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Healthcare Services by Phone or Video

As a SAMBA member, you and your covered family members have Teladoc Health services as a part of your health benefits. You can access these services to connect with U.S.-licensed providers by phone or video, confidentially, from anywhere you are located.*

Your Teladoc Health services include:



General Medical Care:

Talk to a U.S.-licensed doctor 24/7 for non-emergency conditions like the flu, allergies, coughs, sore throats, rashes and more.



Mental Health Care:

Talk to a therapist or psychiatrist by appointment 7 days a week (7 a.m. to 9 p.m. local time) by phone or video for depression, anxiety, stress and more. This includes services for covered adolescent patients ages 13 to 17.



Dermatology:

Diagnose and treat skin conditions like eczema, psoriasis, acne and more through images you upload. You can also ask follow-up questions after your consult for up to 7 days.

With your SAMBA Health Plan, your first two Teladoc telehealth services are FREE! Then you pay only \$15 per visit under the Standard Option or \$10 under the High Option.

Don't miss out on secure healthcare from anywhere. Get started with Teladoc by visiting TeladocHealth.com or call 1-800-835-2362. Or, you can download the Teladoc app.

Please know that you may also choose to receive telehealth services, if available, from your regular PPO Network and Non-PPO providers. Normal PPO and Non-PPO copay, coinsurance, and deductible amounts will apply to these services.

**Teladoc Health is not available internationally.*

Help Reduce Your Risks

Getting regular health screenings can help prevent and detect health issues earlier, when they're often easier and less costly to treat.

We encourage you and your family to have routine physicals, required immunizations, and cancer and other screenings on a regular basis.

Did you know that your SAMBA Health Plan covers annual check-ups and other preventive care services at no cost to you when you use a Cigna Network doctor?*

These covered services include:

- ↪ Annual physicals for adults and children
- ↪ Blood pressure and cholesterol tests
- ↪ Diabetes and colon cancer screenings
- ↪ Routine mammograms and Pap tests
- ↪ Recommended immunizations for children and adults

Schedule your well visit and screenings today! Your health is worth it.

For help finding an in-network provider, visit [SambaPlans.com](https://www.sambaplans.com) or call our Customer Service team at 1-800-638-6589.

** See your plan materials for details and a complete list of covered preventive care services.*

May is High Blood Pressure Education Month

High blood pressure – or hypertension – is blood pressure that is consistently higher than normal. Nearly half of adults in the U.S. have high blood pressure¹. This is defined as a systolic blood pressure greater than 130 mm Hg or a diastolic blood pressure greater than 80 mm Hg or are taking medication for high blood pressure¹.

The higher your blood pressure levels, the more at risk you are for other health issues such as heart disease, heart attack, and stroke². High blood pressure usually has no warning signs or symptoms, and many people do not know they have it. Measuring your blood pressure is the only way to know whether you have high blood pressure and an important step toward controlling it.

There are several causes of and risk factors for developing high blood pressure². High blood pressure usually develops over time and can occur because of unhealthy lifestyle choices, such as not getting enough regular physical activity. Certain health conditions such as diabetes and obesity can also increase the risk for high blood pressure. High blood pressure can also occur during pregnancy.¹

No matter your age, you can take steps each day to keep your blood pressure in a healthy range. Many people with high blood pressure can lower their blood pressure or keep their numbers in a healthy range by making lifestyle changes. Talk with your health care provider about:

- Physical activity each week (about 30 minutes a day, 5 days a week)
- Not smoking
- Eating a healthy diet, including limiting sodium (salt) and alcohol
- Keeping a healthy weight
- Managing stress

Some may need to take medications in addition to making lifestyle changes to help keep their blood pressure at a healthy level.

We encourage you to have your blood pressure checked and to talk to your doctor about what your numbers mean for you.

¹ Centers for Disease Control and Prevention (CDC) <https://www.cdc.gov/high-blood-pressure/data-research/facts-stats/index.html>

² CDC <https://www.cdc.gov/high-blood-pressure/about/index.html>



Quality Sleep is Important

Getting quality sleep is not just about how many hours you sleep, but how well you sleep. Good sleep is essential for our health and emotional well-being.

Getting enough sleep and good sleep quality can help you get sick less often, stay at a healthy weight, reduce stress and improve your mood, and lower your risk of chronic health conditions.¹

There are certain things you can do to help get a good night's sleep. Better sleep habits include:

- **Going to bed and getting up at the same time every day.**
- **Keeping your bedroom quiet, relaxing, and at a cool temperature.**
- **Turning off electronic devices at least 30 minutes before bedtime.**
- **Avoiding large meals and alcohol before bedtime.**
- **Avoiding caffeine in the afternoon or evening.**
- **Exercising regularly and maintaining a healthy diet.**

Talk to your doctor if you regularly have problems sleeping or notice signs or symptoms of common sleep disorders. Your provider can run tests, including sleep studies, to tell if you have a sleep disorder.

Getting a good night's sleep can make a positive difference in many areas of your life and health. Be your best with better sleep.

This is intended to be general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.

SAMBA Has You Covered

SAMBA offers an array of insurance plans and products that provide valuable coverage to you and your family. These plans were designed to meet the needs of all federal employees and retirees and you can enroll for coverage at any time – there is no waiting for an open enrollment period.

Our plans can help you prepare for times of illness, ease the economic consequences of disability, and prevent financial catastrophe.

TERM LIFE INSURANCE

Take care of your family – even if you can't be there.

Life insurance benefits can help your family meet their expenses after your death. With coverage available up to \$750,000, select the amount that best protects your loved ones. And, Accidental Death and Dismemberment (AD&D) benefit is included at no additional cost.

PERSONAL ACCIDENT INSURANCE

Secure your family's future with 24/7 around-the-clock protection in the event of accidental death or dismemberment.

SAMBA's Personal Accident Insurance plan is available to all active and retired federal employees under age 70 for just pennies a day. There's no medical exam, and you cannot be denied coverage due to age or health. Choose the level of coverage that is right for you – \$10,000 to \$500,000.

LONG TERM DISABILITY

Financial security and peace of mind if you are unable to work due to a disabling illness or injury on or off the job.

You depend on your income, so you can't afford not to protect it. If a disability keeps you from working, this important coverage can provide the income you need to continue meeting day-to-day expenses. Available to full-time active federal employees, the SAMBA Long-Term Disability plan provides financial security when you can't work.

To get more information or to enroll in any of these plans, visit SambaPlans.com or contact SAMBA's Customer Service at 800.638.6589.

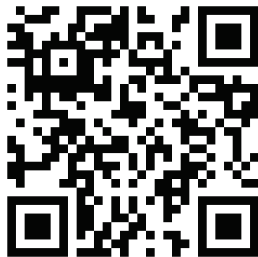
¹ CDC – <https://www.cdc.gov/sleep/about/index.html>



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Complete your Health Assessment Today



Visit SambaPlans.com

- ☛ Click on Health Benefit Plan
- ☛ Choose "Health Assessment" under the Health & Wellness Center
- ☛ You will be redirected to the SAMBA/myCigna web page
- ☛ Register as a new user or sign into your myCigna account to get started

Have you completed your health assessment this year? It can help you

assess your current health and potential health risks. You'll receive individualized feedback and specific recommendations on how to promote health and prevent disease.

Earn \$25 with this easy-to-use tool.

After you complete the 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.

Begin your journey to better health - take your health assessment.