



April 2021  
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# BenefitsWise

## "Better Benefits Through Collaboration"

### Exciting New Perks Paired With the ICUBA Medical Plan....

#### Get Started Today With ICUBA's New Digital Exercise Therapy Program!

Do you struggle with back or joint pain? Good news, you can apply for Hinge Health's free program here to address chronic back, knee, hip, neck or shoulder pain. [Click here to learn more and apply.](#)

ICUBA is partnering with Hinge Health, offering innovative digital programs for back, knee, hip, neck and shoulder pain in easy-to-do 15-minute exercise therapy sessions. Join the thousands of people who have **cut their pain by over 60%**. [Click here to learn more and apply.](#)

Best of all, this program is available **at no cost** to eligible employees and family members\* enrolled in a Blue Cross Blue Shield medical plan through ICUBA. Once enrolled, you'll receive the Hinge Health Welcome Kit, which includes a tablet computer and wearable motion sensors that will guide you through the exercises. You'll also be connected with your personal health coach who will tailor the program to your needs and be with you every step of the way. So if back or joint pain is stopping you from enjoying the things you love, check out Hinge Health and [register today!](#)

**\*Participants must be 18+ and enrolled in a Blue Cross Blue Shield ICUBA medical plan.**

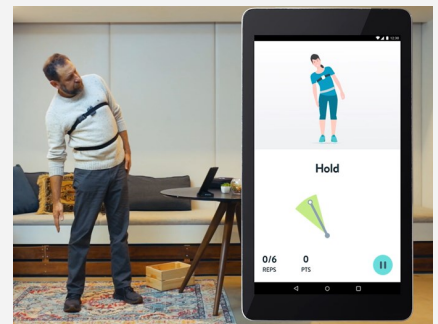
For more information click one of the links provided above, call 855-902-2777, or use the Hinge Health Mobile App



#### Hinge Health FAQs

##### How does the program work?

Hinge Health is an exercise therapy program designed to address chronic back, knee, hip, neck, or shoulder pain. It's convenient and fits your schedule. It can be done anywhere, at any time.



##### What does the program include?

- Personalized exercise therapy to improve strength and mobility in short, 15-minute sessions.
- 1-on-1 health coaching to provide motivation and support via text, email, or call.
- Interactive education to teach you how to manage your specific condition, treatment options, and more.

##### What is a health coach?

A health coach is an accountability partner. They will work with you throughout the program to help you create and stick with your goals.

##### How much does the program cost?

It's free for eligible participants. This includes the Hinge Health kit, which you can keep forever.

##### Who is eligible?

Employees and dependents 18+ enrolled in an Blue Cross Blue Shield medical plan through ICUBA are eligible.

##### How do I apply?

Take a short online questionnaire telling Hinge Health about your pain. No referral or diagnosis is needed from a doctor. You may also call at 855-902-2777.

### Hinge Health Webinar Onsite Events Coming Soon!

Tuesday, May 4 – 9 AM | Wednesday, May 5 – 3 PM | Friday, May 7 – Noon



Celebrating our 19th year of service to Florida Private Education Employees  
Benefits for Educated Consumers: A newsletter to help you make informed choices

## COVID-19 Update– Johnson and Johnson/Janssen Vaccine

Johnson & Johnson's COVID-19 vaccine began shipping out to states on March 1 after receiving authorization from the Food and Drug Administration (FDA) on February 27. Unlike its mRNA, two-dose vaccine competitors from **Pfizer-BioNTech and Moderna**, this one requires just a single dose.

*The vaccine is 85% effective at preventing a severe or critical form of COVID-19 that can lead to hospitalization or death at least 28 days after vaccination, according to data released by the company, which has been confirmed in an FDA analysis. Better yet, in the company's phase 3 clinical trial, "there were no COVID-19-related deaths and no COVID-19 cases requiring medical intervention occurring 28 days or more post-vaccination"—even among participants 60 years or older with underlying conditions, per the FDA's analysis.*

Because it requires just one dose and has manageable temperature storage requirements, Johnson & Johnson's vaccine is providing a much-needed boost to the U.S. immunization effort.

*For more information visit [jnj.com](http://jnj.com).*

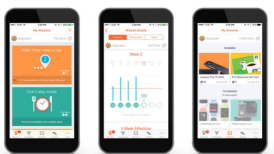
### Get Moving with ICUBA's Hollywood Hustle! April 19 - May 2

While your favorite movie stars are getting ready for their 2021 red carpet appearance at the Oscars, ICUBA is taking on Hollywood with our first private challenge! **Get Moving with ICUBA's Hollywood Hustle** and have a little fun while adding some movement to your daily routine. Mark your calendar for April 19 to sign up for ICUBA's Hollywood Hustle challenge. Medical plan participants can easily keep track of your progress using a fitness tracking device and the Rally mobile app. This challenge is a great way to stay active and enjoy friendly competition with coworkers and other members from ICUBA's 26 member institutions. Complete the milestone in this activity or any challenge to receive **\$5 in Rally** for the first quarter!

#### Join the challenge April 19!

- Log in to <http://ICUBAbenefits.org> and select the **BCBS My Health Toolkit®** from the My Carrier Accounts Single Sign On (SSO) section.
- Select the **Wellness tab**, then **Rally®**
- Select **Challenges**, then **Get Moving with ICUBA's Hollywood Hustle!**

Need the mobile app? Search "Rally Health" to download the mobile app in your app store. You will use the Rally username and password from your initial registration with Rally. If you forget, please use the forgot/reset feature.



### Upcoming Webinars in April!

#### WEX/Discovery Benefits ICUBA Visa Debit Card

**April 14, 2021  
12 Noon-1PM**

ICUBA is hosting an informational webinar to talk through the rebranding to WEX (formerly Discovery Benefits), some of the dynamics of your benefits card and the spending account including substantiation requirements, how to navigate the new portal, filing claims and more. If you have questions about your new benefits card, please take this opportunity to take part in this informational session. [Click here to join the WEX Webinar.](#)

#### COVID-19 Vaccine Update

**April 16, 2021  
11 AM-12 Noon**

ICUBA is joining forces with our Brand Partners to bring you an informational session and update on the COVID-19 Vaccinations. This webinar will review the coverage available through your ICUBA benefits, dispel myths related to the vaccine—providing a source of truth for our members, cover details for all three vaccinations available to the public: Moderna, Pfizer and J&J. This webinar will include an expert panel comprised of physicians, medical directors and pharmacists and provide an opportunity for members to ask questions related to the vaccinations. We hope to see you there! [Click here to join the Vaccine Webinar.](#)

### Rally Reminder

Don't forget to complete the Rally survey! The gatekeeper survey to your Rally dollars refreshes each April. Complete this survey and unlock the gate to your dollars redeemable for electronic gift cards.



#### 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 and Aetna Navigator, SurgeryPlus, and of course, the ICUBA Visa Debit Card!