



3115 McHugh Ln.  
Helena, MT 59602



# health happenings

## GET WELLTHY IN 2016

It's that time of year again! The time where you are able to earn an extra \$300. Wellness season is upon us so let's ensure everyone earns another payday. Visit [www.getwellthymt.com](http://www.getwellthymt.com) to schedule your appointment and find out more information on how to get paid. Find the most up to date screening schedule, our new blog with handy tips and an FAQ page for any questions that may arise.

Every participant on the plan who is 18 years of age and older has the opportunity to earn \$50 for simply participating in the wellness program and \$50 for each health factor when you meet the outcome goals or make improvements. All screenings must be completed between July 1st and September 30th. Watch for more details from your city or town clerk or HR representative in the weeks prior to your scheduled screening date.

If you have questions please contact It Starts With Me at 1.800.425.6230. Please note that you must be an active participant on the plan at the time gift cards are distributed in order to receive your incentive.

HEALTH FACTOR	OUTCOME	INCENTIVE	IMPROVEMENT
Body Mass Index	≤28.5	\$50	Reduce Body Weight by 5%
Blood Pressure	≤126/86 mm/Hg	\$50	Reduce Systolic and Diastolic BP by 5mm/Hg
LDL Cholesterol	≤130 mg/dL (8 Point Variance)	\$50	Reduce LDL Cholesterol by 10%
HbA1c <small>(long term blood sugar control)</small>	<6.5%	\$50	Contact *ISWM for Alternative Activities
Nicotine Use	Non-Nicotine User	\$50	Complete a Nicotine Cessation Program

If you feel it would be difficult to reach any of the OUTCOMES or IMPROVEMENTS please contact  
\*It Starts With Me Health at 1-800-425-6230.

SPRING/SUMMER  
2016

## HEALTHCARE BLUEBOOK "GO GREEN" REWARDS PROGRAM

By now, you've probably all heard about HealthCare Blue Book (HCBB). For the few of you who have not, HCBB is a tool to assist you in becoming a wiser healthcare consumer. Picture Kelley Blue Book—the car pricing tool allows consumers to compare prices to find the best value. HCBB is founded on the same concept, except instead of shopping for vehicles, you shop for healthcare.

MMIA launched the HCBB "Go Green to Get Green" program last year to incentivize participants for visiting "green" providers. Before 2015 even ended, over \$20,000 was awarded! This program gives our participants (you!) financial incentives for utilizing the tool in an effort to save money on certain treatment options. Search for procedures on HCBB and earn rewards by visiting a "green" provider. MRIs have topped the chart for the most searched procedure, earning participants \$25 for visiting "green" providers. The second most common procedure was a colonoscopy with a whopping \$100 incentive. Other shoppable procedures with incentives include ear tubes, tonsil and adenoid removal, sleep studies, cataract surgeries—all of which provide a \$50 incentive. Other incentivized rewards range from \$25-\$100. Please note that not all searchable procedures are rewarded an incentive.

So...what can you do? Get on track to earn HCBB incentives by finding the highest quality of care at the lowest prices. Access HCBB by going to [askallegiance.com](http://askallegiance.com), entering the website, and clicking on cost transparency. Your Group ID and Participant ID will be needed to log in, and will provide information specific to your plan. Do your part to keep our costs low by "going green" with HealthCare BlueBook.



As an Allegiance client, you now have access to an exciting new program that offers electronic Explanation Of Benefits (EOBs) to all members at no extra charge. Members that prefer expedited receipt of EOBs can receive an electronic notification to their email. Members can then simply log in through an online portal to view and print.

You can elect to receive electronic EOBs through the Allegiance online web portal at [www.askallegiance.com](http://www.askallegiance.com) by logging into your account, and selecting change email or by contacting an Allegiance customer service representative at 1-866-339-4308. If you choose not to sign up for electronic EOBs, you will continue to receive a paper copy by mail.

## HDHP Participants:

If you access any of the Montana Health Center locations and are on the High Deductible Health Plan, please be aware that starting July 1st, you will be asked to pay the \$55 copay at the time of service. Going forward, payment can only be made by debit, credit or by check at the time of service. If you forget to bring payment, you will be asked to reschedule your appointment.

Every family has different needs when it comes to communicating and keeping each other up to date with the upcoming events in their lives. Especially for big families, it can be a real challenge to make certain everyone is informed of important news and issues. Below are some tips and techniques that will help make certain the communication needs of your family don't go unheard.

### For Your Partner:

- Make a point to set aside time to spend together each week
- Set aside time for a date night one night out of the month
- Be willing to set aside time to discuss critical issues related to your relationship or family
- Avoid discussing sensitive issues or conflicts as soon as you come home
- Refrain from arguing with your spouse/partner in front of your children, especially arguments related to how to handle your kids

### For Your Children:

- Actively listen to what your children have to say, even if they can't form complete sentences, because you might have to piece together what's happening
- Avoid interrupting or talking over your children
- Listen to everything that's said, even if you disagree with it and won't change your mind
- Be willing to take time to think about what your children have said; rushing to a judgment might give the impression that you're not taking what's been said seriously

### Being on the Same Page

- Support the decisions of your partner and avoid contradicting those decisions
- Make a point to do things together as a family and set aside special family days as needed to bring everyone together
- Find activities that can help everyone share experiences and develop closeness

### How to Communicate a Positive Message:

- Avoid saying anything that might alienate a family member or seem accusatory
- When you're angry, try to keep your discussions to a minimum to avoid saying anything you might regret
- Be willing to take time outs, walk away, or engage in activities that help cool tempers before you engage in discussions that might become even more heated
- Before you blurt out something hurtful, count to 10 to calm yourself and defuse your anger. Use these steps as a starting point to develop positive communication techniques in your home. As your family grows and expands, you might need to try out other methods to keep everyone informed of what's happening. If you make a point to put these techniques into practice now, you'll be better prepared for adjusting to new techniques in the future.

*Written by Life Advantages - Author Delvina Miremadi ©2015*

## NEW PRESCRIPTION BENEFITS VENDOR

*Same great benefits! New ID cards!*



Beginning July 1st, all prescriptions will be processed through ProAct, your new pharmacy vendor. Which means you will need to notify your pharmacy of the change to your prescription benefits. Please present your temporary ID card, along with your current ID card starting July 1, 2016. Temporary ID cards can be printed from our website, and were included in the open enrollment folder mailed to your home address along with new ProAct customer service, mail order and specialty medication information. Permanent ID cards will be printed and sent to employees in August. If you have questions about your new prescription benefits vendor please contact ProAct at 1-877-635-9545 or the MMIA Employee Benefits program at 1-800-635-3089 and select option 4.



## How To Keep Teeth Healthy ALL DAY

Meet Delta Dental's Vice President of Dental Science and Policy, Bill Kohn, DDS. Formerly the Director of the Division of Oral Health at the Centers for Disease Control and Prevention, Dr. Kohn has timely tips and valuable insights to share as our resident dental expert.

A lot happens to your teeth between morning and bedtime brushing. It's not always easy or practical to brush and floss after each meal or snack, but a few simple suggestions can keep your teeth healthy and mouth fresh throughout the day:

- Try to limit sweets to mealtimes. The saliva produced by chewing other foods helps wash sugar away from teeth.
- Carry a travel toothbrush. A quick brush with water will help even if you don't have toothpaste. Or, rinse your mouth with water and chew a stick of sugarless gum to get saliva flowing.
- Avoid sticky, sugary or starchy between-meal snacks such as candy, cookies and chips. Substitute cheese, nuts, or carrot and celery sticks.
- If you're a smoker, think about quitting. Smoking is a major contributor to tooth stains, gum disease and oral cancer.

## HEY RETIREES!

MMIA Employee Benefits is sponsoring a group Medicare Advantage Plan through Blue Cross Blue Shield, as an additional option for retirees to consider for health coverage. This is just one of many options for a Part C plan for Medicare-eligible retirees, and has the potential to save participants a lot of money.

If you are interested in this or other plans, or if you have questions, please contact:

Wendy Schermerhorn of the  
Leavitt Group at 406-252-4104.

3115 McHugh Ln.  
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www.mmia.net

