

TRUST CONNECT

Stay in tune with your health & wellness

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Enjoy the Summer

As you prepare for brighter days, be sure to stay on top of your health.

Throughout the summer, you may receive information on health-focused programs you can participate in from your medical health plan carrier. Be sure to keep an eye on your mail, and open materials with the Trust logo (see the image at the top right corner of this document).



In this issue you will find information from Blue Cross Blue Shield (BCBS), UnitedHealthcare (UHC), and more.

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

24/7 Access to Your BCBSM Plan

With an online member account, your Blue Cross health plan is in one secure, convenient spot.

Access personalized benefit information, claims, explanation of benefits, and Blue Cross programs and savings.

Over half of Trust members have already signed up for an online account. Register your account at bcbsm.com/registeruawtrust or download and use the BCBSM mobile app to bring your health plan wherever you go.



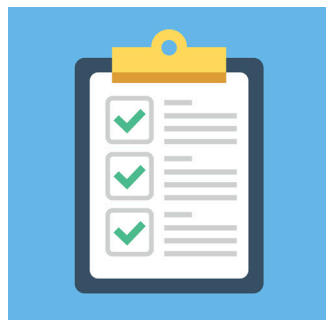
A message from



Easy Steps to Maximize Your Benefits

You wouldn't skip the routine maintenance on your vehicle; don't forget to do the same for yourself. Check out the tips below from **Blue Cross Blue Shield of Michigan (BCBSM)** to keep yourself running in top form:

1. Schedule an annual wellness visit with your provider to talk about health screenings and testing, medications, and preventive care. This visit is included in your plan, and you may be eligible for a reward for completing it.
2. As we age, physical challenges, incontinence, and falls can happen. If you're concerned about these, are feeling nervous, worried, or on edge, help is available to support your physical and emotional well-being. Visit bcbsm.com/age-healthy for benefit information and resources.
3. Your plan covers many preventive screenings at little or no cost. Your age, sex, and family history determine which screenings you need and when, so talk to your provider. Completing screenings helps spot issues early, which can make a difference in your health. Blue Cross may reach out to you regarding screenings for:



- **Diabetic kidney health** – In-home test kits to assess kidney function (blood test) and kidney damage (urine test).
- **Colorectal cancer** – An easy-to-use, in-home test kit for colon cancer.
- **Bone mineral density** – A non-invasive, painless, screening for osteoporosis. Recommended for women 65 and older.

You may be eligible for a reward for completing these screenings.

4. Statins can help manage high cholesterol. If you have diabetes or heart disease, you may be at greater risk of a future heart attack or stroke, and statins can help reduce that risk. Take your medication as prescribed to ensure you get the full benefit. If you have questions, talk to your doctor or pharmacist.



A message from



Taking Care of Your Health at Home

LetsGetChecked and UnitedHealthcare® (UHC) are working together to provide at-home colon cancer screening kits to certain enrolled members at no cost.

Regular screenings are important and can help detect colon cancer earlier when treatment may be more effective.



How the kit works

The screening kit does not require special preparation and is used to collect a stool sample to look for blood, which may be a sign of cancerous or precancerous growths in the colon. Test results could show you need more testing for colon cancer and a visit with your provider.



You may be eligible to earn a \$10 reward when you complete and report your colon cancer screening by December 31, 2024.

Annual Physical & Wellness Visit

A visit with your primary care provider (PCP) is one of the best ways to stay on top of your health. You and your PCP can work as a team to create a preventive care plan to help you stay as healthy as possible. Ask your PCP to combine your annual physical and wellness visits into one convenient annual care appointment. If you need help finding a PCP or a ride to the appointment, call your **UHC Customer Service Advocate at 844-320-5021**. You also may be eligible to earn a reward for completing and reporting your annual physical or wellness visit.

What's the difference between an annual physical and a wellness visit?

A physical includes a head-to-toe exam, blood sugar test, and cholesterol test. Your UHC plan covers this visit once per calendar year. A wellness visit includes a blood pressure check, height and weight measurement, and body mass index (BMI) test. Your plan covers these visits once per calendar year.

Using Your At-Home Test

Follow the enclosed instructions or watch an instructional video at uhccoloncancertestkit.com

Mail back your sample and completed test request form in the prepaid envelope.

Confidential results will be sent to you and your primary care provider.

Review your results with your primary care provider and discuss potential additional testing or treatment.

Large Font Prescriptions

Optum Rx offers larger font labeling. Call the number on the back of your ID card to request this feature. Already getting this? Be aware, an updated look is coming:

- Larger print directions.
- A pill image and description for quick identification.
- The ability to cut and attach printed details to your pill bottle.



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.

Prescription Drug Reminders

Taking medications is an important part of maintaining health and managing disease for many. For most Trust members, prescription drug coverage is provided by Optum Rx. The plan provides coverage through a nationwide network of retail pharmacies, as well as a convenient mail-order program. Below are a few tips to remember when it comes to using your prescription drug benefit:

- Some medications require a prior authorization (preapproval). These do expire, at which time you will receive a letter in the mail with steps to take to renew your approval.
- If you have unused or unneeded prescriptions, visit [fda.gov/drugs/safe-disposal-medicines/disposal-unused-medicines-what-you-should-know](https://www.fda.gov/drugs/safe-disposal-medicines/disposal-unused-medicines-what-you-should-know) for more information on proper disposal.
- Mail order: Receive a 90-day fill delivered to your door at the one-month retail copay amount.
- If you have questions about an auto-refill, contact your prescription drug plan administrator.

BCBS MA: Vital Decisions Discontinuation

If you are enrolled in the Blue Cross Blue Shield (BCBS) Medicare Advantage (MA) plan, you may be familiar with the advanced care planning program called Vital Decisions.

The Vital Decisions program is no longer available as of May 1, 2024.

If you have questions, call the number on the back of your medical ID card.