



Benefit News

March 2020

Cornavirus 2019 –UnitedHealthcare FAQ

As the administrator of the District’s health plan, UnitedHealthcare continues to actively monitor the U.S. Centers for Disease Control (CDC), World Health Organization (WHO) and other public health resources to ensure that they are responding appropriately to the needs of our employees regarding the coronavirus situation. UHC has issued a [Frequently-Asked-Questions](#) document and also encourages you to visit the CDC’s and WHO’s websites for the most updated information on this evolving situation. Additionally, customer service representatives at UHC are able to provide information and instructions to callers about symptoms, transmission, diagnosis, treatment and prevention of the coronavirus. Call the number on your UHC health insurance ID card for more information.

Coping with Crisis

Optum, the provider of the District’s Employee Assistance Program, is offering a free [emotional support help line](#) for anyone impacted by the coronavirus public health crisis. Staffed by caring professionals who will connect people to resources, it is available 24 hours a day to anyone, so you may share with family and friends: **(866) 342-6892**

Enhanced Telemedicine Options under UHC

With the growing concern over exposure to the coronavirus, telemedicine or “Virtual Visits” offer a safe and convenient healthcare option for you and your family to avoid crowded clinics or doctor offices. Virtual Visits allow you to see and speak to a doctor 24 hours/day about simple medical concerns from your mobile device or computer. Average wait time is usually 30 minutes or less. Visits are eligible expenses under the U-46 health plans with UHC, and the average visit cost is \$49.

UHC has 3 network providers – Teladoc, Amwell and Doctor on Demand. Links to all three can be found under the “Find a Doctor” icon when you login to www.myuhc.com.

Teladoc now offers an integrated experience and real-time scheduling through www.myuhc.com. Both Teladoc and Doctor on Demand have the ability to refer patients for lab services if determined to be appropriate based upon the member’s symptoms or medical problems discussed during the virtual visit. View the [Virtual Visits FAQ](#) to learn more.

Preventive Vaccines Available at Pharmacy

Certain preventive vaccinations are now available at network pharmacies at no cost under the District’s health plans with UnitedHealthcare. While some vaccinations will continue to only be covered if they are administered in a physician’s office, certain preventive vaccines are now available at the pharmacy and paid under the network pharmacy benefits. Vaccinations for Influenza, Hepatitis, Measles, Mumps, Rubella (MMR), Pneumonia, Polio, Tetanus, Zoster (Shingles) and others are available for plan participants over age 18. Learn more [here](#).



HSA and Tax-Time

Optum Bank partners with the District to administer the Health Savings Accounts for participants in the Gold and Silver Health Plans. Have questions about your HSA and taxes? Visit Optum Bank today – www.optumbank.com

1095-C and Filing Your 2019 Tax Return

The Form 1095-C shows that you had insurance coverage during the calendar year. If you were covered by the U-46 health plan in 2019, your 1095-C form is available in Munis Self-Service and was either emailed or mailed to you in late February. Please note that the actual form is not required to file your tax return.

FSA – Automatic Payment Feature

Flexible Spending Account (FSA) participants may choose to enable UHC’s automatic payment feature, which automatically submits any medical, pharmacy or dental expenses to your FSA, by logging into www.myuhc.com and clicking on Claims and Accounts and then selecting Automatic Payment Settings under your Healthcare Flexible Spending Account. Replacement debit cards for your FSA may be ordered by calling 866-755-2648.

Get Onboard with the 2020 Wellness Program!!!



If you are a participant in any of the three District health plans, you can participate in the District’s Wellness Program to earn an incentive of \$120 for completing certain wellness activities. If your spouse is on the plan and completes the requirements, you can earn an additional \$120. Your progress in the Wellness Program is tracked in the United Healthcare Rally portal. To participate, employees and their spouses must each register on www.myuhc.com and then register for the Rally portal. Click on “Rewards” in Rally to view available activities, and achieve completion level of **100%**. Activities for the 2020 incentive must be earned in the 12 month period which started on 1/1/2020 and will end on 12/31/2020.

The activities that you and your spouse have available are customized based on your age and gender. You may have already completed some of these activities and not even realized it! For example, if you have had a physical since January 1, 2020, you should be able to view these points on the Rewards page within 2-3 weeks after your physical.

Click [here](#) for full instructions on navigating Rally and earning your 2020 incentive.

The tentative incentive payment schedule for 2020 Rally completion is as follows:

If You Completed 100% in Rally by This Date:	Your \$120 Incentive is Scheduled to be Paid on this Pay Date (tentative):
3/31/2020	5/15/2020
6/30/2020	8/21/2020
9/30/2020	11/27/2020
12/31/2020	2/19/2021

Earn Gift Cards for Walking - Join STRIDE Today!

New for 2020, STRIDE is a bonus program that rewards you for taking healthy actions through daily exercise. It monitors the number of steps you take (or motion, if you are cycling). Set a daily step goal and earn a \$20 gift card each month where you meet your daily step goal at least 12 days during the month. STRIDE is simple and verifies data in real-time. Learn more about STRIDE [here](#) and start earning rewards this month for taking “strides” towards your own good health! Employees and spouses on the District health plans may participate.



2019 Health Plan Survey Results

On behalf of the District’s Health Care Committee, we wish to thank those employees who participated in the 2019 Employee Health Plan Survey in January. 930 responses were submitted to the survey. The District’s Health Care Committee is composed of 5 members of the ETA, one member from each of the other collective bargaining units, and 5 District administrators.

The survey provides employees an opportunity to give feedback which is then used by the Health Care Committee to review the design of plan benefits and any service issues with vendor partners.

523 employees had suggestions and 462 employees expressed concerns. Some of the more common concerns are addressed and questions are presented in the full survey response document – click [here](#).

Onsite Customer Service

A representative from UHC is available to meet with employees in person in Human Resources, 355 E. Chicago Street, Elgin. Email Benefits@U-46.org for an appointment on March 19th or April 16th.

Wellness Corner: Healthy Habits

Ready to step up your healthy habits? This month, check out articles, information and fresh perspectives on topics ranging from sleep to physical activity, and beyond, brought to you by our Employee Assistance Program at Optum. Click [here](#) to get started.

