Information about the Michigan Public School Employees' Retirement System health plan

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The 2019 Verification of Coverage survey was mailed to all retirees in May.* You must complete this form for yourself and anyone else covered by your retirement system health plan. You must respond to the survey by July 15, 2019, even if you don’t have other coverage. If you don’t respond, your retirement system medical plan and prescription drug coverage will be canceled.

The Verification of Coverage survey asks you to identify any other medical and prescription coverage you or your dependents have in addition to your retirement system coverage. The information is used to determine your eligibility in the retirement system’s health plan.

*Members who retired Jan. 1, 2019 or later were not included in the survey mailing.

Update your information on miAccount

The Michigan Office of Retirement Services is the central hub for each of the insurance carriers that provide your coverage. That’s why it’s important to keep your information up to date with the retirement system, whether you have a new phone number or a new address.

Log in to miAccount at www.michigan.gov/orsmiaccount to:

• Update your contact information
• Add or remove a dependent
• Apply for a different insurance carrier

For help logging in to miAccount, watch the tutorial on the log in page at www.michigan.gov/orsmiaccount.

You must also keep your address up to date with the Social Security Administration. To do so, go to www.ssa.gov/myaccount or call 1-800-772-1213, Monday through Friday from 7 a.m. to 7 p.m. TTY users should call 1-800-325-0778.
Bringing health care solutions to you

Maintaining your health through preventive care and other services is important. Blue Cross is continuously looking for ways to connect you with resources to maintain your health. Throughout the year, we partner with health care providers and organizations to offer preventive services and screenings to you through a variety of programs. You may receive a letter or call inviting you to participate in these programs. Participation is voluntary, but we encourage you to take advantage of these convenient and easy ways to get the most out of your health benefits. There is no cost for you to participate. Keep in mind, these services don’t replace discussing your health concerns with your primary doctor.

By participating in the services, you’ll:

• Complete health screenings and services that you may be overdue to receive
• Get better prepared for your next visit with your doctor.
• Have your results sent securely to you and your doctor.

For your safety, companies that partner with Blue Cross won’t ask for your Social Security number or details about your medical plan coverage. If you’re uncertain about health care calls you’ve received, call Blue Cross Customer Service at 1-800-422-9146 from 8:30 a.m. to 5 p.m. Eastern time, Monday through Friday. TTY users should call 711.
Register for your personalized Blue Cross online member account

Whether at home or on the go, having a Blue Cross member account gives you access to your medical plan and how it works. Once registered, you’ll have tools, information and support needed to manage your plan and get the most from your coverage.

An online account allows you to:

- See your out-of-pocket balance and deductible
- Check your claims and explanation of benefits statements
- Search for doctors and hospitals in network and review quality information
- Compare estimates for costs of many health care services and procedures

Signing up is simple. You’ll need your Blue Cross member ID to get started. Then go to www.bcbsm.com/register to create your account. Or, text REGISTER to 222764.*

Another plus: You can go green by choosing the paperless option. You have the option to view your EOBs online and can choose to stop receiving them in the mail.

Not feeling well?
Here’s where to go for care

You have lots of health care treatment options – and you may have lots of questions about which ones to use and when. Use this table to help you find the right care for your needs.

<table>
<thead>
<tr>
<th>This option refers to...</th>
<th>Choose this option for...</th>
<th>Your in-network cost is...</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>24-Hour Nurse Line</strong> 1-800-775-2583</td>
<td>A 24/7 service that connects you with a registered nurse.</td>
<td>Answers to health questions and recommendations for at-home treatments for minor illness and injuries.</td>
</tr>
<tr>
<td><strong>Primary care doctor, physician’s assistant or nurse practitioner</strong></td>
<td>The individual you see first for most health issues.</td>
<td>Preventive care, diagnosis and long-term treatment of most conditions with a focus on you.</td>
</tr>
<tr>
<td><strong>Specialist</strong></td>
<td>A doctor with expertise in a particular area of medicine, such as dermatology, oncology (cancer), cardiology (heart) or surgery.</td>
<td>Specialized diagnostic and treatment focusing only on a specific disease or organ system.</td>
</tr>
<tr>
<td><strong>Urgent care center</strong></td>
<td>A facility that provides care for conditions that need immediate attention but aren't life-threatening.</td>
<td>Conditions that aren't life-threatening but need more than home remedies. A good option after-hours, on weekends or whenever you can't get a quick appointment with your primary care doctor.</td>
</tr>
<tr>
<td><strong>Emergency room</strong></td>
<td>Part of a hospital that provides care for severe or life-threatening conditions.</td>
<td>Situations you believe to be life threatening such as heart attacks, strokes, broken bones and serious injuries.</td>
</tr>
</tbody>
</table>

*Your Medicare Plus Blue℠ Group PPO plan offers 25 preventive services covered at no cost to you.

Sources: American Academy of Family Physicians; American Board of Medical Specialties; American Psychological Association; Centers for Medicare & Medicaid Services; National Institute on Aging
Managing diabetes in the summer

During the hot, humid summer months, it’s tempting to indulge in ice cream and other sweet summer treats. But don’t let your cravings win, because they can lead to complications if you have diabetes.

It’s important that people with Type 1 and Type 2 diabetes take extra precautions to keep cool during the hottest time of the year. Warm temperatures put additional strain on the body, which can lead to dehydration, low blood glucose levels, or an inability to produce and use insulin. Use this summer checklist to beat the heat and keep you safe.

✔ Pack a healthy snack to maintain your blood sugar levels.
✔ Check your blood sugar levels often.
✔ Drink plenty of water to stay hydrated.
✔ Check the local news regularly for weather and health safety updates.
✔ Swim safely. Always swim with a buddy and make sure he or she knows you have diabetes, or let the lifeguard know about your condition.
✔ Use sunscreen and wear protective clothing, including sandals or water shoes to protect your feet and avoid injury.
✔ Check on friends or neighbors with diabetes and have them do the same for you.
✔ Protect your diabetes medications and tools. Don’t store insulin or oral diabetes medicine in direct sunlight or in a hot car.
✔ Pack an emergency supply kit you can quickly grab if you need to seek shelter away from home.

Sources: American Diabetes Association, Center for Disease Control and Prevention, Mayo Clinic and WebMD®
Get your OptumRx explanation of benefits online

You are now able to get your explanation of benefits (EOB) statement for Medicare Part D electronically through the OptumRx member website. If you choose to do this, you’ll get an email each month when your EOB statement is available to view online.

Sign up for paperless EOB statements:
1. Log in to your member account at www.optumrx.com.
2. Click on the My profile tab.
3. Select Communication preferences.
4. Check the option Paperless to select paperless delivery of your EOB.

After you sign up, you’ll no longer receive paper copies. Remember, you can change your delivery method back to receiving paper copies in the mail at any time. To receive paper copies in the mail, follow steps one through three mentioned above. Then, uncheck the Paperless option and check the Mail option.

If you have additional questions, call OptumRx at the phone number on your EOB or your member ID card. Representatives are available 24 hours a day, seven days a week.

Is the shingles vaccination covered?

If eligible, OptumRx will cover your shingles shot when filled at a network pharmacy. If you have any questions, call OptumRx at 1-855-577-6517, 24 hours a day seven days a week. TTY users should call 711.
Plan for your medication needs when traveling

It's time to start planning your travel adventures. For those taking medication regularly, it’s important to plan for that, too. To be at ease about your prescriptions when you’re away from home, review this list of helpful travel tips before you pack:

• Make sure to have enough medication on hand for your entire trip. If possible, refill your medication(s) before you leave.
• A pharmacy along the way can assist you in transferring your prescription for a local fill.
• To find a network pharmacy while on vacation, use the Pharmacy locator tool at www.optumrx.com or call OptumRx at the number on your member ID card.
• Airports make exceptions for medically necessary liquids, medications and creams more than 3.4 ounces or 100 milliliters in your carry-on baggage. Refer to Transportation Security Administration (TSA) security screening requirements at www.tsa.gov/travel/special-procedures.
• If you have to pack your medication in your checked luggage, make sure to keep a small amount with you in your carry on, in case your luggage gets lost.
• Don’t forget to bring your member ID card.
• Have the phone number of your doctor or pharmacist with you in case you have any questions about your medication. You can also call OptumRx at the number on your member ID card.
• Carefully pack medications that may be temperature sensitive in a travel cooler or insulated medication travel bag. You can also call OptumRx for advice on proper packaging.

Prescription drug update

The patents on some brand-name drugs have expired or are set to expire, which means members will be able to save by using the generic equivalents. Any drug that was available on the formulary (drug list) in its brand-name form will continue to be on the drug list in its generic form. Your pharmacist will automatically dispense the generic on new or refilled prescriptions for these drugs.

<table>
<thead>
<tr>
<th>Brand name</th>
<th>Generic name</th>
<th>Indication/Use</th>
<th>Generic availability*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lyrica</td>
<td>Pregabalin</td>
<td>Neuropathic pain; Fibromyalgia; Seizures</td>
<td>July 2019</td>
</tr>
<tr>
<td>Thalomid</td>
<td>Thalidomide</td>
<td>Multiple Myeloma</td>
<td>August 2019</td>
</tr>
<tr>
<td>Delzicol</td>
<td>Mesalalime</td>
<td>Ulcerative Colitis</td>
<td>September 2019</td>
</tr>
<tr>
<td>Forteo</td>
<td>Teriparatide</td>
<td>Osteoporosis</td>
<td>September 2019</td>
</tr>
</tbody>
</table>

*Generic availability is subject to change based on FDA approval, manufacturer decision and any litigation.
Did you know it’s just as important to protect your eyes from the sun’s harmful rays as it is to shield your skin? The intense ultraviolet (UV) rays of the sun can damage sensitive cells in the eyes, eventually affecting vision. These problems may include cataracts, a clouding of the lens of the eye. Cataracts are a leading cause of reduced vision in the United States in people age 60 and older, according to the National Eye Institute.

UV protection is not just for skin. While sunglasses are definitely a good idea when it comes to eye protection, not all sunglasses are created equal. Choose sunglasses that limit transmission to no more than one percent UVB and one percent UVA rays. Sometimes the information on the glasses indicates 99 percent of the UV rays are blocked. That’s OK.

Other tips to protect your eyes from sun damage:
- Wrap-around sunglasses or lenses large enough to completely cover the eye and prevent as much light as possible from entering through the edges of the glasses are best.
- Darker lenses can be helpful, particularly if you’re light sensitive.
- Gray lenses provide the least color distortion but don’t offer any better protection than other colored lenses.

Remember more sun protection is better. More is better when it comes to protecting your eyes from the sun, according to eye experts. If you’re planning to be out in the sun, you can protect your eyes with a combination of quality sunglasses, UV blocking contact lenses and a wide-brimmed hat. For more information, talk to your eye care professional today. Your eye care provider can help you choose the right eyewear to help you enjoy the great outdoors even more.
Making the connection between diabetes and gum disease

More than 30 million Americans have diabetes, and more than 84 million have prediabetes, a condition that increases the risk of developing Type 2 diabetes.¹

If you’re diabetic or prediabetic, pay extra attention to your oral health. Research has found a strong connection between gum disease and diabetes. People with diabetes not only are more likely to have gum disease but can have a more advanced stage of the condition than those without diabetes.²

Unlike gum disease, diabetes is not always preventable. Regular dental visits are necessary in helping people at risk for diabetes maintain good oral health. Proper oral hygiene and treatment of gum disease may even help people with diabetes achieve better blood sugar control.

The following tips can help people with diabetes better manage their oral and overall health:

- Schedule regular dental cleanings at a frequency recommended by your dentist to help eliminate the source of bacteria associated with periodontal disease.
- Tell your dentist you have diabetes and remind him or her of the status of your condition at each visit.
- Share your physician’s contact information with your dentist and vice versa so they can discuss proper treatment should an issue arise.
- Practice good oral health habits, such as brushing and flossing regularly and using a daily mouthwash.

Sources:
When contacting us, help us help you by providing your contract number.

Blue Cross Blue Shield of Michigan
For questions about health care claims, ID cards, or participating providers in Michigan:
Call: 1-800-422-9146
TTY: 711
Monday through Friday, 8:30 a.m. to 5 p.m. Eastern time
Write: Blue Cross Blue Shield of Michigan
MPGERS-Medicare Plus Group PPO
Customer Service Inquiry Department
P.O. Box 441790
600 E. Lafayette Blvd.
Detroit, MI 48226-1790
Website: bcbsm.com/mpsers

BlueCard PPO providers outside Michigan
Call: 1-800-810-BLUE (810-2583)

Medicare
Call: 1-800-MEDICARE (633-4227)
TTY: 1-877-486-2048
Website: medicare.gov

TruHearing™
Routine hearing care services and hearing aids are only covered when you call TruHearing and follow the instructions you’re given.
Call: 1-855-205-6305
TTY: 711
Monday through Friday, 8 a.m. to 8 p.m.

Delta Dental Plan of Michigan
Call: 1-800-345-8756
Customer service representatives available Monday through Friday, 8:30 a.m. to 8 p.m., Eastern time. Automated service seven days a week, 24 hours a day.
Website: deltadentalmi.com/mpsers

OptumRx
For questions about pharmacy claims, ID cards, or participating providers, contact OptumRx Prescription Plan at:
Call: 1-855-577-6517
Customer service representatives are available 24 hours a day, seven days a week.
Website: optumrx.com

BriovaRx
For questions about specialty medications, contact Specialty Pharmacy BriovaRx at:
Call: 1-855-4BRIOVA (1-855-427-4682)
Weekdays, 8:30 a.m. to 10 p.m., Eastern time
Website: briovarx.com

EyeMed Vision Care
For questions about your vision benefits services, contact EyeMed Vision Care.
Call: 1-866-248-2028
Monday through Saturday, 7:30 a.m. to 11 p.m. Eastern time
Sunday, 11 a.m. to 8 p.m. Eastern time
Website: eyemed.com/mpsers

Michigan Public School Employees’ Retirement System
For information about your pension account and health insurance enrollment and eligibility, contact Office of Retirement Services:
Call: 1-800-381-5111
Monday through Friday, 8:30 a.m. to 5 p.m., Eastern time
Website: michigan.gov/orsschools
For address and enrollment changes:
Website: michigan.gov/orsmiaccount
Write: Office of Retirement Services
P.O. Box 30171
Lansing, MI 48909-7671

Upcoming Pension Payment Dates
July 25, 2019 • August 23, 2019 • September 25, 2019
Best of Health

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