



800-635-3089
www.mmia.net

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Remember...

A CHANGE IS COMING TO YOUR HEALTH PLAN!

Reference Based Pricing - A new way of paying for health care based on cost, quality and fairness.

Starting July 1, 2017

CHECK BEFORE YOU GO!

We want to remind you that beginning July 1, 2017, your self-funded MMIA employee benefit plan is changing the way it reimburses Montana hospitals for the care you receive.

The new model is called Reference Based Pricing. This change saves you money up-front when you go to the hospital and helps MMIA keep rates under control by putting a cap on the ever-increasing cost of healthcare.

The self-funded plan that covers State of Montana employees implemented Reference Based Pricing in July of 2016 and has every major hospital in the state participating.

MMIA is simply asking Montana hospitals to

give City and Town employees the same fair deal state employees already get. The good news is that most Montana hospitals have signed on to participate.

Visit www.mmia.net and click, "Reference Based Pricing" or call Allegiance at 1-866-339-4308 to see which hospitals are participating. If you go to a non-participating hospital after July 1, MMIA will still pay that hospital the same fair rate accepted by comparable facilities in Montana, but the hospital reserves the right to balance bill you for more. This bill is 100% your responsibility and does not apply to your deductible or max out-of-pocket. ■

Why Wait for Allergy Relief?

Get the treatment you need in minutes

If you're experiencing seasonal allergy symptoms, like sneezing, congestion, and runny nose, you're not alone. According to the Centers for Disease Control and Prevention, approximately 50 million people are affected by seasonal allergies each year.* Instead of waiting hours or days to get treatment for your symptoms, use your Teladoc® membership to talk to a doctor in minutes.

Teladoc gives you 24/7 access to a doctor by web, phone or app. All Teladoc doctors are board-certified, state-licensed and can treat your seasonal allergies. They can even send a prescription to your local pharmacy, when medically necessary.



MMIA Employee Benefit Program Saves BIG with MMIA Scripts

The MMIA self-funded employee benefit plan and plan participants are seeing huge savings through the MMIA Scripts international mail order prescription drug program. Our self-funded pool is slated to save over \$160,000 in 2017 with only 1% of participants taking advantage of the zero dollar copay on brand name drugs.

MMIA Scripts is a voluntary program coordinated by CRX International. It provides participants with a three month supply of certain brand-named medications from tier one countries that have as strict or stricter regulations than the U.S.

MMIA Scripts FAQs

Q: Do I have to use this program?

A: No. This is a voluntary program designed to benefit you with \$0 copay and the plan with 60% savings or more per prescriptions. If you do not want to use this program, you can get your prescription as usual through a local pharmacy or through Pro Act's mail order program or Noble Specialty Pharmacy for specialty medications.

- ProAct Customer Service: 1-877-635-9545
www.proactrx.com
- ProAct Mail Order Pharmacy: 1-866-287-9885
www.proactrx.com/mail-order
- Noble Specialty Pharmacy: 1-888-843-2040
www.noblehealthservices.com

Q: How do you ensure my safety?

A: All medications are delivered in the original sealed package supplied from the Brand Name manufacturer's approved facility. The medications are dispensed and mailed directly to the patient by a licensed local pharmacy in a tier-one country certified by congress as having as strict or stricter standards including Canada, New Zealand, Australia and England.

Q: Are generics available through this program?

A: No. Only certain brand name prescriptions are eligible for this program in order to guarantee the quality of the medication. Visit www.mmiascripts.com to see if your medication is on the list.



Q: Can I switch from my current generic to a brand name in order to take advantage of MMIA Scripts \$0 copay?

A: No. You pay \$0 copay for MMIA Scripts medications because getting those medications through this program saves our self-funded pool money. Switching from an already low-cost medication to a brand name likely will cost the plan more. If you are taking a generic medication and MMIA Scripts suspects you have switched to brand without medical reason, they will deny your claim and notify MMIA.

Q: How long will it take for my medications to arrive?

A: It can take up to a month for medications to arrive so make sure you have at least a month's supply when you sign up.

Q: Will my prescription automatically keep coming after I sign up?

A: Yes. MMIA Scripts will contact you on the second month of your three-month supply to make sure you want more medication sent. All you have to do is say yes, and the medication will come in the mail.

Visit www.mmiascripts.com today to see if your medication is on the list! Be sure to check back quarterly as the formulary changes. ■

Teledoc (cont'd)

Teladoc is the first and largest telehealth provider in the nation, performing over 1.6 million visits with a 94% member satisfaction and resolving 92% of medical issues after the first visit.

It's quick and easy to register your account. If you have any questions about your Teladoc membership, please do not hesitate to let us know.



GET WELLTHY. 2017 - 2018!

Summer is on its way and MMIA is gearing up for this year's Get WELLthy MT wellness program. Visit www.GetWELLthyMT.com to see tentative screening dates for your City or Town. If you live in or near a city with a Montana Health Center, you can schedule your screening for any time between July 1 – September 30 at 1-855-200-6822 or www.carehere.com. MMIA will mail post cards with registration codes and information prior to your screening dates.

Get WELLthy MT Program Basics:

1. **Sign Up:** Go to www.GetWELLthyMT.com to make an appointment.
2. **Show up** to your appointment to check out your health.
3. **Get Paid!** Earn up to \$300
 - a. \$50 for getting a screening
 - b. \$50 each for meeting or improving your outcomes for BMI, blood pressure, LDL cholesterol, and HbA1c (blood glucose)
 - c. \$50 if 80% of employees in your City or Town get a screening

Retirees and Soon-to-be Retirees

Are you looking for ways to cut health care costs as a retiree? Medicare eligible retirees may consider the group Medicare Advantage Plan sponsored by MMIA. This plan is a Medicare supplement administered by Blue Cross Blue Shield of Montana. A retiree could choose this plan instead of having MMIA coverage as a secondary insurance to Medicare.

The Medicare Advantage Plan has lower monthly premiums as a supplement and also has options to include low-cost dental and vision benefits. Plus the MMIA sponsored group plan fills in the prescription donut hole.

A couple of things to be aware of:

- If you leave the MMIA employee benefit plan for a Medicare supplement or Advantage Plan, your non-Medicare spouse can stay on the MMIA plan.



Program changes:

- Participants no longer earn a reward for being nicotine-free. However, we still encourage nicotine users to take advantage of no-cost quit programs and medications available through our plan.
- Instead of \$50 for being nicotine-free, you can earn \$50 if 80% of eligible employees of your City or Town has a screening.
- Dependent children on the plan between ages 18-26 are no longer be eligible to earn incentives.

Like our Facebook page and Win!

We use this page to keep you updated on current happenings, as well as remind you of all of our great resources. Like Get WELLthy MT on Facebook and you will be entered for a chance to win a Sonicare toothbrush sponsored by Delta Dental. ■



- If you leave the MMIA employee benefit plan as a retiree, you cannot come back.

For more information about the MMIA-sponsored Group Medicare Advantage Plan or other Medicare questions, contact Wendy Schermerhorn at 406-969-3000. ■



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Disease and Case Management: Confidential no-cost access to a certified nurse health coach



Star Point Case Management

If you experience a serious accident or illness, Allegiance/StarPoint Case Management may reach out to you. A registered nurse will work closely with your providers, facilities and appropriate community resources to help you and your family effectively coordinate and manage your medical needs.

Star Baby

The Allegiance Maternity Management Program, StarBaby, supports you with having a healthy pregnancy. The program provides important pregnancy related information and is available to you at no cost. Sign up in the first trimester to get a \$50 gift card after your baby is born!

Take Control Disease Management

Starting July 1, 2017, Missoula-based Take Control will begin reaching out to qualified participants to help them manage their chronic conditions and create healthy lifestyles. The service is confidential, comprehensive, and delivered via monthly telephone meetings in the location of your convenience. This program design creates long-term, permanent health improvement. ■