

BE READY FOR BACK TO SCHOOL

Schedule wellness visits for the whole family.

With back-to-school season upon us, it's important to make sure that the whole family is healthy and prepared for the start of a new school year – with physicals, annual screenings and immunizations.

Your SAMBA benefits offer 100% coverage on routine preventive care when you use a provider in your plan's Cigna Network:

- › Adult annual physicals and preventive screenings covered at 100%
- › Routine well-child visits covered at 100%
- › Immunizations covered at 100%
- › Lab work completed through LabCorp or Quest labs covered at 100%

Make this fall healthy for everyone in the family.
Schedule an appointment with your doctor today.



Schedule your family's wellness exams today.

To find a doctor near you, visit [SambaPlans.com](https://www.sambaplans.com) or call the number on the back of your ID card.

Back-to-school checklist:

- Annual check-ups for kids
- Annual check-ups for parents
- Be sure everyone is up to date with immunizations
- Enjoy 100% preventive coverage with your PPO provider



Protect yourself from the one-two punch of chickenpox: Shingles.

Anyone who gets shingles had a case of the chickenpox first, often decades earlier. The two conditions come from the same virus.¹ After having chickenpox, the virus retreats to nerve tissues and hides out. Sometimes the virus “wakes up” and travels along nerve fibers to your skin and lands its second punch – shingles, also called herpes zoster.

Symptoms¹

Shingles is a painful rash that develops on one side of the body, often the face or torso. The rash consists of blisters that typically scab over in seven to 10 days and clears up within two to four weeks. Before the rash develops, people often have pain, itching, or tingling in the area where the rash will develop. Other symptoms can include: fever, headache, chills, and upset stomach. For some the pain can last for months or even years after the rash goes away. This long-lasting pain is called postherpetic neuralgia (PHN) and is the most common complication of shingles.

Those at risk¹

If you’ve had chickenpox, and:

- › Have cancer, HIV, or any disease that lowers your body’s defenses
- › Are age 50 or older
- › Are under a lot of stress
- › Had a physical trauma
- › Take long-term steroids or other medications that can weaken your immune system

Shingles vaccine

A new shingles vaccine called Shingrix (recombinant zoster vaccine) was licensed by the U.S. Food and Drug Administration (FDA) in 2017. The Centers for Disease Control and Prevention (CDC) recommends that healthy adults 50 years and older get two doses of Shingrix, two to six months apart. Shingrix provides strong protection against shingles and PHN. Shingrix is the preferred vaccine, over Zostavax®, a shingles vaccine in use since 2006. Zostavax may still be used to prevent shingles in healthy adults 60 years and older. Ask your physician which vaccine is right for you.

You can receive vaccines at your local retail pharmacy through your SAMBA prescription drug benefit. Participating pharmacies typically do not require an appointment and are covered at a \$0 copay. No prescription is needed.

Contact your network pharmacy in advance to inquire about vaccine availability, age restrictions, and current vaccination schedules. Bring your SAMBA ID card to the pharmacist at the time of service.

Find a participating pharmacy.

- › Visit sambaplans.com/health-benefit-plan/ and choose “Locate a Pharmacy”
- › Call Express Scripts at **855.315.8527**
- › Register or sign in at **Express-Scripts.com**

SAMBA members can also use the Express Scripts Mobile App to locate a pharmacy, and manage their prescriptions and pharmacy care anywhere and at any time. To download the free Express Scripts App,² search “Express Scripts” in your mobile devices’ app store.

SAMBA offers the Your Health First Program.

Through SAMBA’s relationship with Cigna, we are pleased to offer our members and their covered dependents access to **Your Health First**[®], a chronic condition management program. Get help for diabetes, heart disease, asthma, depression and more.

With the **Your Health First** program, you have access to a team of specialists – trained as nurses, coaches, nutritionists and clinicians. These caring health professionals will listen, understand your needs and help you find solutions, even when you’re not sure where to begin.



Get help with Your Health First.

Please register first, if you haven’t already.

Go to SambaPlans.com/health-benefit-plan and choose “Your Health First – Chronic Conditions” under the Health & Wellness Center.

Have a one-on-one conversation by calling **800.887.9735**.

If you prefer an online coaching program, just log in to your account at myCigna.com. Select the “My Health” tab > “Programs and Resources” > “Health Assistant.”

1. Centers for Disease Control and Prevention; <http://www.cdc.gov/shingles>.

2. The downloading and use of the Express Scripts App is subject to the terms and conditions of the App and the online stores from which it is downloaded. Standard mobile phone carrier and data usage charges apply. Express Scripts is an independent company/entity and is not affiliated with Cigna.



Reach a doctor right away.

SAMBA has partnered with Teladoc® to provide you with convenient and affordable medical services, including general medical, dermatology and behavioral health. With Teladoc, you can consult by phone or by online video chat with a licensed physician or mental health provider, 24 hours a day, seven days a week.

Teladoc doctors can treat many medical conditions, including:

- › Cold and flu symptoms
- › Allergies
- › Bronchitis
- › Skin problems
- › Respiratory infections
- › Sinus problems
- › Mental health conditions
- › And more

Teladoc costs less than an urgent care center and much less than an ER visit. Pay just:

- › \$10 (High Option plan)
- › \$15 (Standard Option plan)

Request a phone or online video chat consult from home, work, or when traveling. A doctor will call you back in minutes.



Talk with a doctor anytime.

800.Teladoc (800.835.2362)
Teladoc.com



Smile: SAMBA's Dental Plan includes vision benefits at no extra cost.

All active and retired federal employees and their families are eligible for the SAMBA Dental & Vision Plan.

- › Enroll at any time
- › Change plan option at any time
- › Keep your children on the plan, up to age 26

SAMBA offers you and your family a choice of two comprehensive dental plan options: the **DMO** Plan or the **PPO** Plan. You pay the same low rate for either option.

Just choose the dental plan option that works best for you.

DMO plan – select a primary dentist

- › No claim forms needed
- › Less out-of-pocket cost
- › No waiting period
- › No annual maximum benefit

PPO plan – choose any dentist

- › No referrals needed
- › Pay less out-of-pocket when you use a PPO dentist
- › Out-of-Network benefits available

No matter what Dental Plan Option you choose, plan members receive vision care benefits, too. You have access to a nationwide network of providers to receive benefits for routine eye examinations, eye dilation, frames and lenses, or contact lenses. Discounts on additional vision care services and products are also available.



Enroll today. It's fast and easy.

To get more information and find DMO and PPO dentists in your area, visit **SambaPlans.com** and choose "Dental & Vision Plan" or call **800.638.6589**.

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