

Fresno Unified School District

Healthful Resources to Help You Along Your Path to Better Health



The WellPATH Employee Wellness Program at Fresno Unified School District is your key resource to guide you along your path to better health. The program assists eligible employees, retirees, and dependent children age 18 and over along their path to optimal health through education, wellness activities, and resources that support healthy lifestyle choices. These include:

- **FREE** Annual Wellness Screenings
- **FREE** Wellness Challenges w/prizes
- **FREE** Fitness Classes
- Monthly Wellness Videos & Webinars
- Monthly Health Tips & Quizzes

For more information about these programs and resources, we invite you to visit www.JHMBHealthConnect.com/wellpath.

Holistic Wellness

Wellness is more than just trying to stay fit. It's also about your mental/emotional health, as well as your financial health. A well-rounded focus on self is a healthy strategy for creating a balanced life. WellPATH recently launched a new Holistic Wellness page with links to videos, podcasts, articles, and mobile apps to help you enhance your quality of life in these primary areas. Take a healthy minute and learn more at www.JHMBHealthConnect.com/holistic-wellness.



Chronic Disease Management

WellPATH believes in providing resources that will enhance your quality of life as you and your family manage chronic diseases – such as **Diabetes, Cancer, and Heart Disease**. To aid our employees/retirees and their families manage these key conditions, we've collected resources (websites, videos, infographics, podcasts, etc.) from across the web regarding:

- Symptoms
- Treatments
- Prevention
- Nutrition

If you, or anyone in your family, suffers from one of these chronic diseases, we strongly invite you to check the resources we've made available for you at: www.JHMBHealthConnect.com/chronic-disease-management.

Monthly Healthful Resources

Healthy Aging Resources, Monthly Webinars, and Healthful Videos

Healthy Aging Corner: Each month, the WellPATH Program scours the web to find resources to help our age 55+ population eat well, exercise smarter, and better understand the effects of aging on their body and their mind. These resources are distributed through the JHMB's biweekly email newsletter and made available on our website (with a running archive) at www.JHMBHealthConnect.com/resources-tips. We invite you to review this section for links to a wide range of resources to support your health as you age.

Monthly Webinars & Videos: In addition, we also partner with Claremont EAP and Pinnacle Training Systems to offer webinars and videos on fitness and nutrition each month. These resources can help you improve your workouts, nutrition, family life, manage stress, and manage your finances. We invite you to check out the latest webinar and videos available by visiting www.JHMBHealthConnect.com/monthly-webinars.

HealthConnect

Spring/Summer 2022

Need a Healthy Recipe?

Looking for a healthy dish for dinner tonight? Or maybe you want to spread a bit of wellness and healthy eating at your next hosted brunch. We've got you covered. Each month, the WellPATH Program shares healthy recipes via the biweekly email newsletter. Some of the recent recipes included:



- Greek Salad with Edamame
- Mini Bell Pepper Loaded Turkey "Nachos"
- BBQ "Pulled" Carrot Sandwich
- Slow-Cooker Chicken Tacos
- *And more...*

Check out the full list of monthly recipes available at www.JHMBHealthConnect.com/wellness-archive.

Stay Connected

Sign Up for Monthly Updates, Benefit Alerts, and Much More

Every month, the JHMB sends out an email newsletter to our nearly 4,000 subscribers with healthful information to help them along their path to better health. The emails include:



- Benefits alerts and key reminders
- Upcoming events
- Healthful news and local activities
- Wellness offerings
- Healthy recipes
- Healthy Aging Corner for our age 55+ plan participants
- Personal Finance Corner
- 15-minute Fitness Corner

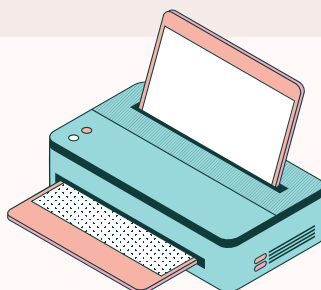
If you are not currently receiving these healthful email updates, please visit www.JHMBHealthConnect.com/staying-connected to review past announcements and to sign up for our email list.

4 Key Steps if a Pharmacy Denies Your Prescription

WHAT TO DO IF YOUR PHARMACY SAYS YOUR PRESCRIPTION IS DENIED

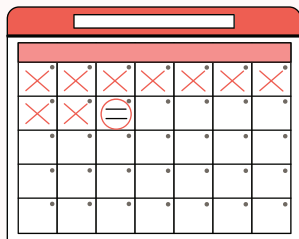
REQUEST A PRINT OUT

The pharmacy receives a rejection message that includes a reason, whether it be an excluded drug or too soon for a refill. You need to know the reason the claim was denied.



WORK WITH THE PHARMACY

Sometimes the issue will resolve itself, such as when your medication is out of stock at your pharmacy. Be sure your pharmacy has your ID card with Elixir's processing information.



TALK TO ELIXIR 833.640.2849

Elixir's dedicated toll free number will connect you with someone who can help interpret the denial message, and take action to initiate coverage exceptions when appropriate.



TALK TO YOUR DOCTOR

If your medication is not covered, discuss whether a formulary alternative is right for you. The formulary is searchable in Elixir's Member Portal.
Your doctor can submit for a Prior Authorization on your behalf.



EXPLANATION OF COMMON REJECT CODES

REJECT CODE 70: PRODUCT/SERVICE NOT COVERED

This is likely not a covered benefit. If urgent, speak to your doctor about changing your prescription.

You may be able to obtain an exception if your doctor can submit a Prior Authorization on your behalf, documenting treatment failure of the preferred drug or clinical reason why you aren't able to take the preferred drug.

REJECT CODE 75: PRIOR AUTHORIZATION REQUIRED

This product requires your doctor to submit a Prior Authorization on your behalf. Contact your doctor to make sure they have Elixir's form ready to fill out.

Most submissions are reviewed within 48 hours, and most approvals are good for one (1) year.

REJECT CODE 76: PLAN LIMITATIONS EXCEEDED

This is usually a quantity limit issue. Sometimes it can be corrected by changing the prescription's strength or adjusting the quantity to be dispensed, although you would need a new prescription if that is the case.

For example, if you are taking 20MG twice a day, it may be that 40MG once daily is covered.

Or, if you are a diabetic and testing your blood sugar twice daily, you will need to make sure your pharmacy and doctor coordinate so you don't run out of testing supplies towards the end of the month.

REJECT CODE 79: REFILL TOO SOON

In some instances, you may be able to obtain additional medication. One-time overrides may be available if you are out of your medication for any reason. Talk to the dedicated team at Elixir.

A NOTE ON MAINTENANCE MEDICATIONS AND SPECIALTY DRUG MANDATES

If you are taking a maintenance medication--a drug used to control a chronic condition--you will have two (2) fills allowed at any retail network pharmacy before you must use an Rx90 pharmacy to obtain a 90-day supply.

Rx90 Network Pharmacies are Elixir Mail, Rite Aid, Walgreens, and Costco.

If you are taking a specialty drug, you must use Elixir Specialty Pharmacy unless directed otherwise by Elixir PBM. Call Elixir Specialty Pharmacy at 877.437.9012.

Benefit Plan Updates & Reminders

Update Regarding Benefit Coverage for **FREE** Over-the-Counter COVID-19 Tests

Earlier this year, the Joint Health Management Board provided an initial notice regarding federal government requirements for group health plans to cover over-the-counter (OTC) COVID-19 tests.



The requirements, which went into effect on January 15, 2022, state that our plan must cover up to a total of eight (8) FDA-approved over-the-counter (OTC) COVID-19 tests per month at no cost for plan participants. This coverage will continue until the end of the COVID public health emergency.

We invite you to review the full notice (available at www.JHMBHealthConnect.com/11368) for details on how to acquire and receive reimbursement for your eligible FDA-approved over-the-counter (OTC) COVID-19 tests.

Talk to a Doctor Anywhere, Anytime by Phone or Video for **\$0 and no deductible**



Teladoc provides telehealth services for PPO Plans A and B. With Teladoc, you can connect with leading board-certified physicians in your state through the internet or telephone, helping you avoid emergency rooms and urgent care centers. Teladoc can also assist with prescription medications and with many non-emergency illnesses, including:

- Assist & provide guidance with COVID-19 questions & concerns
- Allergies
- Arthritic pain
- Asthma
- Bronchitis
- Colds and flu
- Diarrhea
- *And much more...*

Telehealth services are available at **\$0 cost and no deductible** applies when using Teladoc. For more information, including how to access Teladoc, visit www.JHMBHealthConnect.com/telehealth-at-your-fingertips.

CarePass® Membership

Sign Up for Savings and Rewards

Get membership perks you'll use every day with CVS® CarePass®. Participants in PPO Plans A and B can register for a CarePass membership at no cost as part of your Aetna



network benefits. The CVS® CarePass® membership program can help you and your family stay healthy, save money and ultimately stress less. Enjoy in-store and online perks that make health easier — from monthly rewards to discounts on thousands your favorite CVS Health® brand products.

- **\$10 CVS Health reward every month** — Stock up on must-have items, everything from baby formula to bandages.
- **Discounts on your favorite items** — Receive 20% savings on thousands of CVS Health products through your CVS ExtraCare® card and no-cost one- to two-day shipping with no minimums. You can have your entire order shipped at no cost when you select at least 1 CarePass-eligible item.

To sign up for CarePass, create an Aetna account through the Secure Aetna Member website at www.AetnaResource.com/p/FresnoUSD.

NOTE: CVS® Pharmacy is not in the Rx90 Network for maintenance medications.

Enroll In Medicare When You Become an Eligible Retiree to Minimize Your Payments



The Joint Health Management Board at the Fresno Unified School District wants to remind you of the importance of enrolling in Medicare once you are eligible. The District's Health Care Plan indicates that you must enroll in Medicare Parts A & B **as soon as you become eligible for Medicare as a retiree.**

Your specific Coordination of Benefits (COB) changes once you become eligible for Medicare as a retiree, which may result in reductions of Plan payments and increases in your payments if you fail to enroll in Medicare. This requirement only applies to retirees in the Fresno Unified School District Employee Health Care Plan. Active employees age 65 or over are not required to enroll in Medicare.

Fresno Unified School District

Benefits and Risk Management

Fresno Unified School District

Education Center

2309 Tulare Street

Fresno, CA 93721-2287

This is HealthConnect, a publication from your FUSD Joint Health Management Board (JHMB).

For more information, visit the HealthConnect website at www.JHMBHealthConnect.com.

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HealthConnect

WellPATH Summertime Activities

Stay on Your Path to Better Health Throughout the Summer

FREE Group Fitness Classes

This summer, WellPATH will continue to offer both in-person and virtual Group Fitness



Classes. Classes are led by Pinnacle Training Systems certified instructors who have been trained to meet the needs of all fitness levels and skills.

Classes are open to active employees, spouses, domestic partners, dependent children age 18+, early retirees, and Medicare-eligible retirees covered under the District's health benefit plan.

Beginners are always welcome!

For more details about our summer fitness class schedule and locations, visit www.JHMBHealthConnect.com/group-fitness-classes.

Know Your Numbers - FREE Wellness Screenings

Do you know your latest numbers? Like your BMI, blood pressure, HbA1c, total cholesterol (HDL/LDL/Triglycerides)? If not, then use an opportunity to attend a FREE wellness screening. By attending an annual wellness screenings, you'll not only know your numbers, but you'll also be eligible to receive a \$25 gift card.

The screenings only last about 20 minutes and after you'll learn your body composition, blood pressure, cholesterol, and even your HbA1c, if you have diabetes or to assess blood glucose management.

After you have completed the personal wellness assessment and wellness screening, you will have access to complimentary wellness coaching

sessions. These sessions will help you understand your results and provide you with action plans and resources to support your path to better health.

For more details about our wellness screenings schedule and locations, visit www.JHMBHealthConnect.com/know-your-numbers.

Summer WellPATH Challenge

Throughout the year, the WellPATH Program serves up wellness challenges to jumpstart and/or cultivate healthy habits among its members. These challenges typically run 6-8 weeks and offer individual and work site incentives based on healthy eating, exercising, and educational activities. We are still finalizing the details for the Summer 2022 challenge, but we invite you to stay tuned for more information in the coming weeks.

www.JHMBHealthConnect.com/wellness-challenges