



"On the Fringe"

November 2006

Act Early— Flu Shots Available!

Maximize your health plan's first dollar coverage for preventive services

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Preventive Care and Immunizations - MAXIMIZE this first dollar coverage!

If you participate in a District sponsored health insurance plan, you have first dollar coverage available for certain preventive care benefits and immunizations. With flu season drawing near, we encourage you to review this valuable benefit which includes coverage for a flu shot. After all, you are paying for this coverage!

The following is a review of your District sponsored health plan coverage for preventive care and immunizations:

WEA Premera Blue Cross Plan 1, 2 or 3 Subscribers:

Benefits are provided up to \$200 per person per calendar year (\$500 per calendar year for enrollees

from birth through age 3) for routine physical examinations and well-baby examinations. The plan pays 100% of allowable charges when you use a Heritage network provider. This benefit also includes outpatient routine or preventive diagnostic imaging (including x-ray), laboratory services and immunizations (including flu shots).

WEA Premera Blue Cross Foundation Plan Subscribers:

An unlimited preventive care benefit is available for each enrollee for routine physical examinations and well-baby examinations. The plan pays 100% of allowable charges when you use a Foundation network provider. You pay a \$15 office visit copayment per visit. This benefit also includes out-patient routine or preventive diagnostic imaging (including x-ray) laboratory services and immunizations (including flu shots).

To confirm if your physician participates in the Heritage or Foundation network, or to confirm if a particular service would be covered under the preventive care and immunization benefit, please contact Premera customer service at 1-800-345-6784 or online at www.premera.com/WEA.

Group Health Cooperative Subscribers

Preventive services such as well-adult and well-child physicals, immunizations, pap smears and mammograms are subject to a \$15 out-patient services copayment when in accordance with the well-care schedule established by Group Health Cooperative. To request a copy of the well-care schedule, please contact Customer Service at 1-888-901-4636 or registered members can log on to MyGroupHealth at www.ghc.org. Not a registered member? Not a problem, go to www.ghc.org and register today!

Flu Shot Free for a limited time!

Between November 1st and December 5th, Group Health subscribers can receive a flu shot at no charge, saving a \$15 office visit copayment! Please contact your local health center or customer service for more information.

Benefits Fair Feedback

We were glad to once again hear positive feedback from you regarding the Benefits Fair and Benefits Overview. The Benefits Fair is designed to give you an opportunity to

learn more about your benefits and get questions answered from our vendors and consultants. Your feedback is very important to us.

If you have suggestions to help us improve next year's benefits fair, please contact a benefits committee member or your union building representative.

Benefits Handbook Easy to Search on the Web

Your benefits handbook is posted on the district's website. It opens as a PDF file which makes it easy to search for specific information.

Access the handbook at www.cheney.org click on administration, and then click on employee benefits handbook. To conduct a search, click on the binoculars icon and type in the search term.

