

KNOW YOUR RISKS

Know your coverage.



Colon cancer screenings save lives.

It is important that you and your family have routine annual physicals, including cancer and other screenings.

Remember that your annual check-up is covered at 100% when you see an in-network provider. During your annual check-up, talk with your provider about when you should get a colon cancer screening.

Screening for colorectal cancer is recommended for men and women beginning at age 50*. National guidelines for colorectal cancer screening include several screening test options.

Ask your provider

- › What screening test(s) do you recommend for me and why?
- › How do I prepare? Do I need to change my diet or my usual medication before taking the test?
- › What's involved in the test? Will there be any discomfort?
- › What are the risks involved?
- › When and from whom will I get results?

If you're having a colonoscopy or sigmoidoscopy, you will want to know:

- › Who will do the exam?
- › Will I need someone with me?

Your SAMBA plan may cover your colon cancer screening at 100% when you visit an in-network provider. Covered tests include:

- › Fecal occult blood test for members age 40 and older
- › Sigmoidoscopy screening every five years, starting at age 50
- › Routine screening colonoscopy every 10 years, starting at age 50, including facility and anesthesia charges related to the colonoscopy exam

Please remember that all benefits are subject to the definitions, limitations and exclusions set forth in the official SAMBA Plan brochure.

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



If you have questions about your benefits or to find a network provider:

Contact SAMBA customer service at **800.638.6589**

or visit

SambaPlans.com.

Click on "Health Benefit Plan."

* Division of Cancer Prevention and Control, Centers for Disease Control and Prevention. https://www.cdc.gov/cancer/colorectal/basic_info/screening/index.htm.



Secure your family's financial future. For just pennies a day.

The SAMBA Personal Accident Insurance plan provides 24/7 around-the-clock protection for you and your family in the event of an accidental bodily injury that results in death or dismemberment, or the loss of eyesight, hearing and more.

Choose the coverage that is right for you - \$10,000 to \$500,000. These other benefits are provided too, at no additional cost.

- › Safe Driver
- › Child Care
- › Monthly Expense
- › Education

SAMBA's Personal Accident Insurance plan is available to active and retired federal employees. Enroll yourself or your entire family, including your spouse and unmarried dependent children up to age 26, at any time. You can't be denied coverage due to age or health. You can also continue this plan, even if you change agencies, retire or leave federal employment.



When a virus joins your vacation you've got Teladoc!

From a sunburn to swimmer's ear you don't have to let a minor illness ruin your summer plans. With Teladoc, you can take a provider with you no matter where your travels take you.* Providers are available by phone or video 24/7.

Get treated for many nonemergency illnesses, including:

- › Sinus infection
- › Cough
- › Rash/sunburn
- › Upset stomach
- › Flu
- › Sore throat
- › Allergies
- › Nausea, and more

All Teladoc providers are board-certified state-licensed, and can diagnose and treat many health problems. They can even send a prescription electronically to your pharmacy of choice when medically necessary.**

Get more information.

View rates and coverage amounts, or enroll today.

SAMBA customer service

800.638.6589

SambaPlans.com

Select "Personal Accident Insurance."

*Teladoc visits are not available outside of the United States. Teladoc does not replace the primary care provider. Teladoc operates subject to state regulation and may not be available in certain states.

**Teladoc does not guarantee that a prescription will be written. Teladoc does not prescribe DEA controlled substances, nontherapeutic drugs and certain other drugs which may be harmful because of their potential for abuse. Teladoc physicians reserve the right to deny care for potential misuse of services.

Register for your Teladoc account today.

Teladoc.com

800.TELADOC (800.835.2362)



Commit to quit tobacco.

Most people know that tobacco use and exposure to secondhand smoke cause lung cancer. But there are many other health consequences as well.

- › Increased risk of many types of cancer
- › More frequent colds and chronic bronchitis
- › Emphysema
- › High blood pressure
- › Stroke
- › Heart disease
- › Tooth decay

Quitting tobacco is one of the best things you can do for your health. However, behavior change is rarely a single event. It is a process with stages people pass through.

What about e-cigarettes?

Scientists still have a lot to learn about whether e-cigarettes are effective for quitting smoking. The long-term health impact of using them isn't known. E-cigarettes can contain harmful substances, including cancer-causing chemicals and heavy metals such as nickel, tin and lead.*

The Tobacco Cessation Program can help

Get the help you need to finally quit tobacco. This program is available at no additional cost to you. Work with a trained health coach to:

- › Create a personal quit plan with a realistic quit date
- › Talk about ways to kick the habit for good
- › Get over-the-counter nicotine replacement therapy at no additional cost

If you have questions or want more information about enrolling in the program, visit [SambaPlans.com/health-benefit-plan](https://www.sambaplans.com/health-benefit-plan) and choose "Tobacco Cessation" from the Health & Wellness Center.

* Centers for Disease Control and Prevention (CDC), "What is in e-cigarette aerosol?" Accessed June 26, 2019, https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html.



SAMBA Health Plan has been reaccredited.

We are pleased to announce that the Accreditation Association for Ambulatory Health Care (AAAHC) recently awarded the SAMBA Health Benefit Plan full accreditation for another three-year term, continuing to March 2022.

This is an important milestone in the continuing growth and success of the SAMBA Health Benefit Plan. The AAAHC reaccreditation confirms that SAMBA has met or exceeded the rigorous standards of a nationally recognized accrediting body. We are proud to have again met the challenge of accreditation and we intend to consistently uphold the principles of quality service to our members in the future.

Health Plan Accredited by



Stay in touch

Have you recently moved or changed your phone number or email address?

Please contact SAMBA customer service at **800.638.6589**.

You can also change your contact information at **SambaPlans.com**. Be sure to include your name and SAMBA ID number.



Any reference to the products, services, information or websites of any non-Cigna-affiliated entity is provided for informational purposes only and should not be construed as an endorsement by Cigna of the products, services, information or websites of such entities. Your use of any products, services, information or websites of any non-Cigna-affiliated entity is at your sole risk. All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc. All pictures are used for illustrative purposes only.