BenefitsWise

WELCOME TO A NEW PLAN YEAR
APRIL 1, 2016 THROUGH MARCH 31, 2017

New Medical Insurance ID Cards!

BlueCross BlueShield (BCBS) of Florida will remain as your medical insurance carrier; however, your claims will be processed on a new enhanced platform with the BCBS National Alliance. The new Medical ID card will replace your current card. The provider network remains the same but be sure to present your new medical ID card when seeking medical treatment. Your health care provider will need information on your new ID card in order to process claims. Discard your Florida Blue card and use only the New BCBS card effective April 1, 2016.

My Health Toolkit

We are excited to present our single sign-on feature from http://icubabenefits.org, *but first*, you must register on BCBS's My Health Toolkit. Signing up is easy, so why wait?

1. Go to www.MyHealthToolkitFL.com and select Register Now.

2. Enter the number on your membership card and your date of birth. If you don't have your membership card, enter the policyholder's Social Security number.

3. Choose a username and password.

Ta-Da! Please note: Registration on My Health Toolkit is *required* before single sign on will connect.

Single sign-on available at ICUBAbenefits.org:

- BCBS
- Optum Rx
- Resources for Living
- ICUBA MasterCard®

SAVE MONEY BY CHOOSING DOCTORS WITH BLUE PHYSICIAN RECOGNITION

Blue Physician **RECOGNITION**

Need to see a primary care doctor or pediatrician? Choose a doctor designated with Blue Physician Recognition (BPR), and your copayment will be $0. This is an enhanced benefit for members of the ICUBA health plan through Blue Cross Blue Shield of Florida. (*Now available nationally!*)

What is BPR designation?

Doctors with this recognition are dedicated to improving the quality of care for their patients. They also specialize in care for people with chronic conditions, such as diabetes, asthma, COPD and heart problems, to ensure each person receives preventive screenings and follow-up care. BPR designation does not necessarily mean they provide a higher standard of care than other doctors. It means these doctors take part in a quality improvement program recognized by BCBS of Florida.
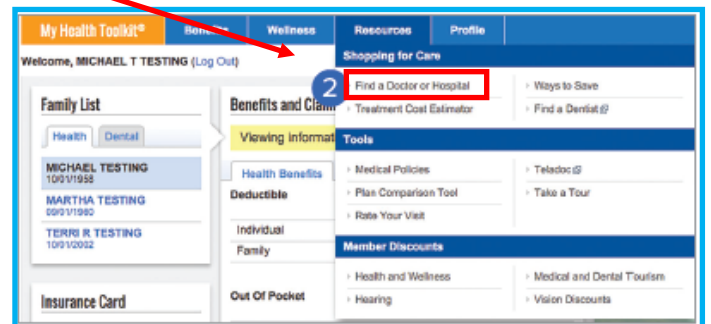
How do I find a BPR doctor?

Step 1: Log in to My Health Toolkit
Go to www.MyHealthToolkitFL.com and log in to your member account. (*Or, if you are already registered, visit* ICUBAbenefits.org)

Step 2: Open the Doctor and Hospital Finder
Under the Resources tab, select Find a Doctor or Hospital.

Step 3: Add search criteria
⇒ Next to **Already A Member:** Enter "ICI" as the first three letters of your member ID.
⇒ Enter a specialty type, like internal medicine, family or general practice, or pediatrics.
⇒ Enter your location.
⇒ Under Recognitions, check the box for Blue Physician Recognition and Select.
⇒ Click Go.
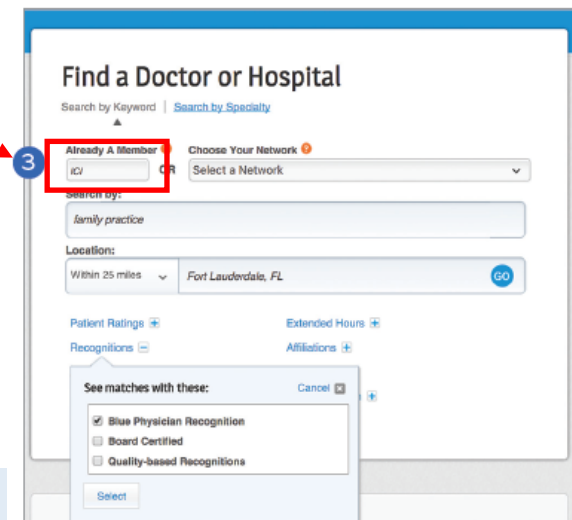
Which doctor is right for me?

Your search results will include all BPR doctors in your area. Click the name of any doctor to see detailed information such as education, hospital affiliations, certifications and reviews from other patients.

When you find a doctor that might be right for you, click Save and Compare. To view your saved selections, click the drop-down arrow at the top right. You can select specific doctors in your list for a side-by-side comparison.

Take advantage of the detailed information available in the Doctor and Hospital Finder to decide which doctor is right for you!

EMPLOYEE ASSISTANCE PROGRAM

The EAP is a confidential resource that can help you deal with problems that seem overwhelming! No issue is too large or too small.

You don't have to be enrolled in an ICUBA medical plan to use this benefit. All employees (and everyone who lives with you in your home) can take advantage of this resource, which includes **six free counseling sessions** per issue per plan year.

You can get help with:

- Anxiety and depression
- Family and relationship issues
- Caregiving
- Time management
- Work-life balance and more

**Call or visit online 24 hours a day,
7 days a week!**

1-877-398-5816

www.resourcesforliving.com

Username: ICUBA
Password: 8773985816

Now it's easier than ever to use your Employee Assistance Program (EAP)

ONLINE COUNSELING NOW AVAILABLE

You may have the option of meeting with a counselor from the comfort of your own home via televideo—or even on the phone. Of course, you can still see a counselor in person. Your problems are unique and counseling should match that. Your provider can help you determine which option is a good fit for you.

Televideo makes it easy to tend to your emotional well-being

Do you have a webcam and the internet? If so, you may want to ask about televideo counseling. Like face-to-face sessions, you and your counselor can see each other and work on your goals. It's the next best thing to being in the same room—without the drive time.

With televideo, you can:

- Build rapport together with your counselor
- Fit sessions into busy days
- Cut out any travel time and expense
- Skip the waiting room

You can decide when you want to use your free EAP sessions. You can be at home while we help you feel at home!

Behavioral health and substance abuse benefits are available through Aetna. Do not access these benefits through Blue Cross Blue Shield of Florida.