

UMP offers programs to keep you healthy

For Public Employees Benefits Board (PEBB) and School Employees Benefits Board (SEBB) members

Get rewards for living well

SmartHealth is Washington State's voluntary wellness program that supports whole person well-being. Participate in activities that support all of you, including managing stress, building resiliency, and adapting to change. As you progress in your wellness journey, you may qualify for wellness incentives. Learn more on the SmartHealth webpage:

- PEBB members: hca.wa.gov/pebb-smarthealth
- SEBB members: hca.wa.gov/sebb-smarthealth

Keep up with preventive care, screenings, and vaccinations

Staying on top of your preventive care is one of the best things you can do for your health. When you check in with your health care providers regularly, you're more likely to catch concerns before they turn into major problems. If you don't already get an annual physical to check things like blood pressure and cholesterol, that's a great place to start. It's also important to talk with your provider about screenings, like checking for breast cancer, prostate cancer, diabetes, or colorectal cancer.

Keeping up with well-child visits is an important part of your child's health care. During these routine visits, your provider can evaluate your child's development, discuss necessary vaccinations, and address any potential health issues. Young children need several vaccinations to help their immune system develop protection against serious diseases. As they grow older, children need additional doses of certain vaccines to ensure they're fully protected.

Your UMP plan covers many preventive care services at no cost to you. Be sure you see a provider in your plan's network. To learn more about these benefits, check your plan's 2023 certificate of coverage by visiting **Forms & publications** at hca.wa.gov/ump-coc.

Get medical advice 24/7 through Advice24 nurse line

UMP's nurse line, provided by Advice24, offers 24/7 access to registered nurses who can provide immediate support for everyday health issues and questions that otherwise might lead to unnecessary doctor or emergency room visits. They can also serve as an early warning system to flag health conditions before they become serious. Advice24 does not replace 911 for emergencies. Access the nurse line by calling 1-800-267-6729 (TRS: 711). UMP Plus-UW Medicine ACN PEBB members should call 1-888-402-4237 (TRS: 711) for 24-hour nurse line care. UMP Plus-UW Medicine ACN SEBB members should call 1-888-402-4238 (TRS: 711) for 24-hour nurse line care.

Doctor On Demand

Doctor On Demand is a virtual care service that gives you access to primary care and behavioral health providers 24 hours a day, seven days a week. It is a good option to consider when you need medical attention, but not emergency room or urgent care. Members can connect in minutes with doctors face-to-face through a smartphone, tablet, or computer via the website or Doctor On Demand smartphone application. All UMP members are eligible for this service except for UMP Plus members (UMP Plus members have access to similar services through their network). To learn more, visit the Telemedicine (virtual care) webpage at:

- PEBB members: ump.regence.com/pebb/benefits/telemedicine
- SEBB members: ump.regence.com/sebb/benefits/telemedicine

You can also read your plan's 2023 certificate of coverage by visiting **Forms & publications** at hca.wa.gov/ump-coc.

Find the right behavioral health care for you

UMP has partnered with myStrength and Quartet to make it easier for you to get the behavioral health care you need.

myStrength is a self-guided health and resiliency online tool clinically proven to improve emotional health. This secure resource is available 24 hours a day, 7 days a week to members ages 13 and over at no cost to you. myStrength's interactive and activity-based tools are personalized to you and address conditions such as depression, anxiety, stress, substance use disorders, and chronic pain. Visit the myStrength website to sign up and learn more:

- PEBB members: hca.wa.gov/ump-pebb-mystrength
- SEBB members: hca.wa.gov/ump-sebb-mystrength

Quartet can help match you to in-person and telemedicine behavioral health providers who are in your plan's network and offer an array of behavioral health services, including, but not limited to, mental health counseling, substance use disorder, and psychiatry services. You pay the standard rate for behavioral health services. Get started by calling Quartet's Care Navigation Team at 253-248-6588 (TRS: 711) or visit Quartet's website:

- PEBB members: qrt.care/pebb-network-providers
- SEBB members: qrt.care/sebb-network-providers

Note: Quartet is only available to UMP members ages 18 and older who reside and are seeking care in Washington state.

Pregnant or planning to be? The Pregnancy program gives comfort and support.

Our program offers knowledge, support, and comfort for expectant parents.

Through the pregnancy program, you receive:

- Regular updates on what to expect during pregnancy and prenatal appointments.
- Expert information about nutrition, breastfeeding, and common pregnancy concerns.
- Access to a nurse by telephone 24/7.
- Personalized pregnancy milestones and reminders through the free Pregnancy Program app.

To learn more, call 1-888-569-2229 or read your plan's 2023 certificate of coverage by visiting **Forms & publications** at hca.wa.gov/ump-coc.

Get support for controlling and preventing diabetes

Preventing diabetes

Eligible UMP members may enroll in the Diabetes Prevention Program through Omada Health. This program combines the latest technology with ongoing support to help you build healthy habits that last. You'll get a professional health coach, a wireless smart scale, and a supportive peer group. To see if you meet the program's criteria, take the online screening questionnaire by visiting Omada Health's website:

- PEBB members: omadahealth.com/wapebb
- SEBB members: omadahealth.com/wasebb

To learn more, read your plan's 2023 certificate of coverage by visiting **Forms & publications** at hca.wa.gov/ump-coc.

Controlling diabetes

Eligible UMP members may participate in the Diabetes Control Program. Regence case managers are trained to help you reduce the risk of complications with diabetes by tracking and controlling blood sugar, cholesterol levels, blood pressure, and weight in a series of quarterly consultations. You may find out if you qualify for the program by visiting your primary care provider for a blood sugar laboratory test. Your primary care provider will tell you if you meet criteria once the laboratory results are available. If you qualify for the Diabetes Control Program, you may self-refer by calling 1-866-543-5765 (TRS: 711). For more information, read the Diabetes Control Program section in your plan's 2023 certificate of coverage by visiting **Forms & publications** at hca.wa.gov/ump-coc.

Low- to no-cost knee replacement, hip replacement, and spine care

UMP and Premera Blue Cross have teamed up to offer a Centers of Excellence (COE) Program for eligible UMP members. If you qualify for services, the COE Program offers single knee and single hip replacement surgery, and spine care evaluation and/or surgery for low to no cost. The COE Program also includes a travel and lodging benefit for eligible expenses. This program is available for all UMP members who are age 18 or older, except those enrolled in UMP Plus and UMP members enrolled in Medicare as their primary coverage. Medicare and UMP Plus members have access to covered services related to joint replacement and spine care outside of this program. To learn more, visit premera.com/hca or call the Premera concierge team at 1-855-784-4563 (TRS: 711).

Quit tobacco and nicotine for good

UMP offers access to programs and coaches to help you live tobacco-free, including:

- Certain nicotine replacement therapies and products.
- In-person counseling related to tobacco cessation.
- Quit for Life tobacco cessation program.
- Smokefree Teen program for UMP members ages 17 and under.

Visit the UMP website at ump.regence.com, select your group, then select **Care programs** within the **Explore your benefits** menu for more information about tobacco cessation services.

For more information about any of these programs or services, call UMP Customer Service Monday through Friday 5a.m.- 8p.m. and Saturday 8a.m. - 4:30 p.m. (Pacific):

- PEBB members: 1 -888-849-3681 (TRS: 711)
- SEBB members: 1-800- 628-3481 (TRS: 711)

You can also visit the UMP website at ump.regence.com for more information.

Regence complies with applicable Federal and Washington state civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, gender identity or sexual orientation.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-344-6347 (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-888-344-6347 (TTY: 711)。

Advice24, Doctor On Demand, Omada Health, myStrength, Quit for Life, and Quartet are separate and independent companies that provide services for Regence UMP members.

COE program and SmartHealth are separate and independent companies; they do not provide Blue Cross and Blue Shield products or services and are solely responsible for their services.