

# Benefit Briefs



Brought to you by System Benefits Administration

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## UnitedHealthcare Vision Members

An annual routine eye exam is an important part of a good health and wellness program, especially for those with diabetes. UnitedHealthcare Vision members are eligible for a routine eye exam, once every plan year. A routine eye exam includes:

- case history of patient,
- examination for eye pathology and abnormalities,
- visual analysis (refraction),
- diagnosis and prescription, and
- visual skill testing.

Not all vision providers perform *dilation* as a part of their routine eye exam. Dilation is a covered service only if it is a part of the provider's routine eye exam. If you request a dilation to be performed by a provider who does not routinely include this, you will be responsible for the cost. Ask your vision provider, when you make your appointment, what services are included in the routine eye exam.

## Beneficiary Designations

Your beneficiary designations for life insurance are kept in your benefit record as a scanned document of a paper form. During annual enrollment, we debuted a new beneficiary database where you could view and update your beneficiaries. You can now access this database by logging into HRConnect, click on the **Benefits Data** tab, then click on **Go to Beneficiary System**. Once you enter your designations into the system, you can view, update and change your beneficiaries for life and AD&D at any time.

## Flexible Spending Accounts

### Direct Deposit

If you are enrolled in a Flexible Spending Account (FSA) and have designated your FSA reimbursements to be deposited to your account, changes you make to your banking information submitted to your payroll office or through HRConnect will **not** be sent on to PayFlex. The chart **below** will show you when you need to notify PayFlex directly of a banking information change.

**Bank account information will transfer from TAMUS to Payflex**

New employee enrolling in flexible spending account (FSA) & direct deposit.

Employee with FSA enrolls in direct deposit, for the first time, at annual enrollment

**Bank account information will NOT transfer from TAMUS to Payflex. You must notify Payflex directly.\***

Employee already enrolled in an FSA chooses direct deposit in the middle of the year.

Employee, already enrolled in a spending account with direct deposit, changes banks.

**\*Notify PayFlex by going to the website at [www.mypayflex.com](http://www.mypayflex.com) or calling customer service at 1-800-284-4885.**

### Debit Cards

Remember to keep all itemized receipts and documentation. Requests for receipts and documentation, if needed, will be sent out quarterly. Substantiation will be required when you purchase a prescription or receive services (doctor, dental, vision or prescription drug provider) that are applied to your deductible or are not equal to a set co-pay amount.

## Improving Your Health

### No appointment, no prescription, and no cost to you!

Even if you are not enrolled in the Scott & White Health Plan you can still participate in a variety of programs the Scott & White Health Plan offers to help you manage and improve your health. Programs include: stress management, healthy eating, smoking cessation, weight management, back pain, depression and healthy living.

To receive your personal plan built specifically for you, go to the Scott & White Health Plan website: [www.swhp.org](http://www.swhp.org) and click on Lifestyle Management tools. Complete the Personal Profile and select the program you would like to take advantage of and submit the questionnaire. Your personal plan will be built for you.

## Scott & White Health Plan Members

### HealthConnect

The Scott & White Health Plan's HealthConnect Program is free, voluntary and confidential for all Scott & White Health Plan members. The program is designed to help Health Plan members make health and medical decisions less confusing and less overwhelming. Services include:

**Nurse Advice Line** – available 24 hours a day, every day of the year.

**Audio Library** – more than 200 health topics you can listen to after you speak with a HealthConnect Nurse.

**CareWise® Health Information Online** allows you search for medical conditions, symptoms and preventive health measures.

**Disease Management Program** – an educational resource for various chronic diseases.

To access these services, visit [www.swhp.org](http://www.swhp.org) and click on HealthConnect or call the HealthConnect Nurse Advice Line 1-800-975-6612

## Referrals (for Scott & White Health Plan Members)

In most cases you will need to get a referral from your Primary Care Provider (PCP), however, you do not need a referral from your Primary Care Provider to see a network provider in the following departments:

- ▶ Obstetrics/Gynecology
- ▶ Ophthalmology
- ▶ Mental Health

## Big Rewards through the Marsh Employee Home Mortgage Program

Through the Home Mortgage Program offered by Marsh Personal Plans, if you make a home loan application between 08/18/08 and 11/15/08 and then close on a home mortgage with Wells Fargo Home Mortgage you will qualify to receive \$750 in gift cards.

The gift cards are redeemable at over 350 participating merchants. This reward is only available through the Marsh Personal Plans program and only for applications made between Aug. 18th and Nov. 15th. Go to the website for more information or to apply: [www.personal-plans.com/tamus](http://www.personal-plans.com/tamus) or call 1-866-814-7516.

## October is both Breast Cancer and Domestic Violence Awareness Month

- **Get regular mammograms** to reduce your breast cancer risk
- Ask your doctor about taking aspirin to lower your breast cancer risk
- Concentrate on health risks you can control – like your weight, exercise, and diet.
- Limit alcohol to less than one drink a day.
- Report abuse – a broken spirit can lead to physical and mental health issues.

SAY “YES” TO WELLNESS

To find more about these issues, check out:

- [Breast Cancer Risks](#)
- [Domestic violence and mental health](#)

