



HealthWise



YOUR HEALTH IS OUR FOREMOST CONCERN

SAMBA recognizes that many of our members have not been able to obtain elective and preventive health care services due to the COVID-19 pandemic.

As Availability of Medical Care Begins to Return to Normal

We encourage all members to follow up on the care they need as medical services become more readily available. This includes routine preventive care such as mammograms, lab tests and vaccinations, along with postponed elective procedures, such as hip or knee replacements, and others.

When seeking treatment, please be aware that the Centers for Disease Control and Prevention (CDC) have issued safety guidelines, which include screening patients and employees for the virus and limiting hospital visitors.

The CDC continues to stress that keeping hands clean, wearing a face mask, and social distancing are especially important to help prevent the virus from spreading.

While there is no way to ensure zero risk of infection, it is important to understand potential risks and how to adopt different types of prevention measures to protect yourself and family members. Visit the CDC website www.cdc.gov for the most current information and helpful suggestions to minimize the spread of the virus.



Your Emotional Well Being is Also Important

The outbreak of COVID-19 has created a difficult and uncertain time for many. Fear and anxiety about this virus can oftentimes be overwhelming and cause strong emotions in adults and children.

SAMBA is committed to supporting your emotional well-being, whether you're dealing with anxiety, stress or other life challenges. Telemedicine or virtual visits offer a convenient, safe alternative for counseling. Virtual care lets you receive quality behavioral health care without leaving your home.

Through our partnership with Teladoc®, SAMBA members can receive treatment and support from board-certified psychologists, psychiatrists, social workers, and therapists. Your first two visits are free; then you pay only \$15 per visit under the Standard Option and \$10 under the High Option.

To get started, simply register or log in to your Teladoc account at Teladoc.com. You can also call **1-800-TELADOC**.

Practice social distancing by putting space between yourself and others. Maintain healthy habits, washing your hands for at least 20 seconds, wearing a face mask, and staying home if you're sick to help slow the spread of COVID-19.



Know Your Prescription Drug Benefits

SAMBA's prescription drug program is managed by Express Scripts, a leading nationwide pharmacy benefit manager.

Medications are categorized as generic, single source brand name, or multisource brand name drugs.

- › **Generic Drugs:** Generics are equivalent to their brand name counterparts and are approved by the Food and Drug Administration (FDA) to be safe and effective. A generic drug has the same active ingredients as the brand name drug.
- › **Single Source Brand Name Drugs:** These drugs do not have a generic equivalent and are available from only one manufacturer. These products are generally patent protected for a period of time.
- › **Multisource Brand Name Drugs:** These brand name drugs have lost their patent protection and now have an FDA approved generic equivalent available.

SAMBA uses the Express Scripts National Preferred Formulary. In addition to Generic Drugs, the formulary includes:

- › **Preferred Brand Name Drugs:** These are brand name drugs for which generic equivalents are not available. These brand name drugs are identified on the Express Scripts Preferred Formulary list. Express Scripts prefers these medications because they are safe, effective alternatives to other brand name drugs that may be more expensive.
- › **Non-preferred Brand Name Drugs:** These drugs have the highest copayment. An alternative preferred drug is listed on the Express Scripts Preferred Formulary list.
- › **Specialty Drugs:** Specialty drugs are often biologics (drugs derived from living cells) that are injectable or infused, although some are oral medications. They are used to treat complex or rare chronic conditions such as cancer, rheumatoid arthritis, and hemophilia.

To view the Express Scripts National Preferred Formulary list, visit [SambaPlans.com/health-benefit-plan](https://www.sambaplans.com/health-benefit-plan) and choose "Preferred Formulary" in the *Prescription Center*. Note: Some drugs are excluded from the formulary, and therefore, not covered without first obtaining an exception from Express Scripts.

A drug's position (tier level) in the formulary pricing system determines your drug copayment or coinsurance amounts.

Tier 1: Generic drugs – the lowest-cost drugs

Tier 2: Formulary or preferred brand name drugs

Tier 3: Non-formulary or non-preferred brand name drugs are not on the list of preferred drugs and may cost you more. Alternative brand name drugs are available

Tiers 4 & 5: Specialty drugs (preferred and non-preferred) are used to treat complex or rare chronic conditions. Cost is higher than for other medications

Maximize Your Prescription Drug Benefits

- › Use generic drugs whenever possible.
- › If a generic is not available, ask your doctor to prescribe a preferred brand name drug.
- › Maintenance medication drugs are taken regularly to treat ongoing conditions such as high cholesterol, high blood pressure or diabetes. Prescriptions for maintenance medications can only be filled for two 30-day supplies from any participating retail pharmacy. Beginning with the third fill, maintenance medications should be filled for a 90-day supply at either an Express Scripts Smart90 retail pharmacy or by using the Express Scripts mail order pharmacy. Ask your doctor for 90-day prescriptions.

Use the "Price a Medication" tool available on [SambaPlans.com](https://www.sambaplans.com) to find out how much your medications will cost. It also provides information on the availability of lower cost medications and prior authorization requirements. You may also call **Express Scripts** at **855.315.8527**.



August is National Immunization Awareness Month! Is Your Family Up To Date On Vaccines?

This annual observance highlights the importance of getting recommended vaccines throughout your lifetime. This is also a good time to make sure that you are up to date on all the vaccines you need to stay healthy. Vaccines can protect yourself and your family against serious diseases like whooping cough, cancers caused by HPV, shingles, and pneumonia.

SAMBA encourages you to talk to your doctor, nurse, or other healthcare professional to ensure you and your family are up to date on all recommended vaccines.

We also suggest that you visit the CDC's website and review their interactive vaccine guide along with their adult vaccine tool to determine which vaccines might be right for you.

Your SAMBA health plan pays at 100% for routine preventive care, including recommended immunizations and vaccines when you use a Cigna network provider or an Express Scripts retail pharmacy. Covered immunizations are listed on the U.S. Preventive Services Task Force (USPSTF) website as A & B recommended services.



Member Outreach Program

Have you received or missed a call from SAMBA recently? There is nothing to be alarmed about. SAMBA has begun an outreach campaign to reach many of our members. We are calling to ask if you have any questions about your health plan benefits and to verify that we have your correct contact information on file.

During our calls, you may be reminded to complete your Annual Health Assessment. When you complete this confidential, quick and easy assessment, SAMBA will apply a \$25 credit to your calendar year deductible.

In the event we are unable to speak with you, we will leave a call back message. If you are contacted by SAMBA, please call us back so that we may assist you with your questions or health plan needs.

Contact SAMBA's Customer Service
Monday through Friday
8:00 a.m. - 5:00 p.m. ET
800-638-6589

Or send us a secure email by visiting
SambaPlans.com

