

## 2018 Healthy Lifestyles Plan Benefit Highlights

We are very pleased to offer the Healthy Lifestyles Plan in 2018. NHRMC offers comprehensive benefit offerings through self-funded plans.

### Enrollment

- ✓ Active employees and covered dependents qualify for the Healthy Lifestyles Plan based on HbA1c and/or Blood pressure readings derived from employee Health Risk Assessment (HRA) lab results.
- ✓ Newly eligible employees, who are identified from HRA lab results, will be automatically enrolled in the Healthy Lifestyles Plan in 2018. New members of the Healthy Lifestyle Plan may be contacted by a provider from Employee Health & Clinic to discuss individual HRA results.
- ✓ All individuals enrolled in the Healthy Lifestyles Plan in 2018 will be allowed to **OPT OUT** within the first **60 days following their Healthy Lifestyles Plan enrollment date**.
- ✓ **Covered dependents** eligible for the Health Lifestyles Plan can **OPT INTO** the plan by submitting an Enrollment Eligibility form, which must include confirmation of a pre-diabetes, diabetes or hypertension diagnosis signed by their physician. This form can be found on [www.nhrmc.org/healthylifestylesplan](http://www.nhrmc.org/healthylifestylesplan) (Under **Healthy Lifestyles Plan Materials**).

**UnitedHealthcare** is our medical plan administrator. Visit [www.unitedhealthgroup.com](http://www.unitedhealthgroup.com) (UnitedHealthcare Website) to look-up In-Network providers through "Find a Doctor".

### Rates

The Healthy Lifestyles Plan is classified as a sub-plan of our Standard or NHRMC medical plans. The 2018 plan rates are published on [www.nhrmcbenefits.com](http://www.nhrmcbenefits.com) (Benefits Website):

*Health Benefits → Medical → Medical Plan Descriptions → 2018 Benefits (Disease Mgmt.)*

### Plan Design

- ✓ The Health Lifestyles Plan will remain a sub-plan of the NHRMC and Standard medical plans, and there will be a \$0 co-pay on eligible diabetes/hypertension-related doctors visits and medications.
- ✓ One-on-one appointments with a Pharmacist or Dietitian will be available to all plan participants at no cost. These visits will be required for those who are classified as diabetic and hypertensive and optional for those who are pre-diabetic (see action items form for details).
- ✓ Covered dependents will receive a \$0 co-pay on approved medications for diabetes, high blood pressure, high cholesterol and depression.
- ✓ There is a mandatory mail order for maintenance prescriptions AND testing supplies through **MedImpact**. [www.medimpact.com](http://www.medimpact.com)
- ✓ Remember that your comprehensive eye exam must be billed to your UnitedHealthcare medical plan **not Community Eye Care** insurance in order for the co-pay to be waived.
- ✓ Educational sessions, Healthy Lifestyles News newsletter and other sessions will be available on our Healthy Lifestyles Plan website. Visit [www.nhrmc.org/healthylifestylesplan](http://www.nhrmc.org/healthylifestylesplan) for more details.

### Healthy Lifestyles Plan Benefits Summary

**Questions?** Contact our Healthy Lifestyles Plan Administrator at 910.667.5959.

You may also contact your HR-Benefits Team: [HR.Benefits@nhrmc.org](mailto:HR.Benefits@nhrmc.org) / Fax: 910.667.5969.

**Healthy Lifestyles Plan HOTLINE 910-667-7777**