

# PREVENTIVE CARE COUNTS

Learn more about what's covered.

Spring 2016

## Preventive care at no extra cost to you

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

**To help you, your SAMBA Health Benefit Plan offers 100% coverage on routine preventive care.\***

Just use a Cigna Preferred Provider Organization (PPO) network provider. Covered services include:

- › Annual routine physicals – for adults and children
- › Blood pressure and cholesterol tests
- › Diabetes and colon cancer screenings
- › Routine screening mammograms and Pap tests
- › Biometric screening

**Make this year a healthy one for everyone in the family.** Schedule an appointment with your Cigna PPO network provider today.



**Find an in-network doctor**

**800.638.6589**

**SambaPlans.com**

**Click on the “Find a Provider – Health Plan” link under *Quick Links***

## It's time to take your health risk assessment.



This simple online tool asks questions about your lifestyle and medical data, as well as questions about your attitude toward making health changes. The tool then assesses your health status and estimates your level of health risk. The health risk assessment (HRA) provides individualized feedback, giving you specific recommendations to promote health and prevent disease.

**This free and easy tool also comes with a \$25 incentive.** Upon completion of the HRA, SAMBA will apply a \$25 credit toward the covered individual's calendar year deductible. This incentive is limited to two covered individuals over age 18 per family and allowed once per calendar year.

## Complete your health risk assessment SambaPlans.com

- › Enter “health assessment” in the Search field.
- › After you click on the “health assessment” link, you will be directed to the SAMBA/myCareAllies web page.
- › Register as a new user or sign into your myCareAllies account to access the health risk assessment.

\*Not all preventive care services are covered. For example, immunizations for travel are generally not covered. Covered services may vary depending on your age, gender, and family medical history. See your plan materials for details and a complete list of covered preventive care services.

**Together, all the way.®**





## SAMBA offers the *Your Health First* program

There are times when you may need extra help with an ongoing health condition. Through SAMBA's relationship with Cigna, we are pleased to offer our members and their covered dependents access to the ***Your Health First***® program.

**The *Your Health First* program is a chronic condition management program.** It takes a unique approach to help people better manage their health for conditions such as:

- › Asthma
- › Chronic obstructive pulmonary disease (COPD)
- › Behavioral concerns - depression, anxiety, bipolar disorder
- › Type 1 and type 2 diabetes
- › Osteoarthritis
- › Peripheral arterial disease
- › Cardiac concerns - heart disease, angina, coronary artery disease, congestive heart failure, acute myocardial infarction
- › Low back pain
- › Weight complications.

**You decide what is best for you.** You can work one-on-one with a health coach, use online resources to help you - or do both.



**Talk with a health coach today**

**800.887.9735**

**[SambaPlans.com/health-benefit-plan/](https://SambaPlans.com/health-benefit-plan/)**

Then, click on the "*Your Health First*" link.

## Is Medicare your primary insurance carrier?



If you have Medicare, coordinating health plan benefits with Medicare and your SAMBA plan has never been easier.

**When you enroll in Medicare, you should advise SAMBA immediately to ensure that our records are updated correctly.** For your convenience, if we determine that Medicare is your primary payor, SAMBA will arrange for your claims to automatically come to us after Medicare pays its share. We will then process any remaining balances for covered expenses under your SAMBA benefits. This eliminates the need for you or your doctor to file a second claim.



### Questions?

**Not sure how your Medicare enrollment will affect your SAMBA benefits?** Contact us today.

SAMBA customer service, **800.638.6589**.

**[SambaPlans.com/health-benefit-plan/](https://SambaPlans.com/health-benefit-plan/)**

Select the "SAMBA and Medicare" link.

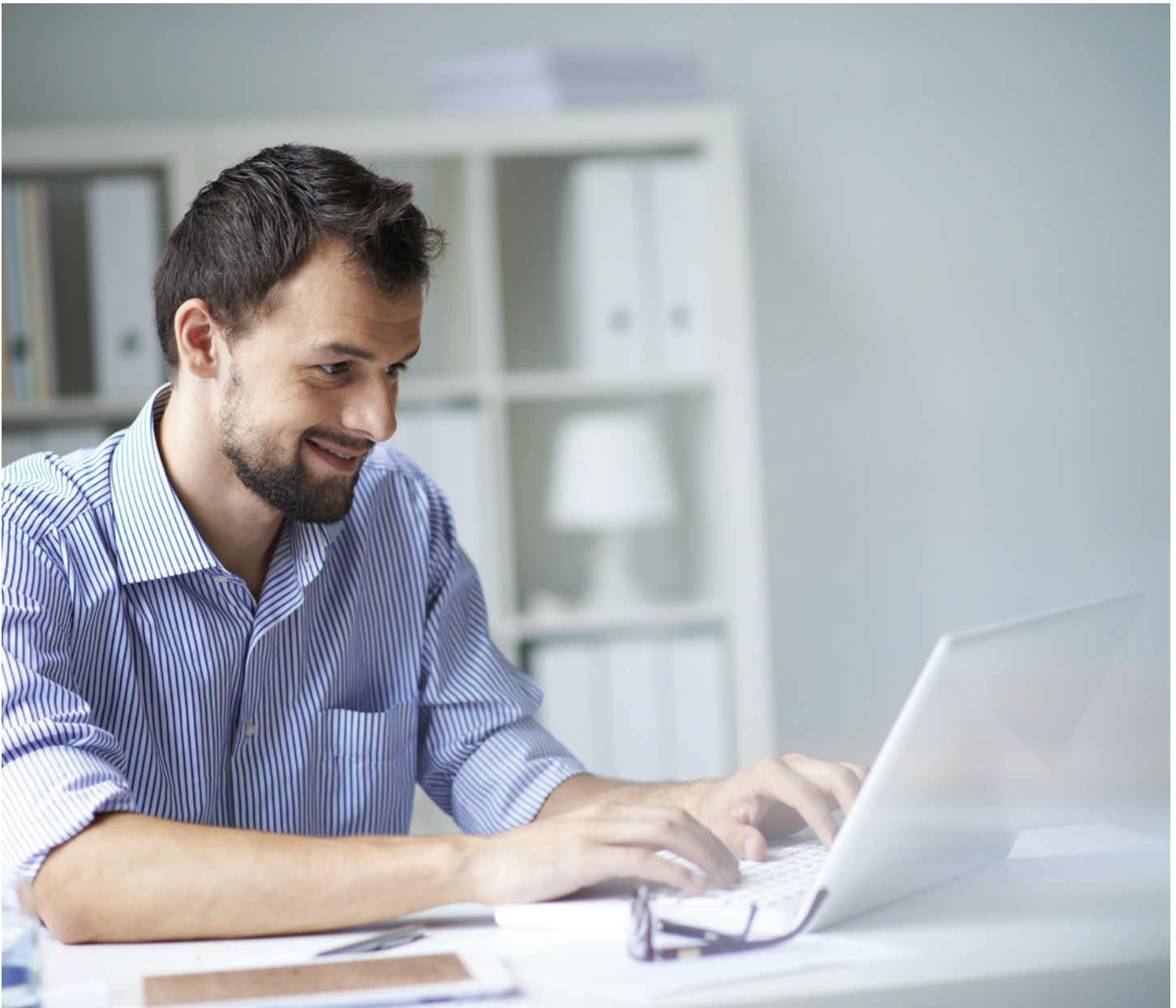
## Go green, go paperless



You now have the option to stop receiving paper explanation of benefits (EOB). No paper files to hunt down when you need them. And it's good for the environment.

### Sign up for e-statements today! **[SambaPlans.com](https://SambaPlans.com)**

- › Click on the Member Login/Register link at the top of the page.
- › Here you can register or, if you are already a member, log in to your Member Services account and select the Medical Claims History link.
- › You will see the "Go-Paperless" selection box where you can "opt-in" to receive electronic notices.
- › When you "opt-in," an email will be sent to alert you that a new EOB is available.
- › You can view, print or download your EOBs at any time.



### Need a replacement ID card?



Your SAMBA ID card is used for both medical and pharmacy services. At the beginning of the year, we mailed new SAMBA identification (ID) cards bearing both the SAMBA and Express Scripts logos. If you have lost or damaged your SAMBA ID card, you can request a replacement at any time.

### If you need a replacement card for any reason, either:

- › Call the SAMBA customer service toll-free number at **800.638.6589** and request a new ID card, or
- › Send your request through SAMBA's secure email by choosing "Contact Us" from the SAMBA website at **SambaPlans.com**.



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

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