

**GET HEALTHY, STAY HEALTHY.**

**INFORMATION FOR SAMBA HEALTH PLAN MEMBERS.**

**Winter 2016**

### **WELCOME NEW SAMBA MEMBERS**

Welcome to the 1,348 new members who joined the health plan during the last open enrollment season. We hope the SAMBA plan will meet your health coverage needs and expectations. Please don't hesitate to call us should you have any questions about your benefits.

You may call SAMBA customer service at **800.638.6589** between 8:00 am and 5:00 pm, Monday through Friday. Or, send us a secure email by visiting our website at **sambaPlans.com** and clicking on the "Contact Us" tab.

### **Self Plus One enrollments**

The Self Plus One enrollment type is new this year for all plans in the Federal Employees Health Benefit Program. According to the Federal regulations, as of January 1, 2016, approximately 44% of the SAMBA membership is enrolled for Self Only coverage, 34% for Family coverage and 22% for Self Plus One coverage.



### **Express Scripts**

As you know, SAMBA contracted with Express Scripts to serve as our pharmacy benefit manager in 2016. Copays and coinsurance amounts did not change this year.

#### **Prescriptions 30 days or less**

These prescriptions may be filled at one of over 68,000 retail pharmacies, including CVS and Walgreens drugstores. (Limited to the initial fill plus one refill.)

#### **Prescriptions more than 30 days**

After two (2) fills at retail, members may use either the Express Scripts mail order service or have their prescriptions filled at one of the 29,000 Smart90 retail outlets. Mail order copays and coinsurance apply to all prescriptions filled at a participating Smart90 drugstore. Note: CVS and Walgreens drugstores do not participate in the Smart90 program. Visit **express-scripts.com** or call **855.315.8527** to locate a Smart90® pharmacy near you.

Although every effort was made to transfer prior authorizations (exceptions) approved by CVS/Caremark to Express Scripts, some members have experienced a glitch. If you have a problem, please call SAMBA customer service at **800.638.6589**.

**Together, all the way.®**





### IRS Form 1095-B



This year the Affordable Care Act requires health plans offering minimum essential coverage (including both SAMBA health plan options) to provide members with

IRS Form 1095-B on or before March 31, 2016. SAMBA is also required to report 1095-B information to the IRS.

While you do not have to provide these forms or proof of coverage when you file your 2015 tax return, the IRS suggests you keep Form 1095-B with your tax records as proof of enrollment in a plan offering minimum essential coverage.

If you have questions about the information on your IRS Form 1095-B, or if you receive an incorrect form, please call SAMBA at **800.638.6589**. Do not call the Office of Personnel Management (OPM) or your employing agency. OPM and your agency will not be able to answer questions about the information on this form.

### Health assessment



Earn a \$25 credit towards your annual deductible. All SAMBA members and dependents over age 18 have the opportunity to gauge their current health and identify any potential health risks by completing an online health assessment (HA). The HA offers personal guidance and specific recommendations designed to promote health and prevent disease. The HA tool is included with your health plan and easy to use. Upon completion of the HA, SAMBA will apply a \$25 credit toward the individual's calendar year deductible (limited to two individuals per family and allowed once per calendar year).

To complete your HA, visit **SambaPlans.com** and enter "health assessment" in the Search field. Click on the "Health Assessment" link. You will be directed to the SAMBA/MyCareAllies web page where you can register as a new user or log in to your MyCareAllies account to access the health assessment.

## Take the pressure off

February is American Heart Month. It's a perfect time to think about your heart health and how you can improve it. Your blood pressure is a great place to start.

## Why it's important

Blood pressure is considered high if it's greater than 140/90 in people under age 60, and greater than 150/90 in people over age 60.\*

It affects one out of every four adults in the U.S. and typically doesn't have any symptoms.\* Left untreated, it can damage more than your heart. Your blood vessels, kidneys and other organs may also be impacted.

**High blood pressure is the most common cardiovascular disease. It is the leading cause of stroke and a major cause of heart attack.\***

## For a healthier you

The good news is that small changes can make a big impact. For example, losing just five pounds can lower your blood pressure.

Lifestyle changes can help you control and prevent high blood pressure and improve your overall health.\*\*

Here's what you can do:\*\*

- › Eat healthy foods
- › Decrease the salt in your diet
- › Maintain a healthy weight
- › Increase physical activity
- › Limit alcohol
- › Don't smoke
- › Manage stress
- › Monitor your blood pressure at home
- › Practice relaxation or slow, deep breathing
- › Control blood pressure during pregnancy

## Watch for warning signs

High blood pressure is especially dangerous because you may not know that you have it. Usually signs and symptoms don't occur until high blood pressure has reached a life-threatening stage.

If your blood pressure is extremely high, you may experience:\*

- › Severe headache
- › Fatigue or confusion
- › Vision problems
- › Chest pain
- › Difficulty breathing
- › Irregular heartbeat
- › Blood in the urine
- › Pounding in your chest, neck or ears

If you have any of these symptoms, see a doctor immediately.

## Stay in touch

Have you recently moved or changed your telephone number or email address? Please contact SAMBA customer service at **800.638.6589** or send us your changes using our secure email service. Please be sure to include your name and SAMBA ID number.

\* WebMD. [www.webmd.com/hypertension-high-blood-pressure/default.htm](http://www.webmd.com/hypertension-high-blood-pressure/default.htm). Accessed January 2016.

\*\* Mayo Clinic. [www.mayoclinic.org/diseases-conditions/high-blood-pressure/basics/definition/con-20019580](http://www.mayoclinic.org/diseases-conditions/high-blood-pressure/basics/definition/con-20019580). Accessed January 2016.

This information is for educational purposes only and is not intended as medical advice. Always consult with your doctor for appropriate examinations, treatment, testing, and care recommendations.

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**Earn a \$25 credit.**  
**DETAILS INSIDE**

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