



APRIL 2022

BLOSSOM INTO WELLNESS

# CARE CONNECTION

## THE BENEFITS OF TELEMEDICINE

We all know how important it is to go see a doctor when we need one, but it's often inconvenient and time-consuming, especially for those common ailments like the flu or allergies.

Telemedicine uses modern technology to help you get the evaluation, diagnosis, and care you need from a distance. It's a great alternative to visiting your doctor for most common medical issues. In fact, 75% of surveyed respondents said they were interested in trying telemedicine. If you're still on the fence, here are some benefits of telemedicine.



**YOU DON'T NEED TO TRAVEL.** One of the best things about telemedicine is that you can access it from anywhere — from work or your couch — just by using your computer, smartphone, or tablet. That means you don't need to drive all the way to your doctor's office, pay for parking, and risk hitting traffic on the way back.

**YOU DON'T NEED TO TAKE TIME OFF OF WORK.** Time off work can be hard to come by, and nobody wants to waste it with a doctor's visit for a cold. Telemedicine largely eliminates the need to take time off work to see a doctor since you can schedule your virtual visit for your lunch break or when you get home at the end of the day (long after your normal doc's office is closed).

**VISITS ARE AVAILABLE ON-DEMAND.** Telemedicine occurs on your schedule. You don't need to work around the slim pickings of appointments from your doctor's office.

**YOU'RE LESS LIKELY TO SPREAD (OR CATCH) ADDITIONAL ILLNESSES.** What's worse than seeing your doctor for allergies and leaving with a cold you caught in the waiting room? Telemedicine makes it so you don't have to worry about spreading or receiving additional germs in a crammed waiting room filled with other sick folks. You can stay in bed and focus on getting better.

**WITH TELADOC, VISITS FOR GENERAL MEDICINE AND DERMATOLOGY ARE FREE FOR FMCP MEMBERS AND COVERED DEPENDENTS.** As if the other reasons weren't enough, telemedicine is also free to FMCP members and covered dependents through Teladoc. That means no stress about copays or coinsurances or deductibles when you use Teladoc for general medicine or dermatology.



Teladoc provides 24/7 access to U.S.-licensed doctors available in all 50 states, so you can get answers and medical care that's specific to your area. You can connect by phone at 1-800-TELADOC, web at [www.teladoc.com/fmcp](http://www.teladoc.com/fmcp), or app from anywhere to receive care where and when you need it most. With Teladoc, you can get medical treatment for non-emergency and dermatological conditions, request an expert medical opinion for your serious medical diagnoses or anticipated treatment plans, or have your mental health treatment reviewed to make sure you're receiving the best possible care for you. No matter the size of your medical problem, Teladoc is ready to ensure you get the care that you need when you need it.

To register for Teladoc:

1. Visit [teladoc.com/FMCP](http://teladoc.com/FMCP) and click "Get started now", then click "Get Started" under "New to Teladoc?"
2. Enter your personal details and confirm your benefits information, then click "Continue".
3. The system will verify your information and confirm your eligibility.
4. Create your account by entering your address, then choose a username and password and select security questions.
5. Complete your registration and get started using Teladoc!

The right care is within reach, and Teladoc is here to connect you when you need it. Be sure to download the Teladoc app from the App Store or Google Play Store to have easy access on the go!

Source: [ChironHealth](http://ChironHealth)

Please note: If your medical coverage is through Kaiser, this benefit is not applicable.

### WELLNESS TIP!

#### Use Extra-Virgin Olive Oil

Extra virgin olive oil is one of the healthiest vegetable oils you can use. It's loaded with heart-healthy monounsaturated fats and powerful antioxidants that have anti-inflammatory properties.

Extra virgin olive oil may benefit heart health, as people who consume it have a lower risk for dying from heart attacks and strokes according to some evidence.



Sources: [Healthline](http://Healthline)

### REMINDER

#### BEST DOCTORS IS NOW TELADOC MEDICAL EXPERTS

Because Best Doctors services are now being provided through Teladoc, you'll get the same great care with your second opinion with the added convenience of a one-stop-shop for your telemedicine needs. You can access Teladoc Medical Experts and Teladoc's other services (like telemedicine for dermatology or common health issues) by calling 1-800-TELADOC or visiting [www.teladoc.com/fmcp](http://www.teladoc.com/fmcp).

## STARTING THERAPY WITH TALKSPACE

Research shows that 1 out of 5 Americans will experience a mental health condition each year. Although mental health issues may be more common than we expect, it can still be hard to seek help.

Apprehension about therapy is completely normal, but Talkspace helps to make the process as beneficial as possible.

Starting with therapy can feel like a monumental step to take in your mental health journey — and it is! But that doesn't mean it's an insurmountable obstacle. Talkspace makes getting started easy by helping you narrow down your choices of therapist to the best options for you. Once you've decided to start with a therapist, you can schedule your complimentary 10-minute introductory video visit so that you and your new therapist can meet (virtually) face-to-face.



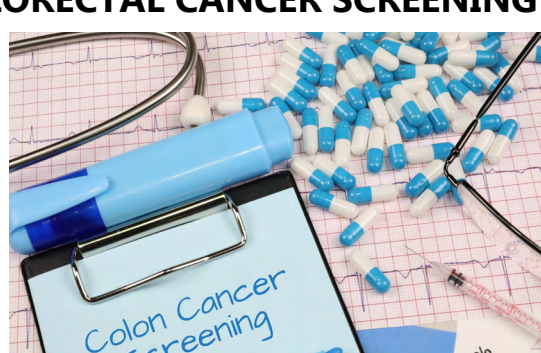
One of the reasons Talkspace is such a great resource for mental health therapy is because it puts the power in your hands. With Talkspace, you can send messages (text, audio, picture, and video) to a therapist in a private, textbased chat room where you can engage with your therapist at your own pace, on a flexible schedule. You'll have access to free, unlimited messaging therapy and one 30-minute video session with your therapist each month, so you can communicate in the way you're most comfortable. Talkspace is completely confidential, and it's free to use for you and your covered dependents ages 13 and older.

We applaud you for taking these first steps toward improving your mental health. Getting started with therapy through Talkspace is as easy as going to [www.talkspace.com/fmcp](http://www.talkspace.com/fmcp).

Please note: This benefit only applies to members who have their medical benefits through one of the FMCP PPO Plans. If you are eligible, you must register through [www.talkspace.com/fmcp](http://www.talkspace.com/fmcp) to receive this benefit at no cost through the FMCP.

## WHAT YOU NEED TO KNOW ABOUT COLORECTAL CANCER SCREENING

Excluding skin cancers, colorectal cancer is the third most common cancer diagnosed in both men and women in the United States. The American Cancer Society estimates that there will be 106,180 new cases of colon cancer and 44,850 new cases of rectal cancer in the United States in 2022.



The rate of people being diagnosed with colon or rectal cancer each year has dropped overall since the mid-1980s, mainly because more people are getting screened and changing their lifestyle-related risk factors. That's why it's so critical to get screened for colorectal cancer as you get older. The Centers for Disease Control and Prevention (CDC) provides more information about colorectal cancer screening below.

### What Is Colorectal Cancer Screening?

A screening test is a look for a disease when a person doesn't have symptoms. (When a person has symptoms, diagnostic tests are used to find out the cause of the symptoms.)

Colorectal cancer almost always develops from precancerous polyps (abnormal growths) in the colon or rectum. Screening tests can find precancerous polyps, so that they can be removed before they turn into cancer. Screening tests can also find colorectal cancer early, when treatment works best.

### Screening Recommendations

Regular screening, beginning at age 45, is the key to preventing colorectal cancer and finding it early. The U.S. Preventive Services Task Force (Task Force) recommends that adults age 45 to 75 be screened for colorectal cancer. The Task Force recommends that adults age 76 to 85 talk to their doctor about screening.

The Task Force recommends several colorectal cancer screening strategies, including stool tests, flexible sigmoidoscopy, colonoscopy, and CT colonography (virtual colonoscopy).

### When Should I Begin to Get Screened?

Most people should begin screening for colorectal cancer soon after turning 45, then continue getting screened at regular intervals. However, it may be recommended that you be tested earlier than 45, or more often than other people, if you have:

- Inflammatory bowel disease such as Crohn's disease or ulcerative colitis.
- A personal or family history of colorectal cancer or colorectal polyps.
- A genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer (Lynch syndrome).

If you think you are at increased risk for colorectal cancer, speak with your doctor about:

- When to begin screening.
- Which test is right for you.
- How often to get tested.

You can learn more about Colorectal Cancer and cancer screenings in the HealthClips library. To access the library, log in to your account in the Member Self-Service Online Portal at [www.nifmcp.com](http://www.nifmcp.com) and find the HealthClips tab in the left menu bar (just above the Contact Us tab). When you click on the HealthClips link, you'll be automatically logged in to view any of the multitudes of resources that HealthClips has to offer.

Sources: [Cancer.org](http://Cancer.org), [CDC.gov](http://CDC.gov)

## IMPORTANT CONTACT INFORMATION

NECA/IBEW Family Medical Care Plan  
410 Chickamauga Avenue, Suite 301  
Rossville, GA 30741

PPO - Anthem 1-800-810-BLUE (Provider locator services) <a href="http://www.anthem.com">www.anthem.com</a>	Rx Drugs - SavRx 1-866-233-4239 <a href="http://www.savrx.com">www.savrx.com</a>	Teladoc 1-800-TELADOC <a href="http://www.teladoc.com/FMCP">www.teladoc.com/FMCP</a> (if applicable)	Dental - MetLife 1-800-942-0854 <a href="http://www.metlife.com/mybenefits">www.metlife.com/mybenefits</a> (if applicable)	Vision - VSP 1-800-877-7195 <a href="http://www.vsp.com">www.vsp.com</a> (if applicable)	1-877-937-9602 <a href="http://www.nifmcp.com">www.nifmcp.com</a>
---	--	---	---	---	--