

800-635-3089  
www.mmia.net

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## Back to School Mental Health

Responsibilities faced by students can be exciting but also stressful. Even well-adjusted students can feel overwhelmed. When fear, depression, or anxiety hits, parents should assist their child in accessing mental health services. Be positive, upbeat, and optimistic, and de-stigmatize the idea of seeking help. Depression and suicide-related issues are serious ones for young people, and are part of why counseling resources exist.

Anyone in the household of an MMIA medical plan participant has access to no-cost counseling through Reliant Behavioral Health at [www.myrbh.com](http://www.myrbh.com) or 1-866-750-1327. That means even if your child is not on your health plan, they can still see a counselor for free by calling this number.

If your child is on your medical plan, you also have the option to see a counselor using your normal medical benefits. You can find a participating provider by visiting [www.askallegiance.com](http://www.askallegiance.com). For in-state providers, choose “MMIA Participating Providers” after clicking “(Accept).” For out-of-state providers, choose CIGNA.

If you have a child going off to college, be sure to discuss college resources with your student, including where to seek help. Federal privacy laws may prevent colleges from notifying you that your student has sought help so if it is important to you, inquire about arranging permission in advance. This does not make you an overbearing “helicopter parent.”

Learn more about your benefits at [www.mmia.net/employee-benefits/resources](http://www.mmia.net/employee-benefits/resources). ■

# Get Wellthy Program Spotlight – Immunizations and Cancer Screenings

As part of this year's Get Wellthy wellness program, you or your eligible spouse can participate in five wellness activities and earn \$50 for each. These activities help you stay healthy and prevent future problems. One of the new activities is to get a preventive immunization or cancer screening. Sounds easy enough, but we know there are many questions about how to earn this incentive.

## **Q: How will MMIA know I had an immunization or cancer screening?**

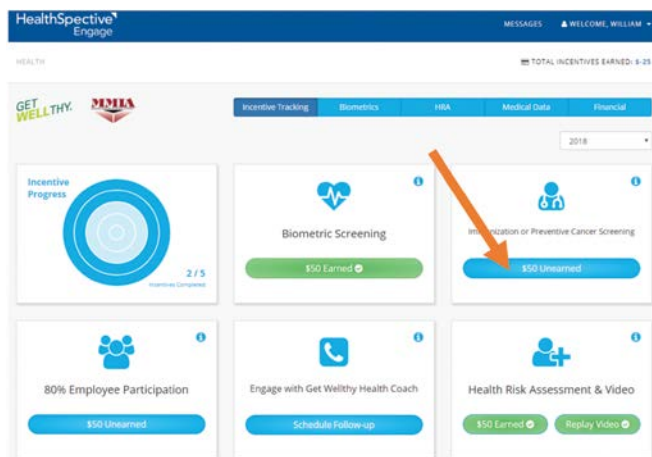
A: Our new Engage wellness portal (<https://portal.healthspective.com/mmia>) connects with our medical and prescription claims. If you complete a qualifying activity, it will automatically report to the portal. This could take up to two months. Keep in mind, your activity must be submitted as a claim to ProAct or Allegiance in order for it to appear in the portal and for you to earn the incentive.

## **Q: There are so many cancer screenings and immunizations out there? How do I know which one counts and is right for me?**

A: Visit [www.mmia.net/getwellthy](http://www.mmia.net/getwellthy) to see a full list of qualifying immunizations and cancer screenings. Talk about these activities with your provider to see which are best for you.

## **Q: Do flu shots count to earn an incentive?**

A: Yes, flu shots count as a preventive immunization. If you have your flu shot at the pharmacy or county health center, be sure the claim is reported to Allegiance or ProAct so your activity will be counted for the incentive.



## **Q: I had a cancer screening in May of 2018. Does that count for an incentive?**

A: No. Only cancer screenings or immunizations completed between July 1, 2018 and June 30, 2019 will count for this incentive.

## **Q: How do I check if my immunization or screening has been recorded in the system?**

A: Log into the wellness portal at <https://portal.healthspective.com/mmia> and click "Engage." Look for a green button and "\$50 Earned" in the Immunization or Preventive Cancer Screening tile. Keep in mind, you may need to wait up to two months for this to be recorded and for the incentive to be earned.

## **Q: What should I do if my immunization or cancer screening hasn't shown up in the Engage portal?**

A: It can take up to two months for your activity to report to the portal. If it has been more than two months, contact the portal administrator by emailing [info@dhsigroup.com](mailto:info@dhsigroup.com) or calling 1-832-201-8500 option 2 and leaving a message. ■

## **GET WELLTHY!**

Visit [www.mmia.net/getwellthy](http://www.mmia.net/getwellthy) for Get Wellthy program details, screening schedules and more. With this year's program, you can earn the following incentives:

- \$50 - Biometric Health Screening
- \$50 - Immunization or Preventive Cancer Screening
- \$50 - 80% Employee Participation in Biometric Screening
- \$50 - Engage with a Get Wellthy Health Coach after your biometric screening
- \$50 - Fill out the Health Risk Assessment and watch a short video on the Engage portal

To see your incentive progress, complete activities, or collect incentives, log into the Engage portal at <https://portal.healthspective.com/mmia>. ■

# MMIAScripts – Same Brand Name Drugs, Much Lower Cost

Did you know many common brand-name drugs are available through MMIA Scripts for no cost to you? That’s because these prescriptions cost much less to the self-funded pool when you get them through this international mail-order program. Remember, when the pool saves money, we all benefit.

## DRUG PRICES

### MMIA Scripts vs. Normal Plan Price

	MMIAScripts	American Marketplace Cost
<i>You Pay</i>	<i>\$0</i>	<i>Your Copay or Benefit %</i>
<i>The Plan Pays</i>		
EpiPen (for anaphylaxis)	\$272	\$420
Crestor (for high cholesterol)	\$67	\$709
Premarin (for estrogen therapy)	\$225	\$1,611
Advair Diskus (for asthma & COPD)	\$687	\$3,382
Nexium (for heartburn)	\$195	\$1,273
Januvia (for diabetes)	\$1,109	\$4,357

MMIA Scripts is an international mail order prescription program. Prescriptions come from tier one countries that have the same or stricter regulatory standards as the U.S. Only brand name drugs are available through MMIA Scripts because these medications all come from the same manufacturing plants.

Visit [www.mmiascripts.com](http://www.mmiascripts.com) today to see if your medication is available. ■



Get ready  
for flu season  
at **the Flu HQ**



Visit Flu HQ at  
[Teladoc.com/flu](http://Teladoc.com/flu)

- Learn how to **prevent the flu**
- Locate a nearby **flu vaccine clinic**
- Take a quiz to **know your flu IQ**
- Find out how **Teladoc can help**



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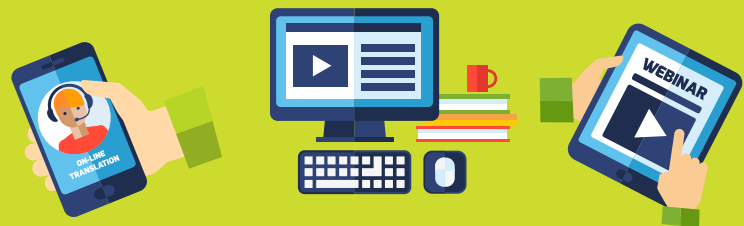
## Medicare Part D Notice

As your medical plan administrator, we are required to notify participants of the Medicare Creditable Coverage Disclosure. This notice informs you that the MMIA drug coverage plans we currently offer are creditable. This means that the MMIA prescription drug coverage is, on average expected to pay out as much as standard Medicare prescription drug coverage pays. This information can help you decide whether or not you want to join a Medicare drug plan. If you are considering joining a Medicare drug plan, you should compare your current coverage, including which drugs are covered at what cost, with the coverage and costs of the plans offering Medicare prescription drug coverage in your area.

Please visit the Employee Benefits section of our website at [www.mmia.net](http://www.mmia.net) to access this notice or call us at 1-800-635-3089 to request a copy by mail. ■



## WELLNESS WEBINAR



**September 13, 2018 | 10:00am**

Join the MMIA to learn the latest about the Engage wellness portal and everything you need to know to get the most out of this year's Get Wellthy wellness program.

**Join the webinar at**

<https://cc.readytalk.com/r/qqrc6tguenuy&eom>

**Call:** 1-866-740-1260 | **Access Code:** 4957029

*Having trouble with the Engage Wellness Portal? Call 1-832-201-8500 (option 2) and leave a message or email [info@dhsgroup.com](mailto:info@dhsgroup.com)*