

Wondering about 2018 monthly premiums?

Monthly premiums for most UMP members are increasing for 2018. For the complete list of 2018 premiums, see the Public Employees Benefits Board (PEBB) Program's October *For Your Benefit* newsletter or visit www.hca.wa.gov/pebb.

Change in coverage for headaches in 2018

Based on a recent Health Technology Clinical Committee (HTCC) decision, coverage of treatments for chronic migraines and chronic tension-type headaches will change for 2018. UMP will no longer cover some treatments—such as massage therapy, chiropractic services, or acupuncture—for these types of headaches. Botox for treatment of chronic migraines will be a covered benefit with limitations and conditions.

UMP is required by law to follow HTCC decisions. For more information about the HTCC, this decision, or other health technology reviews, visit www.hca.wa.gov/hta.

Take advantage of your preventive care benefits

It might be hard to remember to go to the doctor when you're not sick, but getting an annual check-up and other preventive care is one of the easiest ways to protect your health. Plus, when you see a preferred provider for these services, you pay nothing.

Most people don't know how many preventive care benefits they have. Here are just a few examples:

- Annual physical exams.
- Flu shots and other preventive immunizations. Visit www.hca.wa.gov/ump/find-drugs and click "find vaccinating pharmacies" for details.
- One routine eye exam for each person enrolled in the plan per calendar year.
- Certain radiology and lab tests, such as screening mammograms.
- Screening procedures such as colonoscopy.

Call UMP Customer Service at 1-888-849-3681 (TRS: 711) to ask if a service is covered as preventive.

Try these tips to lower your prescription drug costs

The costs of prescription drugs are rising. You can take an active role in managing your prescription drug costs by doing the following:

- Ask your provider if any generics are available for your medication. Taking a generic instead of a brand-name drug cuts costs by an average of 80–85 percent. For example, Crestor®, a brand-name drug used to lower cholesterol levels, costs around \$240 for 30 tablets. Its generic equivalent, rosuvastatin calcium, costs \$12 for the same amount.
- Use the Prescription Price Check tool at www.hca.wa.gov/ump/find-drugs or call Washington State Rx Services at 1-888-361-1611 (TRS: 711) to find out if less expensive alternatives are available. For instance, there may be a generic alternative for a brand-name drug used to treat the same condition that may be an option for you.
- Use the Prescription Price Check tool or call local pharmacies to compare prices for your drug, since they vary between pharmacy chains.
- Use the Washington Prescription Drug Discount Card for drugs not covered by your plan. Explore the Washington Prescription Drug Program at www.hca.wa.gov/about-hca/prescription-drug-program to learn more.
- Visit a Choice90 pharmacy if you are taking an ongoing prescription drug. You can save money by purchasing a 90-day supply of your medication. To find the list of Choice90 pharmacies, go to www.hca.wa.gov/ump/find-drugs and click on "A network pharmacy." You can also call Washington State Rx Services at 1-888-361-1611 (TRS: 711).



Keep your address current

As open enrollment approaches, make sure you get the latest updates about your medical and dental plans. If your address has changed, you must report it to the PEBB Program. Here's how:

- Send your mailing address changes to:
Health Care Authority
PEBB Program
P.O. Box 42684
Olympia, WA 98504-2684
- Fax your mailing address changes to 360-725-0771.
- Send a secure message (login required) requesting an address change at www.fuzeqna.com/pebb/consumer/question.asp.
- Call PEB Division Customer Service at 1-800-200-1004 (TRS: 711).

Have questions about your 2018 benefits?

Attend a benefits fair

Attend a PEBB benefits fair, meet plan representatives, and learn about your options for 2018. Benefits fairs will be held across Washington between October 31 and November 27. Visit www.hca.wa.gov/pebb for the full schedule and more details.

Go online with UMP

Find out about changes for UMP members, learn about your plan, or check to see if a provider is in your network by visiting www.hca.wa.gov/ump.

Get up to speed on your health care

We've added a glossary of common health care terms to our website to help you better understand your medical care. This tool makes it easier to learn the difference between copayment and coinsurance, what balance billing is, and what other frequently used terms mean. Visit www.hca.wa.gov/ump/glossary when you have questions about health terms.

Ready to make changes for 2018?

You can make changes to your medical or dental plan during open enrollment, which starts November 1 and ends November 30 at midnight Pacific Time. When you are ready to make changes, visit www.hca.wa.gov/pebb and click on the green *My Account* button in the upper right corner of the page.

Some changes cannot be made online. If you cannot make changes online, *My Account* will direct you to the correct forms. You can also find these forms at www.hca.wa.gov/pebb-retirees.

Remember, the PEBB Program must receive all completed forms by November 30, and all online changes must be made by midnight on November 30.

If you don't want to change medical or dental plans and haven't moved out of your plan's service area, you will remain enrolled in your current plans for 2018.

UMP Notice of Privacy Practices updated

The UMP Notice of Privacy Practices is being updated and will become effective November 1, 2017. To find the Notice, visit www.hca.wa.gov/ump and click on "Privacy practices" at the bottom of the page.

HCA is committed to providing equal access to our services. If you need an accommodation, or require documents in another format or language, please call 1-800-200-1004 (TRS: 711).

Look inside for important information on your 2018 UMP benefits!