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New Trust Care Management Pilot Program

Effective April 1, 2017, Conifer Health Solutions will offer personal health management services to Trust members. Initially available to

non-Medicare retirees, surviving spouses and

spouses enrolled in self-insured plans and over the age of 26 in three states – Michigan, Ohio and Indiana, this program aims to promote the quality of care members receive, as well as help improve overall health.



The program supports Trust members who are experiencing an acute episode, as well as those living with a chronic condition such as diabetes, breathing problems, heart conditions and more. Details of this new pilot program include:

- One-on-one access to a dedicated Personal Health Nurse (PHN)
- Voluntary participation (now or in the future)
- Free and confidential

If members have questions, they can call Conifer Health at 888-209-2862 or visit www.uawtrust.org/conifer to download the member letter, FAQ and brochure.



The New UAWTRUST.ORG

We are excited to announce that coming soon we will be launching the redesign of our website,

UAWTRUST.ORG. The new website is designed to make the **information and resources you and our members need easier to find**. To avoid confusion, in the coming weeks a notice will be posted on the current site. As the launch approaches, a postcard will be mailed informing members of the new website, as well. The website will feature a tutorial video to help members navigate the new design.

Stay tuned!

Health Spotlight: Colon Cancer Prevention

This spring, the Trust will focus on informing members on colon cancer prevention. Among cancers that affect both men and women, colorectal cancer is the second-leading killer in the U.S., according to the Centers for Disease Control and Prevention. It's recommended that 50- to 75-year-olds get screened with a colonoscopy, high-sensitivity fecal occult blood test or flexible sigmoidoscopy. The CDC says that with screenings, at least 60 percent of colon cancer deaths could be avoided.



Retirees will see information on this topic discussed at retiree meetings accompanied by an informational brochure. There will also be messaging included on the EOBs that members receive this spring.

Visit us online:

www.uawtrust.org



Prescription Drug Reminders

Specialty Medications

In an effort to keep specialty medication(s) affordable and to manage care, certain specialty medications are covered under the pharmacy benefit — no longer through the medical benefit. This change went into effect January 1, 2017. Accredo, the Express Scripts specialty pharmacy, will continue contacting new members as they start taking a specialty medication. The Trust's goal is to provide members with tools to better manage therapy and offer personalized support.

Specialty drugs are prescription medications requiring special handling, administration or monitoring. They are used to treat chronic and complex conditions.

To avoid an interruption in therapy and begin the transition process or get answers to questions, members should contact Accredo at 800-922-8279.

Generic-Only Drugs

Certain prescription drug classes have generic-only coverage. This change went into effect January 1, 2017 and impacted members received a letter last fall from Express Scripts with instructions.

A member's doctor may request an exception or initiate an appeal for coverage of a certain drug by calling Express Scripts, if the doctor feels the change in medication would not be appropriate.

Generics offer the same benefits as their brand-name counterparts with an on average cost that is 80-85 percent less.

To get answers to questions, members can contact Express Scripts at 866-662-0274.

Mobile Apps for Mobile/Tablet



Staying in touch with health resources is that much simpler for members with smart phones or tablets. Here are a few free resources for Trust members:



Express Scripts

Members can stay on track with instant access to personal medication information with the Express Scripts mobile app. Once downloaded, members will log on with their Express-Scripts.com username and password or will have the opportunity to create a username and password from the app. Members will have instant access to personal medication information including:

- ⇒ Claims and History: View past prescription activity and payment details
- ⇒ Refills and Renewals: One touch for home delivery
- ⇒ Order Status: Track home delivery status
- ⇒ Medicine Cabinet: Check interactions, set reminders and manage medications
- ⇒ Transfer to Home Delivery
- ⇒ Locate a Pharmacy

[Learn more about the app here](#), and [download the app here](#).

Blue Cross Blue Shield

Members can securely connect to their personal health plan information when they need it with the BCBS mobile app. Once logged into the app with their bcbsm.com account information, members will have access to information including:

- ⇒ Deductible and other plan balances
- ⇒ Search for covered services
- ⇒ Check claims and explanation of benefits
- ⇒ Find doctors and hospitals
- ⇒ View and share virtual ID card

Learn more and [download the app here](#).

