

# TRUST CONNECT

Stay in tune with your health & wellness

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## Have a Healthy Winter

As we approach the end of 2021, it's a good time to reflect on your health. Have you had your annual visit with your primary care physician (PCP)? If you haven't, be sure to make it a priority for January 2022. During this visit, make sure you're up-to-date on health screenings and immunizations, review prescriptions, and more. Remember, each year your deductible resets so you may be responsible for some costs up to your deductible for your initial visits.

In addition to preventive care, your Trust health benefits cover a wide range of services supporting your specific needs.



In this issue, you will find helpful information and resources on mental health and hearing benefits, fall prevention, the new over-the-counter benefit, prescription delivery, Medicare info, and scam awareness.

## Online Resources

### Mental Health Screening

Offered by Mental Health America, the screening provides a snapshot of your mental health and offers information, resources, and tools:

[screening.mhanational.org/screening-tools/](https://mhanational.org/screening-tools/)

### Hearing Screening

Unsure if you have hearing loss? You can take a fast and easy-to-use assessment:

[truhearing.com/uawtrust](https://truhearing.com/uawtrust)

You'll need a computer, tablet, or smartphone; internet or Wi-Fi connection; and headphones.

# Benefit Focus: Mental Health & Hearing Support

Your Trust benefits go beyond supporting your physical health

## Mental Health is Important

Nearly one in five U.S. adults live with a mental illness, according to the National Institute of Mental Health. For many, these struggles coupled with the challenges brought by the COVID-19 pandemic, anxiety or stress associated with the upcoming holidays, and more can be overwhelming.



### You're Covered

Taking care of your mental well-being is important and through your Trust benefits, you have access to mental health professionals (in-person or virtually). Learn more about your coverage and find a provider by calling the number on the back of your medical ID card.

Learn More: [nimh.nih.gov/health](https://nimh.nih.gov/health)

## Hearing Health

As one of your chief senses, hearing impacts your mental, social, and physical health. When you lose your hearing, it affects how you interact with the world around you. Treating hearing loss can help reduce the risk of falls and allow you to stay connected with family and friends and fully engage with the world around you.

### You're Covered

Most Trust members have hearing benefits through TruHearing. Coverage includes a hearing exam every 36 months, plus access to the latest hearing aid technology from top manufacturers.

Learn More: [uawtrust.org/dentalhearingvision](https://uawtrust.org/dentalhearingvision) or call TruHearing at **844-394-5420**

# Fall Prevention & New Over-the-Counter Benefit Info

## Prevent Future Falls

According to the Centers for Disease Control and Prevention (CDC), every second an older adult (65+) suffers a fall in the U.S. In addition to causing physical harm, falls can threaten independence. Understanding risk factors and making small changes in your daily life can help prevent a potentially consequential fall.

## Take Action

1. Exercise to strengthen muscles and increase stability.
2. Have vision and hearing exams regularly (or if changes occur).
3. Review medications that may cause dizziness or drowsiness with your doctor.
4. Create a safe living environment—ensure your home has adequate lighting, remove clutter from walkways, secure rugs, and install handrails and grab bars as needed.

## You're Covered

You have coverage for vision and hearing exams. Talk to your PCP about how to decrease the chances of a fall in the future. If you do not have a PCP, call the number on the back of your medical ID.

Learn More: [cdc.gov/falls](https://www.cdc.gov/falls)



## New Over-the-Counter (OTC) Benefit

In January 2022, eligible members will receive a catalog for the new OTC benefit. This benefit offers an annual allowance to order approved non-prescription medications and health-related items—such as bandages, aspirin, cold and sinus medicine, and vitamins and minerals—up to twice per calendar year. Keep an eye on your mail for more information to come.



## Rx Delivered to You

**Do you have your medications shipped directly to you?**

Express Scripts members have access to a safe and convenient way to get medications at a lower cost!

With home delivery, get a 90-day supply of medication for the same amount you would pay for a 30-day supply at retail.

A tier 1 medication costs \$5 for a 90-day supply through mail-order.

## Get Started

Call **866-662-0274** or visit

[express-scripts.com](https://www.express-scripts.com)

# Medicare Reminder & Scam Awareness

Before enrolling in an outside health plan, or sharing your personal information, read the information below

## Important Info for Medicare-eligible Members

If you are Medicare-eligible, you are likely receiving a lot of information from health plans outside of the Trust. Or maybe you've seen the commercials with Joe Namath or Jimmie Walker encouraging viewers to call for 'free' Medicare information. **Before you make any changes, be aware that enrolling in a Medicare Advantage plan, including a prescription drug plan, outside of the Trust's offerings will disenroll you from Trust coverage.** Medicare's enrollment rules state you can only be enrolled in one Medicare Advantage plan at a time.

**Remember!** The Trust co-brands all plan material so look for our logo on Trust-sponsored offerings. If you have questions, contact Retiree Health Care Connect (RHCC) at 866-637-7555, Monday through Friday, 8:30 a.m.-4:30 p.m. EST.



## Be Aware of Scams

It's the time of year where scammers ramp up their efforts. These attempts of getting personal information generally are for identity theft. Stay alert!

### What to watch out for?

There are several ways people will try to manipulate you into providing personal information, which is called "social engineering." It can take place on and offline. Unlike traditional cyberattacks, where cybercriminals want to go unnoticed, social engineers are often communicating in plain sight. Consider these common social engineering tactics that one might be right under your nose:

- A strange message from a "friend."
- An experience gives you heightened emotions.
- The request is urgent.
- The offer feels too good to be true.
- You receive help you didn't ask for.
- The sender can't or won't provide their identity.



### Have Ideas?

Are there other health-related topics you'd like covered in this newsletter? We'd love to hear from you, email us at [uawtrust@rhac.com](mailto:uawtrust@rhac.com) with your ideas.