



1st Quarter—Plan Year 2021

Quarterly Newsletter

July 2020

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Plan Year 2021 Starting July 1, 2020

The Public Employees' Benefits Program (PEBP) welcomes you to a new plan year! There have been rate changes but no significant benefit changes. To view Plan Year 2021 monthly premium rates, please click [here](#). To view a summary of PY21 changes please view the PY21 Changes section in the

[Benefit Guide](#) or [Medicare Guide](#).

Did you know that your plan pays a 100% for eligible preventive care and wellness services when using in-network providers? Refer to the Preventive Services section in the [CDHP](#), [EPO](#), and [HPN](#) Master Plan Document. For a

complete list [click here](#). Included in your monthly premium you also have access to Travel Assistance, Life Service Toolkit, Long-term disability, and basic life insurance, if eligible. To find more information about your benefits visit the PEBP site.

Smart90 Pharmacy Network—CDHP and EPO

The Smart90 Pharmacy network is mandatory for members on the CDHP and *optional* for members on the EPO. Members can receive their 90-day supply by either having their prescriptions filled through Express Scripts home delivery or through a Smart90 participating pharmacy. To find an in-network Express Scripts pharmacy, click on [Find a Provider](#) on PEBP's homepage or use the single sign on feature on your [E-PEBP portal](#).

under Getting to Know Your Plan you may view the PY21 [CDHP](#) and [EPO](#) individual and family prescription benefits at a glance.

Express Scripts home delivery or Mail Order Service is the most efficient way to fill prescriptions that you take for long-term or chronic conditions. Benefits include free shipping with online tracking, ability to talk with an Express Scripts pharmacist at any time, and receive texts and

emails about orders and refills.

Looking for an easy way to access and manage your prescriptions? You can download the free Express Scripts app on your mobile device.

Please contact Express Scripts for more information on this benefit 1-855-889-7708 or [click here](#).



Check out our [Calendar of Events](#) for upcoming important events.

On the PEBP webpage

2nd MD - New Program Beginning July 1st for CDHP and EPO Members

If you find yourself asking questions like:

- Do I have the right diagnosis?
- Am I on the best treatment path and medications?
- Is this surgery or procedure the best option for me?

- How can I find the best local doctor for my medical needs or my surgery?

Then 2nd MD will get you the help and answers you need!

2nd MD helps you make informed choices when faced with important

healthcare decisions such as; giving you more than one treatment option, helping you understand the benefits and risk of each, and increasing your confidence with knowing that you are moving forward with the right decision for your needs.

This program begins July 1st, 2020. For more information please visit www.2nd.md/pebp and be on the lookout for future mailings.



Stop Overpaying for Healthcare - Healthcare Bluebook for CDHP and EPO

If you can't see the cost of care, you risk overpaying for certain procedures. Healthcare Bluebook shows you who's expensive and who's not so you can decide where to go. When you shop for certain procedures on Healthcare Bluebook and use a Fair Price facility,

you're eligible for a cash [reward!](#)

The facility your doctor refers you to has a HUGE impact on your medical bill, but unfortunately doctors typically don't have access to the necessary information to make the best choice for

you and your wallet. With Healthcare Bluebook, you'll have everything you need to avoid being referred to an overpriced facility. Shop for your procedure and talk to your doctor. First gear up and download the Healthcare Bluebook app or login using the single

sign on feature on your [E-PEBP portal](#). Then search for your procedure in Healthcare Bluebook to see Fair Price (green) facilities in your area. Finally show your doctor the Fair Price (green) facilities and see if he or she can refer you to one.

Special Programs Offered to HPN Members

Staying healthy is not always easy. From exercising to eating the right foods, you can be overwhelmed with making the right decisions. Balancing a busy lifestyle with a healthy lifestyle is challenging. HPN offers many classes, both in-person and online, to

help keep you moving and informed about healthy choices and managing your health. Those classes include information on breastfeeding, diabetes, healthy kids, nutrition, resources to stop smoking, and weight management. View the [class calendar](#), or click [here](#) to view all health

education and wellness programs.

If you have diabetes or asthma, you may be eligible to receive educational materials and calls from a registered nurse or health coach. For more information, call the Disease Management Program toll-free at

1-877-692-2059.

Please visit HPN's site at <https://www.myhpnstateofnevada.com/> for [healthy recipes](#), [pregnancy and new baby support](#), and [healthy rewards programs](#).

COVID Update: For the remainder of the year our office will not be open to any walk-ins. To find COVID related FAQs please view the What's New section on PEBP's homepage.

Planning on Retiring or Already Retired and Age 65 or Older?

Aging into Medicare? PEBP is here to help you make that transition. Please view the [1, 2, 3, 4, 5 flyer](#) for a step by step guide. Due to the inability to host the weekly Age-In Medicare meetings there is a [recording](#) of the presentation on [pebp.state.nv.us](#) under Retiring Before Age 65 and Retiring After Age 65, helpful links. Per NRS 287.0475, basic life insurance may not be reinstated and will be forfeited if a retired employee declines or disenrolls from a qualified medical plan through Via Benefits or does not pay their premiums for Medicare Part B. You will lose your basic life insurance, PEBP dental, and voluntary benefits if applicable, if you enroll in a plan outside of Via Benefits.

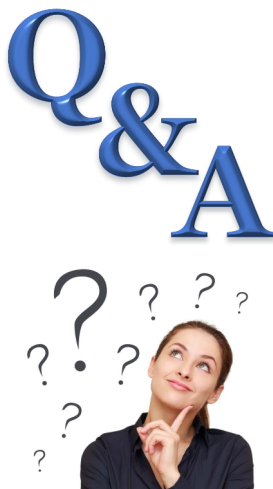
Travel Assistance Program - Included in Active Employee’s Plan

Things can happen on the road. Passports stolen or lost. Medical problems surface at the most inconvenient times. Travel Assistance can help you navigate these issues and more at any time of the day or night. Travel Assistance is available when you travel more than 100 miles from home or internationally for up to 180 days. This program is designed to help you respond to emergencies and medical care situations you and your family experience while traveling. This benefit is available to members enrolled in a PEBP sponsored medical plan and who have the basic life insurance benefit, which does not include reinstated retirees. To learn more look at the [brochure](#) or call 1-866-455-9188.



What is considered a qualifying life event and where do I submit my documents?

A qualifying life event is a change in either the participants or dependent's status that makes them eligible or ineligible for group insurance coverage. Adoption, birth, divorce, marriage, an established or terminated domestic partner, dependent gains or loses coverage are all qualifying life events. Did you know that if your dependent gains coverage from their employer, you will need to create and complete a dependent gains coverage event? You can submit your documents on your E-PEBP portal.



How do I change or add a beneficiary?

It's important to keep your beneficiaries up-to-date. Did you know that you can change your beneficiaries yourself? There is a step-by-step guide found on PEBP's homepage under *What's New* and [How to Add or Change a Beneficiary](#).

When do I contact HealthScope or Via Benefits?

Contact HealthScope for: ID cards, HSA/HRA/FSA inquiries, and claims for dental and medical.
 HealthScope: 1-888-763-8232
 Contact Via Benefits if you are on Medicare Exchange and you have questions regarding carrier and provider issues, HRA reimbursement, billing, and any plan questions.
 Via Benefits: 1-888-598-7545