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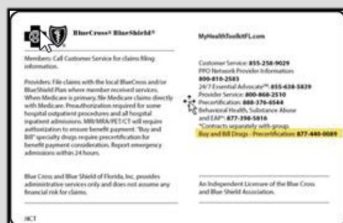
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# BenefitsWise

## "Better Benefits Through Collaboration"

### NEW BLUE CROSS BLUE SHIELD ID CARDS

BCBS sent out new ID cards to all covered members on **12/02/19**. The new ID card is a slim design (not thick like a credit card).



Important things to know:

- **The old card will still work!**
- The Customer Service Phone Number remains the same (goes straight to BCBS Care Connected team)
- The only change is the addition of the Specialty Medication Benefit Management (SMBM) phone number which will be used by providers, if applicable.

**Health Plan Members can also download the My Health Toolkit app for a digital ID card on their phone with easy access to claims, benefits and a provider search feature as well!**

### MY HEALTH TOOLKIT APP

Your benefits are with you wherever you go, whenever you need them with the **BCBS My Health Toolkit App**. With it, you can:

- **VIEW** and share your digital ID card
- **CHECK** the status of your claims fast
- **SEE** what's covered by your health plan
- **FIND** a local provider who's right for you

If you already use the BCBS My Health Toolkit website, your username and password is the same for the mobile app. If you forget your password simply use the reset feature. New users can register through the app.

Download it today — it's there whenever you need it! Just grab your mobile device and search for BCBS My Health Toolkit in the App Store or Google Play.



**Remember to visit our website—<http://ICUBAbenefits.org>**

This user friendly site is your one stop shop for all things benefits! Visit our single sign-on section located below the scrolling banner and gain access to ICUBA's Brand Partners including BCBS MyHealthToolkit and Rally, OptumRx Prescription Drug Portal, Resources for Living EAP, SurgeryPlus+ and Aetna Navigator and of course, the ICUBA MasterCard!



## 5 Ways to Stay Healthy Through Cold and Flu Season

As the temperatures drop and the days get shorter, it's time to look forward to the upcoming winter season, which means cozy nights spent indoors with family and friends, and festive nights toasting the season. But while the chill in the air makes a night in front of the fireplace seem doubly inviting, it also signifies the approach of another, less joyful season: cold and flu season.

To stay healthy this season, it helps to *start* healthy by building up your immune system. Makes sense, but ... what exactly does that mean? (Hint: Popping a multivitamin isn't going to cut it.) Instead, consider a whole-body approach to wellness. Your body is a system, not a single organ. And as a result, you need to take care of all parts of it. A holistic approach includes eating a healthy diet, getting enough sleep, exercising, managing stress—and washing your hands frequently to stay ahead of nasty germs.

A good way to know you're on track is if you and a friend both sit next to the same sneezing, wheezing person and your buddy gets sick—but you don't. That's the sign of an immune system that's doing *exactly* what it's supposed to do.

For the entire article visit <http://eatingwell.com>.

## Important Reminder:

### Over Age Dependent Terminations occur at the end of the calendar year

Under the Patient Protection and Affordable Care Act (PPACA), a dependent child(ren), regardless of financial, academic, residential, marital or employment status is eligible for benefits under your medical plan. Under the ICUBA Medical Plan, coverage for an overage dependent terminates on the last day of the calendar year in which your child turns 26 years of age. If your dependent turned 26 during the 2019 calendar year, he/she will be terminated from the ICUBA plan effective December 31, 2019. Your child(ren) will be given the option to elect COBRA (for up to 36 months) or they may look for a replacement exchange policy at <http://GetInsured.com/ICUBA>.

*Please note:* Disabled dependent child(ren) may be eligible for coverage after age 26 with appropriate documentation.

If you have additional questions, please contact your HR department. You may also contact ICUBA Benefits Administration at 1-866-377-5102 or email them at <http://icubabenefits.org>.

Happy Holidays  
Everybody!