

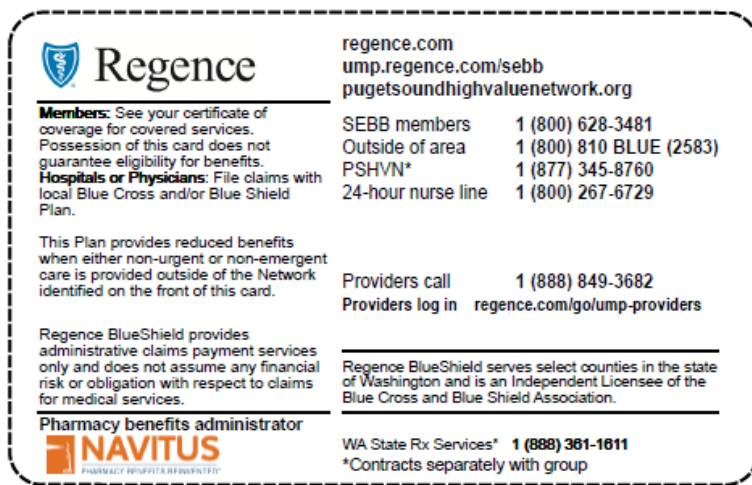
What's new at UMP (SEBB) for 2023

For details about these changes, visit the UMP website at ump.regence.com/sebb/benefits/oe-2023 or read your UMP open enrollment newsletter. For questions about changes to medical benefits, contact UMP Customer Service at 1-800-628-3481 (TRS: 711). For questions about changes to prescription drug benefits, contact Washington State Rx Services at 1-888-361-1611 (TRS: 711).

General changes

Updates to member ID cards for 2023

Members will be receiving new member ID cards for 2023. The back of the new ID cards has a new look but the same important information. Below is an example of the updated look for UMP Plus–PSHVN.



The image shows a sample of a member ID card for UMP Plus-PSHVN. The card features the Regence logo and the following information:

- regence.com**
ump.regence.com/sebb
pugetsoundhighvaluenetwork.org
- SEBB members** 1 (800) 628-3481
- Outside of area** 1 (800) 810 BLUE (2583)
- PSHVN*** 1 (877) 345-8760
- 24-hour nurse line** 1 (800) 267-6729
- Providers call** 1 (888) 849-3682
- Providers log in** regence.com/go/ump-providers
- Regence BlueShield provides administrative claims payment services only and does not assume any financial risk or obligation with respect to claims for medical services.**
- Regence BlueShield serves select counties in the state of Washington and is an Independent Licensee of the Blue Cross and Blue Shield Association.**
- Pharmacy benefits administrator**
NAVITUS
PHARMACY BENEFITS ADMINISTRATOR
- WA State Rx Services* 1 (888) 361-1611**
*Contracts separately with group

Additional text on the card includes: "Members: See your certificate of coverage for covered services. Possession of this card does not guarantee eligibility for benefits." and "Hospitals or Physicians: File claims with local Blue Cross and/or Blue Shield Plan." It also states: "This Plan provides reduced benefits when either non-urgent or non-emergent care is provided outside of the Network identified on the front of this card."

UMP Notice of Privacy Practices updated

The UMP Notice of Privacy Practices is being updated and will be effective November 1, 2022. To find the notice, visit the UMP Notice of Privacy Practices webpage at hca.wa.gov/ump-privacy.

Changes to existing medical and prescription drug benefits

To learn more about these benefits, check your plan's 2023 certificate of coverage by visiting forms and publications at hca.wa.gov/ump-sebb-coc. All changes are effective January 1, 2023, unless otherwise noted.

The UMP High Deductible Health Plan deductible is increasing

The deductible for UMP High Deductible members is increasing to \$1,500 for a single subscriber and \$3,000 for a family. This is an increase from \$1,400 for a single subscriber and \$2,800 for a family. This deductible increase is required to maintain compliance with IRS rules, so that a subscriber can make eligible health savings account (HSA) contributions in 2023.

Medical and pharmacy cost-share accumulators

There's good news for subscribers who change jobs and move from a School Employees Benefits Board (SEBB) UMP plan to a Public Employees Benefits Board (PEBB) UMP plan. Starting January 1, 2023, UMP will transfer certain medical and prescription drug accumulators, such as deductibles and out-of-pocket limits, for the existing plan year when subscribers and their enrolled dependents change between the SEBB Program and the PEBB Program during a special open enrollment and stay with UMP. This applies only to subscribers who remain the subscriber, and to enrolled dependents who change plans with the subscriber.

Virtual behavioral health support offered by myStrength

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 at hca.wa.gov/ump-sebb-mystrength to sign up and learn more.

Changes to coverage for dialysis services

Starting January 1, 2023, you will pay the standard rate for covered dialysis services. The plan pays based on the allowed amount and the network status of the provider. Other professional providers may bill separately from the facility. Amounts paid to out-of-network facilities for dialysis services (including balance-billed amounts) will not apply to your medical out-of-pocket limit.

More mail-order pharmacy options

Starting in January 2023, Costco Mail Order Pharmacy will be available as a second mail-order pharmacy option, in addition to Postal Prescription Services (PPS). You do not need to be a Costco member to use their mail-order service. Costco Mail Order Pharmacy and PPS are the mail-order pharmacies available to UMP members.

\$35 insulin cap

Starting in January 2023, what you pay for covered insulins may be changing. Covered insulins for UMP members will not exceed \$35 for a 30-day supply.

Drugs covered before you meet the deductible for UMP High Deductible members

For subscribers enrolled in UMP High Deductible, certain prescription drugs used to treat specific conditions, for example, high blood pressure, depression, asthma, osteoporosis, heart disease, and diabetes, will be covered before you meet your deductible. A 15 percent coinsurance will apply for most prescription drugs. For a list of drugs covered as preventive, refer to the UMP Preferred Drug List.

See changes to the UMP Preferred Drug List

Starting in November, you can view a list of anticipated changes to the UMP Preferred Drug List. Visit ump.regence.com/sebb/benefits/prescriptions, select "Find Forms" at the top of the page, then click "Visit HCA's website to access UMP's forms & publications database." Type "preferred drug list

changes” into the search box and click the “Search” button. The list is updated monthly and is subject to change. It does not contain every anticipated change to the UMP Preferred Drug List. It only contains changes that may negatively impact members, such as increasing a drug’s cost or limiting the amount of drug available per refill.

UMP Plus service areas remain the same

UMP Plus–Puget Sound High Value Network (PSHVN): Learn more about the plan by visiting the UMP Plus–PSHVN webpage at ump.regence.com/sebb/plans/2023/plus-pshvn.

- For 2023, UMP Plus–PSHVN does not have any service area changes. The plan will continue to serve Chelan, Douglas, King, Kitsap, Pierce, Snohomish, and Yakima counties.

UMP Plus–UW Medicine Accountable Care Network (ACN): Learn more about the plan by visiting the UMP Plus–UW Medicine ACN webpage at ump.regence.com/sebb/plans/2023/plus-uw-medicine-acn.

- UMP Plus–UW Medicine ACN does not have any service area changes for 2023. The plan will continue to serve King, Kitsap, Pierce, Skagit, Snohomish, Spokane, and Thurston counties.
- In 2022, UMP Plus–UW Medicine ACN began partnering with Embright to make it easier for UMP members to get the care you need, when you need it by fostering better collaboration between your doctors and providing innovative tools, ideas, and support. Based on this partnership, UMP Plus–UW Medicine ACN’s customer service number and nurse line changed to 1-888-402-4238 (TRS: 711) starting January 1, 2022.

For more information

For more information on 2023 medical benefits, call UMP Customer Service at 1-800-628-3481 (TRS: 711), 5 a.m. to 8 p.m. (Pacific), Monday through Friday; 8 a.m. to 4:30 p.m. (Pacific), Saturday. For more information on 2023 prescription drug benefits, call WSRxS Customer Service at 1-888-361-1611 (TRS: 711), 7:30 a.m. to 5:30 p.m. (Pacific), Monday through Friday. Available outside these hours with limited services.

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)。

WSRxS, Postal Prescription Services, Costco Mail Order Pharmacy, and Embright do not provide BlueCross BlueShield services and are solely responsible for their products/services.

myStrength is a separate company that provides care and disease management services.