

UMP offers programs to keep you healthy

For Public Employees Benefits Board (PEBB) members

Quit tobacco for good

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

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

Visit regence.com/ump/pebb/benefits/programs for more information about tobacco cessation services available to you.

Get rewards for living well

SmartHealth is a UMP wellness program that supports you on your journey toward living well. The secure, easy-to-use, mobile-friendly website offers activities to help you reach your wellness goals, such as sleeping better, eating healthier, or planning for retirement. You can also qualify for rewards. Learn more at hca.wa.gov/pebb-smarthealth.

Regence wellness tools help you maintain or improve your health. You can participate in online workshops, get exercise plans, and earn incentives for healthy habits. To get started, visit regence.com/pebb and sign in to your Regence account or register for a new account.

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 application. This service is only available for UMP Classic and UMP Consumer-Directed Health Plan (CDHP) members. UMP Plus members are not eligible. To learn more, read your plan's certificate of coverage at hca.wa.gov/ump-pebb-coc.

Pregnant or planning to be? BabyWise gives comfort and support.

Through BabyWise, expecting parents 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 BabyWise app

Call 1-888-569-2229 to learn more.

Get support for preventing and managing diabetes

Controlling diabetes

Eligible UMP members may participate in the Diabetes Control Program. Regence care managers help 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. Find out if you qualify for the program by visiting your primary care provider for a blood sugar laboratory test. If you qualify, you may self-refer by calling 1-866-543-5765.

Preventing diabetes

Eligible UMP members may enroll in the Diabetes Prevention Program powered by Omada. 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, visit omadahealth.com/wapebb, create an account, and take the online screening questionnaire. To learn more, read your plan's certificate coverage at hca.wa.gov/ump-pebb-coc.

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

If you qualify for services, the UMP Centers of Excellence (COE) Program covers single knee and single hip replacement surgery, and spine care evaluation and/or surgery for low to no cost. This program is only available for UMP Classic and UMP CDHP members. UMP Plus members and UMP members enrolled in Medicare as their primary coverage are not eligible. To learn more, read your plan's certificate of coverage at hca.wa.gov/ump-pebb-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 members should call 1-855-520-9500 (TRS: 711) for 24-hour nurse line care.

For more information about any of these programs or services, call UMP Customer Service at 1-888-849-3681 (TRS: 711), 5 a.m. - 8 p.m.; Saturday, 8 a.m. - 4:30 p.m. (Pacific) or visit our website at regence.com/ump/pebb.