

BE A SMART SHOPPER



Save money with Quest Diagnostics and LabCorp.



If you need blood work done, you may go to the lab associated with your doctor's office.

If you're at your doctor's office and need a pathology test, they may send you to the lab that's right onsite. However, these labs aren't always in network and your costs could be much higher.



Your SAMBA Health Plan covers Quest Diagnostics and LabCorp services at 100%.

That means no deductible and no out-of-pocket costs for you. Even though other labs may be part of the Cigna network, you'll get even bigger savings when you go to Quest Diagnostics and LabCorp for your lab work. With hundreds of locations nationwide, they make it easy to get the lab services you need at a lower cost.



Find a Quest Diagnostics or LabCorp near you.

SambaPlans.com.

Select either Quest Diagnostics Labs or LabCorp Labs under *Health Plan Center*.

800.638.6589.

Contact SAMBA customer service.



Be on your way to your best health.

See your primary care provider (PCP) for an annual check-up, including recommended screenings and immunizations.

Some serious conditions have no signs or symptoms. So, even if you have no symptoms right now, a regularly scheduled check-up is important.

Annual check-ups and many routine screenings are covered at 100% under your SAMBA Health Plan.

When you use an in-network provider, many preventive services are covered at no additional cost to you.* That includes annual check-ups, plus screenings for:

- ▶ Breast cancer (mammograms)
- ▶ Blood pressure
- ▶ Cholesterol
- ▶ Cervical cancer (Pap tests)
- ▶ Colon cancer
- ▶ Diabetes

Schedule your annual check-up with your PCP.

For help finding an in-network provider, call **800.638.6589**. Or, visit **SambaPlans.com**, then select "Health Benefit Plan" and click *Cigna Provider Directory*.

*Not all preventive care services may be covered and plans may vary. Please see your plan documents for preventive care coverage details.

The information provided in this document is for educational purposes only. It is not medical advice. Always consult with your doctor for appropriate examinations, treatment, testing and care recommendations.

Get the help you need when you need it most.

Discover the Cigna Designated Substance Use Treatment Provider program.

If you or a loved one is coping with substance use issues, you may need extra help. Through SAMBA's relationship with Cigna, we can help you find care to deal with substance use challenges. This may include treatment at a health care facility for substance use disorder.

Choosing the right health care facility is an important decision. To help you and your treating provider make this decision, Cigna has identified in-network providers that provide quality, cost-effective care.

These Designated Substance Use Treatment Providers have met certain Cigna measures, based on these factors.

- Available substance use disorder treatment programs:* Inpatient, residential, partial hospitalization and intensive outpatient
- Annual admission and readmission data
- Cost data

Questions? Cigna/CareAllies is here to help.

Get more information, including a list of Cigna Designated Substance Use Treatment Providers.

Cigna/CareAllies
800.887.9735

We want to hear from you.

If you have a question, suggestion, complaint or grievance about the SAMBA Health Plan, the Cigna provider network, the Express Scripts pharmacy program or a specific health care provider, please contact us.



800.638.6589

SAMBA Customer Service

Monday-Friday, 8:00 am – 5:00 pm EST.



SambaPlans.com

Click on the "Contact Us" link.



SAMBA

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Take care of them, even if you can't be there.

Although it may be difficult to consider, could the life you planned for your family continue if you were no longer there?

Fortunately, as a federal employee or retiree, you may request Term Life Insurance under the SAMBA Term Life Insurance plan. And Accidental Death and Dismemberment (AD&D) benefits are included at no additional cost. With available coverage amounts from \$25,000 to \$600,000, you can select the coverage amount that is right for you and your family.

You can also add family coverage. Your spouse can be covered up to \$600,000, and eligible unmarried children (up to age 26) can be covered for \$20,000 each.

The SAMBA Term Life Insurance coverage is truly portable – it goes with you even if your employment status changes. That means that once you are approved for coverage, the Term Life Insurance is yours to keep, even if you change agencies, retire or leave federal employment altogether. You can maintain your Term Life Insurance coverage simply by continuing to make your premium payments.

SAMBA has partnered with top-rated insurance carriers to create flexible plans at affordable rates to meet the specific needs of our members and their families. The SAMBA Term Life Insurance Plan is underwritten by ReliaStar Life Insurance Company, a member of the Voya family of companies.

Enroll anytime.

To view rates and coverage amounts visit **SambaPlans.com** and select "Term Life Insurance."

Or contact Customer Service at **800.638.6589**.

*All participating facilities provide an inpatient or residential level of care with a step down to a partial hospitalization (PHP) or intensive outpatient program (IOP), which are subject to prior authorization. The following services are generally not covered: Services considered to be experimental, investigational and unproven, and nonmedical ancillary services, including, but not limited to, educational services, custodial services, vocational rehabilitation and counseling services, religious counseling, work-hardening programs and driver safety programs. This is not a complete list of plan terms and plans may vary. See your plan documents for details of your specific health plan.

See how we safeguard your health information.

Your rights

When it comes to your health information, you have certain rights. You have the right to:

- › Get a copy of your health and claims records
- › Correct your health and claims records
- › Request confidential communications
- › Ask us to limit the information we share
- › Get a list of those with whom we've shared your information
- › Get a copy of this privacy notice
- › Choose someone to act for you
- › File a complaint if you believe your privacy rights have been violated

Your choices

You have choices in the way that we use and share information as we:

- › Answer coverage questions from your family and friends
- › Provide disaster relief
- › Market our services

For certain health information, you can tell us your choices about what we share and if you have a clear preference for how we share it. Tell us what you want us to do, and we will follow your instructions.

Our uses and disclosures

We may use and share your information as we:

- › Help manage the health care treatment you receive
- › Run our organization
- › Pay for your health services
- › Administer your health plan
- › Help with public health and safety issues
- › Do research
- › Comply with the law
- › Respond to organ and tissue donation requests and work with a medical examiner or funeral director

- › Address workers' compensation, law enforcement and other government requests
- › Respond to lawsuits and legal actions

Our responsibilities

- › We are required by law to maintain the privacy and security of your protected health information
- › We will let you know promptly if a breach occurs that may have compromised your information
- › We must follow the duties and privacy practices described in our privacy notice and give you a paper copy upon request
- › We will not use or share your information other than as described unless you tell us we can in writing. If you tell us we can, you may change your mind at any time

Get more information or a copy of our privacy notice.

Visit **SambaPlans.com**. Click on the *HIPAA Privacy* link at the bottom of the web page.



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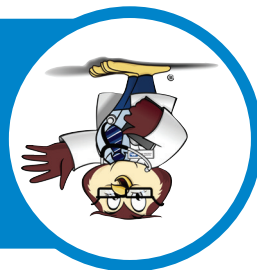
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