



2nd Quarter—Plan Year 2021

Quarterly Newsletter

October 2020

Inside This Issue:

COVID Updates	1
Flu Shot Season	1
Medicare Open Enrollment	2
Via Benefits Webinars	2
Obesity Care Management	3
Living a Healthy Lifestyle	3
Inspirational Stories	4

PEBP and COVID Updates

In these uncertain times PEBP account and Important COVID-19 we are practicing and sending a secure message. CDHP, EPO, and HPN plan information: A enforcing best practices The Centers for Disease physicians order is for social distancing. Our office is still currently Control and Prevention required for the plan to closed to the public and (CDC) is the best place to pay for COVID-19 testing. we are not accepting go for the latest The plan will pay 100% walk-ins for the information on COVID, for COVID-19 treatment foreseeable future. including how to protect with a COVID-19 However, you can contact yourself, what to do if diagnosis. Click here for PEBP by calling you're sick and travel CDHP and EPO 775-684-7000 option #2 recommendations. COVID-19 FAQs from or by logging onto your Health Scope Benefits.

Time to Get a Flu Vaccine

The CDC recommends a finding a participating fewer than half of yearly flu vaccine as the pharmacy click here for Americans got a flu first and most important CDHP/EPO. Or use the vaccine and at least step in protecting against Find a Provider tool on 410,000 people were flu viruses. Getting a flu pebp.state.nv.us. hospitalized from the flu. vaccine during 2020-2021 will be more Why should everyone six Increased vaccination important than ever. months and older get an coverage would reduce that burden. For more information please visit

If you are enrolled in a end of October? Most flu vaccines protect against the four flu viruses that research suggests will be Click here to view our PEBP plan your flu shot is covered when obtained the most common. The CDC upcoming clinics in from a participating provider or pharmacy. For information on estimates that last season, Carson and Las Vegas.

Check out our [Meeting & Events](#) for upcoming Board Meetings



Next Board Meetings
November 19, 9:00am
January 21, 9:00am

Medicare Open Enrollment Isn't Going to Wait! Know the Dates!

Medicare Open Enrollment begins on October 15 and continues through December 7, 2020 with coverage being effective on January 1, 2021. During Medicare Open Enrollment, Via Benefits retirees can make changes to their existing plans or enroll in a new plan(s).

Retirees may receive phone calls or mailings from other insurance

Open carriers offering plans that could cost you less money per month. **But remember:** If you enroll in a plan outside of Via Benefits, you will lose your PEBP Health Reimbursement Arrangement (HRA), along with your Life

Enrollment Begins
October 15, 2020



Insurance and Dental Benefits (if enrolled). Now is the time to review your current plan and decide if you want to make changes.

Please contact a Via Benefits Licensed

Enrollment Ends
December 7, 2020

X

Advisor at 1-888-598-7545 for assistance with any decision. The best time to call is in the afternoon or later in the week.

Effective Date
January 1, 2021



Medicare
2020 Open Enrollment



Via Benefits Pre-Medicare and Medicare Meetings

PEBP and Via Benefits will host a series of informational webinars on October 19th and October 20th for Pre-Medicare and Medicare retirees. If you plan to attend the webinar **you will need to register.**

HRA Specialist for escalated or on-going issues. **If you are not experiencing issues with your HRA, no action is needed.**

For more detailed information about the meetings, please click [here](#). To register use the

links in the table on the right, or visit my.viabenefits.com/ and scroll down to appointment with an *Important Messages*.

Pre-Medicare/Ageing Into Medicare

[October 19th from 9:30 am - 11:00 am](#)

[October 20th from 12:00 pm - 1:30 pm](#)

Via Benefits HRA/ Medicare Open Enrollment

[October 19th from 12:00 pm - 1:30 pm](#)

[October 20th from 2:00 pm - 3:30 pm](#)

It is recommended to log on to the webinar 10-15 minutes before it starts so you can get your audio and visual in place before the meeting begins.



Important: As of May 31, 2021 there will be a cap on the available HRA balance of \$8,000 for retired members on a plan with Via Benefits. Please click [here](#) to view the HRA cap notification.

Obesity Care Management Program

The Obesity and Overweight Care Management (OCM) Program is a disease management program that provides enhanced benefits to CDHP and EPO participants. This is a voluntary opt-in program for participants who have been diagnosed as obese or overweight by their physician.

To participate contact Health Scope Benefits at 1-888-763-8232. HPN participants have access to Real Appeal, which is an online customized weight loss program. You can enroll at myhpnstateofnevada.com/Real-Appeal. Or call 1-877-545-7378 for more information.

Living a Healthy Lifestyle

Poor nutrition and inadequate physical activity are significant risk factors for obesity and other chronic diseases, such as type two diabetes, heart disease, stroke, certain cancers, and depression.

PEBP is going to host a personal, non mandated challenge. You are encouraged to be true to yourself and improve your health in ways that work for you. As a part of this challenge we have added a [Health and Wellness](#) page to our website under Resources. This webpage is a great place to go for health and education resources.

Inspirational Stories

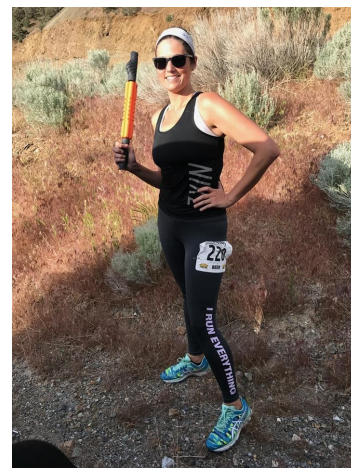
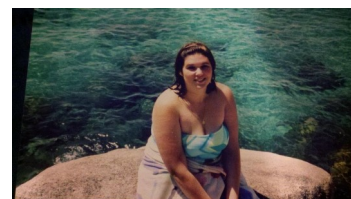
PEBP wants to hear your inspirational story!

newsletter! To share your story click [here](#).

Obesity and poor nutrition diminish almost every aspect of health, yet so many of us struggle with it. With all the fad diets and weight loss products out there, it can be difficult and overwhelming to know where to even begin when you make the decision to take control of your health. What is truly motivating though, is to see that others have been successful. PEBP would like to hear from you and highlight your success story in our January

To kick this off, three PEBP staff have graciously offered to share their weight loss achievements. Meet Laura, our Executive Officer. “Growing up as the “fat kid” was not easy. As a child, my parents never stocked the kitchen with junk food. No chips, no cookies and definitely no fast food – ever. So my early weight problems were not a result of an abundance of sweets or overtly poor nutrition habits. As I got older,

my weight went up and down but mostly just up. In my late 20’s (after 3 kids) I decided it was time to make changes. I bought a treadmill and started walking on it every day. Slowly, the walk turned into a jog and within a few years I was running. Since I ate relatively healthy to begin with (my kids say I eat “seeds and leaves” but I love bread and pasta too), I only cut back on the amount of food I consumed. I still ate what I wanted – just less of it. In a couple years, I went from a size 18 to a size 8 and from a person



who had never run in her life to one that could run a half marathon in 2hr 2min.



Inspirational Stories—Continued

I am now 42 years old and have maintained my weight by continuing these habits. It is a lifestyle. I still eat fries, enjoy my wine and don't "diet" but I watch what I eat closely and I exercise daily. I now look forward to exercise and find it to be a great mental health tool."

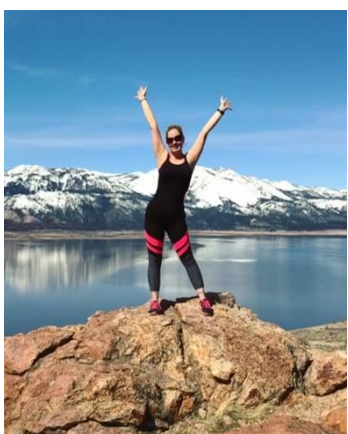
Meet Tyler our IT Professional. "I've always had weight related self-worth issues and would often emotionally overeat to feel happy temporarily. Right before the COVID lockdowns, I hit a weight that I knew was my breaking point and I needed to take my health and self-worth

issues seriously. Luckily focusing on myself while everything crazy was going on kept me motivated and it made the isolated feelings of working from home less of a burden on my job and personal life. I started challenging myself to walk 6-8 miles every day and to change up my diet



a bunch to remove all the excess fat, carbohydrates, and sugars. I instantly started noticing a difference in my mood and energy levels and it allowed me to push myself more and more each week. Six months later, I am down 75lbs

and I am the strongest I have felt since my time in the military and I finally am comfortable with my body again."



Meet Amy our MSU Supervisor. "I've struggled with my weight since childhood. In 2010 I hit my heaviest weight and didn't even recognize myself, I knew something needed to change. Over the next 10 years I fluctuated in weight and tried to find what worked for me. By 2014 I had lost 85 pounds and felt amazing! Then life

happened and I fell off my healthy lifestyle, gaining 40 pounds back within a few months. I felt disappointed and defeated. I needed to make a permanent change that would allow me to live life and be healthy simultaneously. I started to make little changes that I knew I

could sustain long term, because who was I kidding, giving up cheese and bread (aka pizza) was not going to happen! I started to watch my portions and changed my attitude towards food, if it wasn't going to fuel me or give me any nutrients I tried to cut it out of my diet completely. I

increased my protein and water, got a workout buddy who held me accountable, got outside more, and started to see changes in my attitude, strength and overall health. It's been a journey to say the least but I've never given up, keep a positive attitude and never forget how far I've come!"

We can't wait to hear your stories!

"There is no better time than now to start living healthy!"