

BETTER HEALTH IS HERE

Winter 2016

Health Plan Accredited by



The SAMBA Health Plan has achieved comprehensive plan accreditation.

SAMBA is pleased to announce that it recently was awarded full accreditation by the Accreditation Association for Ambulatory Health Care (AAAHC).

This is an important milestone in the continuing growth and success of the SAMBA Health Plan. Accreditation shows our commitment to providing the highest levels of quality care and service to our members, and ongoing oversight of our business partners. Accreditation by AAAHC is proof that we have met the rigorous standards of a nationally-recognized accrediting body.

We are proud to have met the challenge of accreditation, and we intend to consistently uphold the principles of quality service to our members in the future.



Your 2017 SAMBA ID Cards

All members, including dependents, will receive 2017 SAMBA Identification Cards that display both the Cigna and Express Scripts logos.

Your 2017 SAMBA ID cards will be mailed to you in late December. Should there be a delay in the mail, please be assured that your current SAMBA ID card will still be accepted by your medical providers and pharmacies until your new card arrives.

If you should need a replacement card for any reason, contact Express Scripts at **1-855-315-8527**.

Express Scripts Smart 90: Update concerning the CVS Health acquisition of Target pharmacies

CVS Pharmacies has acquired all Target pharmacies and ~~have~~ rebranded them as CVS Pharmacies.

Express Scripts has announced that due to the acquisition by CVS Pharmacies, the Smart 90 retail® program will no longer be offered at Target locations beginning in 2017. Members can still fill their 30-day prescriptions at the CVS/Target pharmacies, just not their 90-day prescriptions.

For more information, visit **SambaHealth.com** or call our customer service department at **1-800-638-6589**.

Together, all the way.®





Look at what's NEW, starting January 1, 2017.



Cigna Healthy Pregnancies, Healthy Babies®

This program is designed to help moms and their babies stay healthy during pregnancy and after birth. Includes live support from a nurse, 24 hours a day, 7 days a week.



Cigna Health MattersSM Plus

The new health assessment is an easier and engaging gamified experience. Get connected to information, people and programs that will help you reach your health and wellness goals.

Earn a \$25 credit toward your calendar year deductible by completing your health assessment.

When you complete the CareAllies health assessment, SAMBA will apply a \$25 credit toward your calendar year deductible. This incentive is limited to two covered individuals per family (over age 18) and allowed once per calendar year. By taking the assessment, you'll gain knowledge about what you are doing well and areas that may need work. With this knowledge you will have the power to make positive changes in your life.

To complete your health assessment, visit **www.SambaHealth.com** and enter "health assessment" in the Search field. When you click on the health assessment link, you will be directed to the SAMBA/ MyCareAllies web page where you can register or sign into your MyCareAllies account to take the health assessment.

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 the **Your Health First Program**, a chronic condition management program.

Your Health First offers free support for the following chronic health conditions:

- › Asthma
- › Heart Disease
- › Coronary Artery Disease
- › Angina
- › Congestive Heart Failure
- › Acute Myocardial Infarction
- › COPD (Emphysema and Chronic Bronchitis)
- › Type I Diabetes
- › Type II Diabetes
- › Metabolic Syndrome
- › Peripheral Arterial Disease
- › Low Back Pain
- › Osteoarthritis
- › Depression
- › Anxiety
- › Bipolar Disorder

There are times when you may need extra help with an ongoing health condition. If you have a chronic condition – such as asthma, heart disease or diabetes, Your Health First will work with you to:

- › Create a personal care plan.
- › Understand medications or your doctor's orders.
- › Identify triggers that affect your condition.
- › Learn what to expect if you need to spend time in the hospital.
- › Get unbiased information on treatment options so you and your doctor can make decisions that meet your health needs and work best for you.

Or, take charge on your own using online resources:

- › Tools to help you understand your condition and make more informed treatment decisions.
- › Educational information
- › Programs to help you with chronic health conditions.

With the **Your Health First** program you have access 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.

Use the Your Health First online or telephone coaching programs – or both – for the support you need to improve your lifestyle.



With the Your Health First Program, you can:

- › Call us for support – any day, any time.
- › Expect service that meets your personal needs, without extra cost.
- › Access confidential assistance from reliable, compassionate professionals.
- › Find online educational information.



You decide what is best for you.

You can work one-on-one with a health advocate, use online resources to help you – or do both.

For live support from your health advocate call: 855.246.1873

Or, for self-service resources, go to: www.mycareallies.com

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11301 Old Georgetown Road
Rockville, MD 20852-2800



<Firstname> <Lastname>
<Address Line 1>
<Address Line 2>
<Cityname>, <XX> <00000-0000>