



OFFICERS

Deborah McBride Heppes

OU BOCES-Chairwoman

Joseph Lenz

Pine Bush CSD-CFO

Patrick Cahill

Monroe Woodbury-Secy

Brad Conklin

Valley Central-Appeals

BOARD MEMBERS

Nicole DeSousa

Chester CSD

John Fink

Cornwall CSD

Caleb Russell

Eldred CSD

Chris Slesinski

Florida UFSD

Lorine Van Put-Lamerand

Goshen CSD

Ann Lierow

Greenwood Lake UFSD

Christopher Carballo

Highland Falls-FM CSD

Dovid Berkowitz

Kiryas Joel SD

Emerson Segura

Marlboro CSD

Michael Tuttle

Middletown CSD

John Timm

Port Jervis CSD

Tabatha Biggane

Rondout Valley CSD

Brian Weir

Tuxedo UFSD

Timothy Holmes

Warwick CSD

Sandra Clohessy

Washingtonville CSD

STAFF

Matthew E. Bourgeois

Plan Administrator

Ann Draughan

Health Plan Specialist

Jacqueline Sabbagh

Customer Relations

Cynthia Cannizzaro

Benefits Specialist

ORANGE ULSTER HEALTH PLAN MEMBERS - PLEASE READ!!

Important Benefit Information For All Active And Pre-65 Retirees

NEW PRESCRIPTION ID CARDS

Navitus will become the Pharmacy Benefit Manager (PBM) for the active and pre-65 members on 1/1/25. NEW CARDS SHOULD ARRIVE IN MID TO LATE DECEMBER FROM NAVITUS. You must present the new Navitus ID card because your coverage with EmpiRx will be terminated on 12/31/24.

Navitus will be sending out a welcome packet to all active and pre-65 members in early to mid-December. Each family will receive two (2) ID cards per household and all covered family members will be listed on the ID cards. (Additional ID cards can be requested by calling Navitus or using the Navitus mobile app or the Navitus member portal.)

FILLING PRESCRIPTIONS

Members have the ability to refill most 30 or 90 day prescriptions at any retail pharmacy for the same copay as they would for mail order. Members can utilize most local pharmacies including independent/family owned pharmacies, grocery store pharmacies as well as big box stores such as Walmart, Walgreens and CVS.

Did You Know? - *The plan generally pays less for prescriptions filled at local independent and grocery store pharmacies than it does at CVS. Your copay is the same - no matter what pharmacy you select - but if you are open to using an independent or grocery store pharmacy, you probably will receive better customer service and the plan will pay less for your prescription thereby allowing the plan to contain costs and preserve benefits for our members.*

MAIL ORDER

If you currently utilize mail order for your maintenance medications, you will need to contact Navitus to set up payment authorization with their mail order provider, Costco. (You do not have to purchase a Costco membership to use Costco mail order.)

SPECIALTY MEDICATION

Similarly, members currently prescribed specialty medications will need to contact Navitus' specialty medication provider, Lumicera, to provide payment information for the shipping of your specialty medications.

NAVITUS/COSTCO/LUMICERA CONTACT INFORMATION

Your current mail order or specialty pharmacy credit card payment information will not be transferred to Navitas, Costco, or Lumicera. The contact information for Navitus, Costco and Lumicera will be provided in their upcoming mailing in mid-December.

Other Plan Benefits & Information

WEIGHT WATCHERS

The plan offers a 6-month membership to Weight Watchers for a one-time \$25 copay. Members who wish to continue with WW after 6 months can renew for another 6 months by sending the plan another \$25. Members can join anytime by contacting Cindy at the plan office at cynthia.cannizzaro@ouboces.org.

MENTAL HEALTH COUNSELING

Members that meet **virtually** with an in-network provider through Quantum Health (888-214-4001) or Anthem can do so for a \$0 copay. Members with "in person visits" with an in-network provider require a **\$25 copay** for each visit.

FLU/COVID VACCINES

Are available to all OUH members for \$0 at local pharmacies. Experts advise obtaining both vaccines at the same time to best protect yourself this winter.

BLOODWORK AT QUEST LABS - \$5

Otherwise \$25 at a doctor's office or \$50 at a hospital.

Please see next page for continued Other Plan Benefits & Info.



OFFICERS

Deborah McBride Heppes
OU BOCES-Chairwoman

Joseph Lenz
Pine Bush CSD-CFO

Patrick Cahill
Monroe Woodbury-Secy

Brad Conklin
Valley Central-Appeals

BOARD MEMBERS

Nicole DeSousa
Chester CSD

John Fink
Cornwall CSD

Caleb Russell
Eldred CSD

Chris Slesinski
Florida UFSD

Lorine Van Put-Lamerand
Goshen CSD

Ann Lierow
Greenwood Lake UFSD

Christopher Carballo
Highland Falls-FM CSD

Dovid Berkowitz
Kiryas Joel SD

Emerson Segura
Marlboro CSD

Michael Tuttle
Middletown CSD

John Timm
Port Jervis CSD

Tabatha Biggane
Rondout Valley CSD

Brian Weir
Tuxedo UFSD

Timothy Holmes
Warwick CSD

Sandra Clohessy
Washingtonville CSD

STAFF

Matthew E. Bourgeois
Plan Administrator

Ann Draughan
Health Plan Specialist

Jacqueline Sabbagh
Customer Relations

Cynthia Cannizzaro
Benefits Specialist

Other Plan Benefits & Information (continued)

HEARING AIDS

Plan provides coverage up to \$1,500 per ear for a total of \$3,000. The benefit is available once every three years. Members may obtain their hearing aids from a network provider, an online provider, or at a retail store such as Costco. The member can submit a claim form for reimbursement which can be found at ouhealth.org, scrolling to the bottom of the page to "quick links"; click on "Forms" and select "OU Health Medical Claim Form" to complete.

DISCOUNTED GYM MEMBERSHIPS

Available to members through Active and Fit for \$28/month, the link can be found at activeandfitdirect.com or under your "Family Link" in the Luminare portal under "discounted gym memberships."

CALCIUM SCORING TESTS

Calcium Scoring is NOT covered by the plan. If your doctor recommends this test, they should disclose that it is not covered by your insurance and that you would need to pay for the test. Typically the providers will charge a member \$95-\$125 for the test. The test is not covered because it does not provide conclusive evidence that significantly improves patient outcomes for the prevention of heart disease.

UPDATE - MEMORIAL SLOAN KETTERING (MSK)

Some current patients have received letters indicating that MSK may no longer be in network with Anthem/BCBS after 12/31/24. The contract between MSK and Anthem is set to expire on December 31, 2024. However, both parties are currently in negotiations attempting to reach a new contract. MSK sent letters to members in an effort to engage members in calling their health plan to pressure Anthem to agree to MSK's terms.

OUH is confident that MSK and Anthem will reach a new agreement by 12/31 or soon thereafter. In the meantime, all current members in treatment at MSK will continue to have access to MSK through May 31, 2025. Any members in need of cancer treatment or consultation with MSK that are not currently a patient with MSK, will have access to MSK facilities beyond December 31, 2024 to at least February 28, 2025 as part of a "grace period" permitted under an expired contract.

The plan will work with MSK throughout the negotiation process to allow our members to access MSK because of their highly specialized services and expertise. At the end of the day, MSK needs to remain in network with Anthem due to the volume of business they bring into MSK and Anthem needs to have MSK in their network to remain competitive with other carriers.

NEED HELP LOCATING A PARTICIPATING PROVIDER WITH ANTHEM/BCBS?

Find a Doctor -To find an in-network provider, members can search following these easy steps:

1. Go to Anthem.com
2. Click on "Find Care"
3. Under "Use Member ID for Basic Search" enter the prefix - OSD and then click "Continue"
4. Click "Update Location" and enter your zip code, then click "Continue"
 - a. Search by specialty or by name of a specific doctor
 - b. Narrow or expand your search for providers within 2 to 100 miles of your zip code
 - c. Refine search to locate providers by gender

SILVER SNEAKERS!! - COMING FEBRUARY 1, 2025

This new benefit will provide all retirees - AT NO COST the ability to visit participating gyms to utilize fitness centers and equipment such as treadmills, ellipticals, exercise bikes, etc. along with access to free classes such as yoga, aerobics and pilates. Classes can also be accessed on line to allow members to participate from the comfort of their own home at no cost. Silver Sneakers enrollment information will be mailed to all Pre-65 and Post 65 retirees in late January 2025! More information to come! 🍷