

## Happy holidays!



**Brian Hellman**

**O**n behalf of the trustees and the employees here at the Health Benefit Plan, I would like to take this opportunity in my last article for 2016 to wish each and every one a safe and joyous holiday season. It's hard to believe we are coming to the end of another year, but I am confident the next year will be as great as 2016, and the Plan will continue to flourish, due to the support of our members.

Please see below for the 2017 Health Benefit Plan changes.

### Changes to the Plan:

- We now require prior authorization for certain anti-narcolepsy and analgesic/opioid medications, which will include quantity and duration limits.
- We now cover applied behavioral analysis (ABA) therapy and prior authorization is required for this service. ABA is limited to 15 hours per week for children age 3 through 11, and nine hours for children age 12 through 18.
- We now cover depression screening as recommended by the U.S. Preventive Services Task Force (USPSTF) for adults age 18 and older.
- We now cover diabetes screening for adults as recommended by USPSTF.
- We now cover high blood pressure screening for adults as recommended by USPSTF.
- We now cover depression screening as recommended by USPSTF for children age 12 through 17.
- We now cover one routine hemoglobin/hematocrit screening test for children age 15 months and 30 months.
- We now cover vision screening as recommended by Bright Futures/AAP.
- We now cover tobacco use counseling for pregnant women as recommended by USPSTF.
- We now cover the initial office visit or consultation for each new chiropractor you see.
- We now cover kidney/pancreas transplants.
- We now offer the Healthy Pregnancies, Healthy Babies program.
- We now include the Specialty Connect feature in our brochure. This feature allows you to submit your specialty medication prescription to your local CVS pharmacy.

### Changes to our High Option only:

- Your share of the non-Postal premium will increase for Self Only, increase for Self Plus One or increase for Self and Family.

- We now cover a routine pap test for females over age 65, one every two years.
- We now cover 24 chiropractic spinal or extra-spinal manipulations and office visits in a calendar year.
- You now pay a \$20 co-payment for an acupuncture visit rendered by a PPO provider.
- We now cover up to 30 days of inpatient/outpatient hospice services per calendar year.
- We now cover outpatient telemental health professional services rendered by providers such as psychiatrists, psychologists or clinical social workers.
- We no longer cover over-the-counter iron supplements for children age 6 to 12 months.
- We now waive two \$20 PPO medical office visit co-payments when you complete a health assessment for Self Only enrollments and four \$20 PPO medical office visit co-payments for Self Plus One or Self and Family.
- We now include our Substance Use Disorder (SUD) Program in the brochure.
- We now waive the prescription drug co-payments and coinsurances when Medicare Part D is the primary payer and covers the prescription drug.

### Changes to our Value Option only:

- Your share of the non-Postal premium will increase for Self Only, increase Self Plus One or increase for Self and Family.
- You now pay nothing for outpatient services and supplies for a voluntary female sterilization when rendered by an in-network hospital or ambulatory surgical center.
- We no longer require prior authorization for partial hospitalization for mental health and substance abuse, and transcranial magnetic stimulation (TMS), ambulatory drug and alcohol detoxification services and psychological/neuropsychological testing.

### Changes to our Consumer Driven Health Plan only:

- Your share of the non-Postal premium will increase for Self Only, increase for Self Plus One or increase for Self and Family.
- You now pay nothing for outpatient services and supplies for a voluntary female sterilization when rendered by an in-network hospital or ambulatory surgical center.
- We no longer require prior authorization for partial hospitalization for mental health and substance abuse, and transcranial magnetic stimulation (TMS), ambulatory drug and alcohol detoxification services, and psychological/neuropsychological testing.

**Note:** This is only a summary of some of the features of the NALC Health Benefit Plan. Detailed information on the benefits for the NALC Health Benefit Plan can be found in the official 2017 brochure (RI 71-009). All benefits are subject to the definitions, limitations and exclusions set forth in the official brochure.