contact Information

To ensure you receive all important Trust mailings, keep your address on file with the Trust up-to-date. Be sure to share other vital information such as phone numbers and email addresses.

To make a change, call Retiree Health Care Connect (RHCC) at **866-637-7555**.

DEVELOP A RELATIONSHIP WITH YOUR FAMILY DOCTOR

Regular checkups, preventive screenings, and a healthy lifestyle can help prevent or detect life-threatening chronic conditions.

This preventive health journey begins with your primary care physician, also known as your family doctor or PCP. Your PCP serves as the first line of defense in staying well. By developing a relationship with a PCP, you ensure one central person knows you, your health history, habits and personality. These factors all provide useful information to create a personalized care plan to improve your overall health. Your PCP also manages chronic conditions and helps coordinate all of your health care needs, including routine screenings, vaccinations, and non-emergency illnesses.

REMINDERS

Dependent Verification

Periodically, the Trust will request you validate the eligibility of dependents covered under your health plan. You may be required to provide copies of birth certificates, death certificates, tax returns and/or marriage certificates. You must respond to all requests for documentation; if ignored, your dependent(s) may lose coverage.

IMPORTANCE OF AN ANNUAL EXAM

An annual exam not only gives you a chance to build and strengthen an ongoing relationship with your PCP, but puts you in the driver's seat when it comes to your health.

During your annual exam, your PCP can educate you about your health and help prevent future chronic illness by:

- Reviewing your medical history and discussing health changes.
- Answering health questions you may have.
- Reviewing medications, vitamins and supplements you're taking.
- Helping you manage any current chronic conditions like asthma, hypertension, heart disease, cancer, and diabetes.
- Discussing health topics including, high blood pressure, weight loss, alcohol and tobacco use, or stress and anxiety.
- Identifying other screenings and health services you may need.

If you haven't already, schedule your annual exam and take a proactive approach to a healthy 2018.

Don't have a PCP? Find one today!

Finding a PCP is simple. Call the number on the back of your medical ID card for assistance or visit your medical plan carrier's dedicated web page, accessible at **uawtrust.org/healthplancarriers**.



YOUR HEALTH BEYOND MEDICAL CARE: DENTAL & VISION

Maintaining overall health goes beyond an annual physical checkup. As you grow older, the importance of dental and vision examinations play a key role in your overall health.

Dental Care

Older adults can be at a higher risk for dental diseases associated with long-term chronic conditions like diabetes. Dry mouth, often a side effect of medications, can increase the risk of cavities. Because of this, regular dental checkups are more important than ever. Each year, a routine dental exam and two cleanings are covered at 100 percent when you visit an in-network dentist, unless you have met the \$1,700 annual maximum.

Delta Dental 800-524-0149

Midwestern Dental (Ford Members Only) 800-544-6374

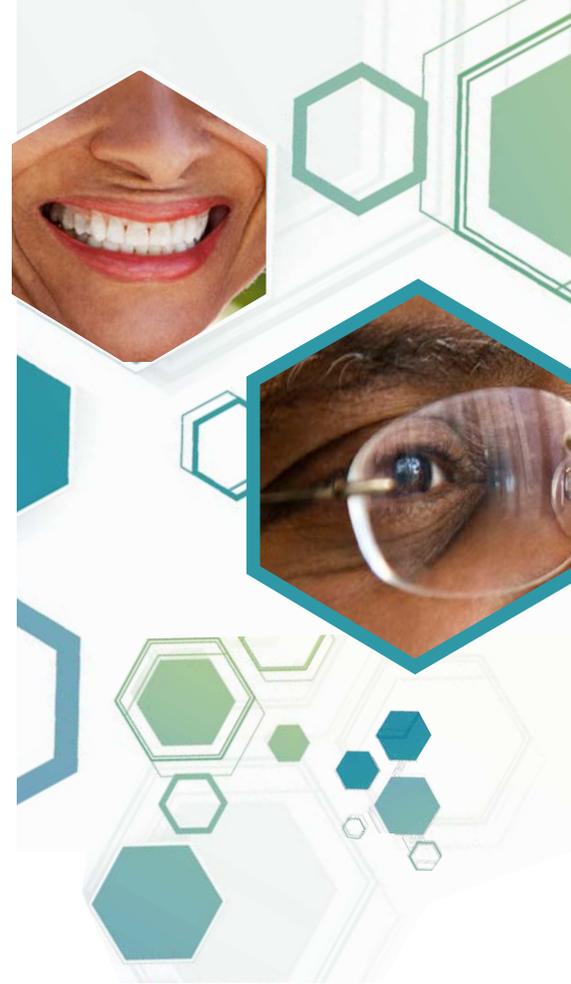
Vision Care

Regular eye exams are important, but even more so if you have a chronic condition like high blood pressure or diabetes. If left untreated, these diseases can lead to more complicated eye issues. Through your vision benefit, you can receive at least one free annual eye exam when you visit an in-network provider. Additional eye exams are covered for those with medical conditions (such as diabetes) so check with your medical plan for details. And, if you have diabetes, make sure you have a comprehensive dilated eye exam at least once a year for early detection of eye conditions caused by diabetes.

Davis Vision (GM & Chrysler Members) 888-234-5164

SVS Vision (Ford Members) 800-225-3095

Learn more about these topics at nia.nih.gov.



LEARN MORE

Learn more about your medical, dental, vision and prescription drug coverage at uawtrust.org.

Online you can download documents mailed to you from the Trust, learn more about wellness and preventive care, and much more.

PRESCRIPTION DRUG DISPOSAL

National Prescription Drug Take Back Day: April 28th

Do you have medications that have expired or you no longer need? It's important you properly dispose of these medications. National Prescription Drug Take Back Day takes place **April 28th from 10 a.m. to 2 p.m.** This nationwide event offers a convenient and legal way to get rid of your unwanted or expired prescriptions, including controlled substances.

The proper disposal of unused or expired drugs is important, particularly as our nation faces an opioid crisis. The Drug Enforcement Agency reminds you:

- Leftover medicine can fall into the wrong hands.
- Expired medicines can lose effectiveness.
- Flushing or tossing medicine in the trash poses environmental, safety and health hazards.

To learn more or to find an authorized collection site in your area, visit **takebackday.dea.gov** or call **800-882-9539**.

TELL US WHAT YOU'RE THINKING

As you may have noticed, we've redesigned our newsletter. We are constantly working to improve and have spent months getting the newsletter ready. Now it's time for you to let us know what you think.

We hope you enjoy this first issue. If you have ideas on what you think we could do better or topics you'd like to see covered in the future, email us at **uawtrust@rhac.com**.

TOOLS & RESOURCES



Download The Express Scripts Mobile App

Keep track of prescriptions with access to personal medication information, past activity and payment detail, mail-order delivery status, refills, and renewals. Also, use the locator to find participating retail locations near you.

Download the free app today. Learn more at **uawtrust.org/prescriptiondrugcoverage**.

