



Serving Employees and Retirees of School Districts in Smithtown, South Country, Three Village

Spring Bulletin 2024

SSEHP New Health Care Premiums Effective July 1, 2024

As a health plan we work very hard to provide you with premiums that are competitive to comparable health plans in our area, while still offering you and your family with the greatest access to quality health care. The following rates will apply as July 1, 2024 through June 30, 2025:

- Individual - \$1,306.72
- Family - \$2,574.33
- Medicare Primary Individual - \$681.24
- Medicare Prime 1 (1 over 65 and 1 under 65) - \$1,978.97
- Medicare Prime 2 (both members over 65) - \$1,529.35

Please note: The percentage of premium that you pay is dependent upon your current contract with your district.

Suffolk School Employees Health Plan – Mail Service Saver Plus

Suffolk School Employees Health Plan uses OptumRx for pharmacy benefits. The costs of taking a long-term medication can add up. We want to help you pay less. SSEHP Commercial (Non-Medicare) Plan members are able to receive three retail prescription fills. After the third retail fill, you will need to fill your long-term medication(s) through OptumRx® home delivery. With OptumRx® home delivery, you can get a 3-month supply of your long-term

medications. Plus, OptumRx will mail them to you with free standard shipping. When meeting with your physician ask them for two (2) prescriptions. The first prescription should be the prescription you can take to your local retail pharmacy for a 30- day supply with two refills and the second would be for a 90-day supply with three (3) refills to be sent to OptumRx Home Delivery pharmacy.

Ready for home delivery? Here are the ways to sign up.

- www.optumrx.com or with the OptumRx app.
- Or, ask your doctor to send an electronic prescription to OptumRx.
 - ✓ What is ePrescribe? It's a way for your provider to send electronic prescriptions to OptumRx. It is much faster than paper and faxing prescriptions. Be sure to ask your doctor to ePrescribe when possible. Prescriptions for controlled substances, such as opioids, can only be ordered by ePrescribe.1
- Or, call the number on your member ID card (1-877-633-4461) and ask for help from an OptumRx Customer Service Advocate.

UnitedHealth Premium Doctors

The UnitedHealth Premium program makes it easy for you to find doctors who meet benchmarks based on national standards for quality and local market cost efficiency. The program evaluates physicians in various specialties using evidence-based medicine and national standardized measures to help you locate quality and cost-efficient providers. Look for the Tier 1 symbol when looking for a primary care physician or specialist on myuhc.com® or our Health4Me® app. A note of reminder when choosing a provider, the copay is \$25 for a premium Specialist provider and \$50 for a nonpremium specialist UHC provider. OON providers will be subject to deductible and coinsurance.

Why is UHC calling?

A compassionate UnitedHealthcare nurse or advocate may be reaching out to offer extra support. They may be trying to contact you to help schedule appointments, enroll you in complimentary programs and answer your questions. UHC is reaching out for a caring conversation

UHC may be connecting with those who are:

Recovering from a hospital stay They'll confirm that you've received and understand your after-care instructions, medications, etc.

Managing a condition They'll reach out to provide caring assistance to those with cancer, asthma, diabetes, heart failure, kidney issues and more.

Expecting a baby If pregnant, an experienced maternity nurse may call to provide support. Missed the UHC call? Call the number on your health plan ID card

Find quality care with Premium Providers

Studies show that people who actively engage in their health care decisions have fewer hospitalizations, fewer emergency visits, higher utilization of preventive care and overall lower medical costs.

Physicians must meet quality criteria to be eligible to be a premium provider. Quality is the primary program measurement, assessed using national standardized measures from organizations such as the National Quality Forum (NQF) and the National Committee for Quality Assurance (NCQA). NCQA's Physician and Hospital Quality (PHQ) Certification program evaluates how well health plans measure and report the quality and cost of physicians and hospitals.

- Physician and Hospital Quality Certification is the first program to independently assess provider measurement programs.
- Accredited—2 years: NCQA awards a status of 'Accredited—2 years' to organizations that demonstrate performance of the functions outlined in the standards for CM accreditation.

It's easy to find a UnitedHealth Premium Care Physician. Just go to myuhc.com® > Find a Provider. Choose smart. Look for the Tier 1 designation. Reminder your copay is \$25 for a tier 1 specialist and \$50 for a UHC non designated specialist.

Exceptional Cancer Care, For You and Your Family

SSEHP partners with Memorial Sloan Kettering Cancer Center (MSK), one of the top 2 ranked cancer hospitals in the nation, through a program called MSK Direct. MSK Direct is a benefit for SSEHP members that gives you, your family and friends the highest-quality cancer services for screening and prevention, diagnosis, treatment, and life after cancer for both adults and pediatric patients.

How Can MSK Direct Help?

MSK Direct is your pathway to the highest-quality cancer services for screening and prevention, diagnosis, treatment, and life after cancer – no matter where you are.

With MSK Direct, you have access to:

Coordinated appointments with MSK doctors. A dedicated Care Advisor will gather all your medical records and schedule a timely, coordinated appointment with an MSK doctor who specializes in the type of cancer you have.

Navigational cancer support and guidance from a team of oncology-certified nurses. Whether you choose to receive your care at MSK or somewhere closer to home, our dedicated team of oncology-certified nurses are here to support you and answer questions throughout your cancer journey.

Help choosing the right hospital for you, wherever you live. Using our National Cancer Care Recommender tool, we can help you find the best cancer hospitals that are close to home and accepted by your insurance.

Expert opinions from MSK doctors without leaving home. MSK doctors will provide you

and your local doctor with an accurate diagnosis and a comprehensive, written treatment plan to guide your cancer care so you can benefit from MSK's world-class expertise.

Cancer screenings and risk assessments. We'll provide you with personalized screening recommendations and advice on how to reduce your risk for cancer through our digital assessment and educational resources.

MSK is considered an in-network facility for the SSEHP, and virtual services through MSK is a covered benefit for SSEHP members. Whether you have cancer, are concerned about your risk of cancer, or are a caregiver, MSK Direct is here for you. To get started with MSK Direct, call the SSEHP dedicated phone line at **833-825-4563** or visit www.mskcc.org/ssehp.