



Wondering about 2019 premiums?

Monthly premiums for most UMP members are increasing for 2019. However, UMP CDHP premiums for employees are not changing.

For the complete list of 2019 premiums, see the PEBB Program's October **For Your Benefit** newsletter or visit www.hca.wa.gov/erb.

Note: School district employees and employees who work for a city, county, port, etc., need to contact their personnel, payroll, or benefits office to find their monthly premiums.

Have questions about your 2019 benefits?

Attend a benefits fair

Attend a PEBB benefits fair, meet plan representatives, and learn about your options for 2019. Benefits fairs will be held across Washington between October 30 and November 19. Visit www.hca.wa.gov/erb for the full schedule and more details.

Watch a UMP Plus webinar

The UMP Plus networks are hosting webinars to present information about their plan services and benefits. Tune in to learn more.

- Puget Sound High Value Network (PSHVN): Monday, October 29, noon to 1 p.m. Pacific Time (PT).
- UW Medicine Accountable Care Network (UW Medicine ACN): Wednesday, November 7, noon to 1 p.m. PT.

Register for the webinars at www.hca.wa.gov/ump/open-enrollment. Can't make the live webinar? The sessions will be recorded and available to view later at the same link.

Go online with UMP

Visit www.hca.wa.gov/ump to find out about changes for UMP members, check to see if a provider is in a UMP plan network, and compare the three UMP plans.

Ready to make changes for 2019?

Open enrollment starts November 1 and ends November 30 at midnight PT. During open enrollment, you can make changes to your medical or dental plan. To learn how to make changes, see the PEBB Program's October **For Your Benefit** newsletter.





UMP Plus service area change

Starting January 1, 2019, the UMP Plus networks (PSHVN and UW Medicine ACN) will no longer provide coverage in Grays Harbor County. This includes the Grays Harbor Community Hospital and its associated clinics. You can continue to receive services in Grays Harbor County through the networks until December 31, 2018.

PEBB members in Grays Harbor County will have other health care coverage options for the 2019 plan year, including UMP Classic and UMP CDHP. You can change your medical plan during the PEBB Program annual open enrollment, November 1–30, 2018. To compare medical plans that PEBB offers, visit www.hca.wa.gov/erb.

Please call UMP Customer Service at 1-888-849-3681 (TRS: 711) if you have any questions.

Need to find a provider?

You get the most from your plan when you choose a preferred* provider:

- You pay 15 percent of the allowed amount for most services after you pay your medical deductible.
- You pay nothing for covered preventive care services and most covered immunizations.
- Preferred providers can't bill you for charges that exceed the plan's allowed amount.

***Note:** For UMP Plus members this is called a network provider.

UMP Plus members

To find a network provider visit www.hca.wa.gov/ump-providers-plus and search the network you are enrolled in (or considering enrolling in). The two network options are PSHVN and UW Medicine ACN. Once you select your network, you can search for providers by name, organization, gender, specialty, language, city, or ZIP Code. You can also find out if the provider is accepting new patients.

Note: UW Medicine ACN network has adult primary care providers in Thurston County, but PSHVN does not. The closest adult primary care providers for PSHVN members are in Pierce County.

New network providers for 2019

Starting January 1, 2019, Island Hospital and clinics, located in Skagit County, will join the UW Medicine ACN network. UW Medicine ACN members will pay the network rate when they visit Island Hospital and its clinics.

Need help finding a provider?

Call your network for assistance:

- UMP Plus PSHVN: 1-855-776-9503
- UMP Plus UW Medicine ACN: 1-855-520-9500 (TRS: 711)

UMP Classic and UMP CDHP members

To find a preferred provider, visit www.hca.wa.gov/ump-providers-classic and click "Find preferred providers." This will take you to the Regence provider search. You can search by a doctor's name or specialty. You can also search for a specific hospital or clinic, or you can search for hospitals, urgent care centers, or clinics near you.

Two important tips:

First, make sure the "Your Location" information is set to the place where you want to find your providers. Next to the words "Your Location" you can enter an address, city, state, or ZIP Code.

Second, confirm "Your Plan" is set to "UMP Classic/UMP CDHP." If it is not, to select your plan:

- Click on the space next to "Your Plan;"
- Click on "Uniform Medical Plan (UMP);"
- Scroll down to "UMP Classic/UMP CDHP;" and
- Select "UMP Classic/UMP CDHP;"

Need help finding a provider?

For help finding a provider, please call UMP Customer Service at 1-888-849-3681 (TRS: 711).

Interested in benefits changes for 2019?

In 2019, UMP is adding a virtual Diabetes Prevention Program, a new spine care benefit, and more contraceptive coverage.

Diabetes Prevention Program: A whole new way to get healthy

Do you have prediabetes or are you at high risk for diabetes? Beginning January 1, 2019, you can participate in the Diabetes Prevention Program powered by Omada Health. With a focus on changing your food habits and increasing your activity levels, this interactive program includes a wireless scale to monitor your progress and a professional health coach to keep you on track. The program adapts to you, and you can engage with a small online peer group for real-time support. Visit www.omadahealth.com for more information.

In addition to the new virtual Diabetes Prevention Program, UMP will continue to cover the YMCA's in-person classes for the current Diabetes Prevention Program in 2019 at no cost to you.

Spine care—Centers of Excellence Program

UMP Classic and UMP CDHP members will be able to choose the Centers of Excellence (COE) Program for spine care evaluation and surgery starting January 1, 2019.

Members who meet medical and other criteria can receive a spine care evaluation or procedure, including pre- and post-operative care, at low to no cost. The program also includes a travel and lodging benefit for eligible expenses. Members have access to one of two COEs for spine care evaluation and surgery: Capital Medical Center in Olympia or Virginia Mason in Seattle.

The COE Program, which is administered by Premera Blue Cross, is part of HCA's continuing efforts to pay for value instead of volume.

Curious about the COE program? Premera will be hosting a COE information table at PEBB benefits fairs this fall. Visit www.hca.wa.gov/erb for the full benefits fairs schedule.

Coverage for contraceptives

Starting in January 2019, male condoms, male spermicides, and all female contraceptives will be covered at 100 percent with no deductible for UMP Classic and UMP Plus members.

For UMP CDHP members, male condoms and male spermicides will be covered at 100 percent, once members meet their deductible. All female contraceptives will be covered at 100 percent with no deductible.

To take advantage of this benefit:

- Get a prescription from your doctor or call your pharmacy to find out if your pharmacist has prescribing authority.
- Go to a network pharmacy. To find network pharmacies, visit www.hca.wa.gov/ump/find-drugs and click on "A network pharmacy" under your plan.
- Show the pharmacist your UMP ID card.
- Pay for your prescription at the pharmacy counter.

Note: You will need to submit a reimbursement claim to Washington State Rx Services if you go to a pharmacy without a prescription or if the pharmacy does not have prescribing authority. You will also need to submit a claim if you do not pay at the pharmacy counter.

Want to know more about your prescription medications?

UMP has added a new tool, the Drug Information and Interaction Checker, that you can access through your online pharmacy account. You can use this tool to learn how to take prescription drugs more safely. Use the Drug Information and Interaction Checker to find out how your prescription drugs, over-the-counter drugs, and herbal or vitamin products interact with each other.

You can also learn if there are any harmful side effects that can be caused by mixing certain prescription drugs or by combining prescription drugs with other lifestyle factors (alcohol, caffeine, tobacco, food). If you have drugs that have been separated from their original packaging, you can search by the imprint code stamped on the pill and find a description.

Note: The Drug Information and Interaction Checker is not intended to cover all possible uses, precautions, interactions, or negative effects for a drug. If you have questions about a drug you are taking, please check with your health care professional.

How to get started

- Visit www.hca.wa.gov/ump/log-your-accounts and click on "Pharmacy account."
- Log in to your pharmacy account.
- Under "Tools," select "Drug Information and Interaction Checker."

More ways to use your pharmacy account

Log in to your pharmacy account to order mail-order prescription drug refills and check the estimated cost of your prescription drugs. You can also find a network pharmacy near you, check your prescription drug deductible, and view your prescription drug claims history.

Questions?

Call Washington State Rx Services customer service at 1-888-361-1611 (TRS: 711).

Find out if you can pay less for Tier 3 prescription drugs

If you are a UMP Classic or UMP Plus member who takes Tier 3 (nonpreferred) brand-name prescription drugs, you may be able to pay less. Find your drug's tier by visiting www.hca.wa.gov/ump/find-drugs and clicking on "UMP Preferred Drug List" under your plan.

If you are taking a Tier 3 drug, you (or your prescribing provider) may request an exception to the cost-share (50 percent of the allowed amount) for that prescription drug.

Your prescribing provider must submit clinical information to request preauthorization for an exception. If the plan approves an exception, you will pay based on the Tier 2 cost-share (30 percent of the allowed amount, \$75 maximum payment per 30-day supply).

To learn more about this process, or to request an exception, call Washington State Rx Services at 1-888-361-1611 (TRS: 711).

Note: This exception does not apply to UMP CDHP members because that plan does not have prescription drug tiers.



UMP Notice of Privacy Practices updated

The UMP Notice of Privacy Practices is being updated and will be effective November 1, 2018. To find the notice, visit www.hca.wa.gov/ump and click on "Privacy" at the bottom of the page.

UMP is administered by a third-party vendor under contract with the Washington State Health Care Authority.

Look inside for important
information on your 2019
UMP benefits!

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