

## DID YOU KNOW?

*Our new FMCP Member Self-Service online portal goes live January 1st, 2018.*

You can access the new Family Medical Care Plan Member Self-Service online portal by going to [www.nifmcp.com](http://www.nifmcp.com) and clicking ‘Member Sign in’ under the ‘Members Only’ navigation tab. To use the new Member Self-Service online portal, you will need to register — even if you were registered previously — and create new login credentials. In order to do this, you will need to click ‘Register’ when you enter the portal for the first time. You’ll then be prompted to provide your Member ID starting with the letters AJ (from your new 2018 medical/Rx card) or your Social Security Number to verify your identity, and you’ll need to create a username and set up a password that you can remember. The registration will also prompt you to provide your email address and cellphone number so you can receive up-to-the-minute healthcare information from FMCP!

Once you’re signed up, you’ll be able to utilize all of the convenience of the new Member Self-Service online portal, which will give you access to view your information and the information for your dependents.

## NEW BENEFIT FOR 2018 THE DOCTOR IS IN WITH LiveHealth Online

Life doesn’t always happen on schedule. That means it might be hard to get doctor’s care when you really need it — like in the middle of the night or when you’re traveling out of state. LiveHealth Online is a telemedicine service that connects you with a doctor online anytime. LiveHealth Online uses two-way video to connect you with U.S.-based board-certified doctors who can assess your medical condition, answer questions and even provide certain prescriptions if needed. All you need is Internet access with a webcam or the LiveHealth Online app on your smartphone or tablet. There are no long wait times, and appointments are available 24/7 in all 50 states (with Spanish-speaking doctors available in some areas). LiveHealth Online is easy, convenient, and confidential. Doctors are available on your schedule to provide you with the medical care you need, when you need it.

When you receive your new 2018 medical/Rx ID card, log on to [www.livehealthonline.com](http://www.livehealthonline.com), provide your name and email address, and pick a password; then **select Anthem Blue Cross and Blue Shield as your insurance** and **enter your new 2018 member ID**. If you have already registered using your previous member ID, simply log in, click on ‘My Account’ at the top of the screen, and update your health insurance information with your 2018 member ID. **To launch this program, the FMCP Board of Trustees have decided that for calendar year 2018, Live Health Online will be offered at no cost to you for medical visits.**

Some of the most common medical conditions LiveHealth Online doctors see include:

- Cough & cold
- Rashes
- Allergies
- Ear pain
- Fever
- Flu
- Headache
- Pink eye and other eye infections

For these minor conditions and others, LiveHealth Online is your best option.

To learn more about LiveHealth Online or schedule a medical appointment, visit <https://www.livehealthonline.com/> or download the LiveHealth Online mobile app on the App Store or Google Play.

**REMEMBER: In order to receive this benefit for free in 2018, you must be registered with your 2018 member ID.**

## HAVE YOU CHECKED OUT BEST DOCTORS YET?

Best Doctors has several services that can help you with nearly any medical issue you might encounter.

**Want to confirm an existing diagnosis or treatment plan?**

- Use their **InterConsultation Expert Second Opinion** service at <https://members.bestdoctors.com>.

**Want to ensure you get the best care in time of crisis or trauma?**

- Reach out to Best Doctors with a phone call to receive **Critical Care Support**.

**Have medical questions but don’t want to rely on the internet?**

- You can **Ask the Expert** and get answers from a Best Doctors physician.

**Looking for a local physician?**

- Use their **Find a Best Doctor** service to locate a top-rated doctor.

To learn more about Best Doctors and their services, visit <https://members.bestdoctors.com> or call **1-866-904-0910**.

## REMINDER!

### NEW ID CARDS FOR 2018

Plan members should have already received **new medical/Rx ID cards** with new medical ID numbers that will **become valid on January 1, 2018**.

In the new year, be sure to toss out the old card and switch to the new card! You will also need this new card and your new Anthem member ID number to register for our Member Self-Service portal on January 1, 2018.

## WELLNESS TIP!

### Exercise when you’re tired!

It might seem counterintuitive, but exercise is proven to energize you. A study published in *Medicine and Science in Sports and Exercise* showed that fatigue, along with mood and depression, improved after a single 30-minute moderate intensity session.

Sources: [Health.com](#)

### NEED MORE INFORMATION?

You can find everything you need to know about the FMCP on our website, [www.nifmcp.com](http://www.nifmcp.com). View your [Summary Plan Description and Plan Notices](#), find [Member forms](#) you may need, and learn about some of the [additional services](#) we provide to our members. If you have questions, you can reach out to the Benefits Office via our [Contact Us form](#).

## THE NEW YEAR’S RESOLUTIONS YOU SHOULD BE MAKING

The most popular New Year’s resolution is to “stay fit and healthy,” but this is easier said than done. Usually our resolutions are too vague to be realistic, which makes it hard to keep them all year long. But we’ve some better, more attainable goals that can help you start off — and maintain — a happier and healthier new year.

**YOUR OLD RESOLUTION: “EAT HEALTHIER”**

**YOUR NEW RESOLUTION: “EAT MORE GOOD FOODS” OR “EAT FEWER GUILTY PLEASURES”**

While it sure sounds like a great idea to resolve to eat healthier in the new year, many of us struggle to determine what exactly *is* healthier — organic? gluten free? low-carb? Instead, opt to eat more of a certain kind of healthy food. For example, you can resolve to eat more probiotic foods (keep a list on your fridge!), like yogurt or raw cheese, or to incorporate apple cider vinegar into your diet for a probiotic boost. If you’re looking to cut out a guilty pleasure food, don’t quit it cold turkey. Instead, resolve to only eat that guilty pleasure once a month. Getting to indulge in your cravings on occasion will help you maintain the motivation to keep it up for the rest of the time.



**YOUR OLD RESOLUTION: “GET EIGHT HOURS OF SLEEP”**

**YOUR NEW RESOLUTION: “GO TO SLEEP A LITTLE EARLIER”**

We all know that we should be shooting for eight hours of sleep each night, so getting more sleep is a good goal to have. You can resolve to start sleeping that much, but if the change is too drastic (say, a 10pm bedtime compared to your normal midnight), chances are it won’t last. Instead, resolve to go to bed 15 minutes earlier than normal, and keep increasing this once you’re used to it. Every little bit will add up!

**YOUR OLD RESOLUTION: “BE MORE ORGANIZED”**

**YOUR NEW RESOLUTION: “BE MORE MINDFUL”**

It’s tempting to take the new year as a chance to completely reorganize your life, but if you’re stressed, anxious, or depressed, you’ll struggle to find the motivation! Instead, resolve to be more mindful. Mindfulness is the act of being present in the moment, aware of your surroundings, and not overly reactive to your experiences. Mindfulness is about centering yourself so that you feel less stressed and more calm in your daily life. You can think of mindfulness as decluttering your mind. Studies have shown that just 30 minutes of meditation each day improved symptoms of depression and anxiety after just eight weeks. And when you’re less anxious or depressed, you’re in a better headspace to organize everything else too.

The National Institute of Health says that you’re more likely to stick to a change in your routine by taking one small step at a time. If you jump too far and too fast into your resolutions, you’re more likely to drop them early on in the new year. So keep in mind: big goals require little steps!

Sources: [Reader’s Digest](#), [Mindful.org](#), [NIH](#)

## DON’T FORGET!

Preventive care is **covered at 100%** when performed by **in-network providers**.

This includes not only annual physical exams and wellness checks but also screenings for cancers and depression or counseling for obesity, addiction, and other disorders. For a list of all preventive services that are covered at 100% with no copay, see your Plan Notices.



## NEW AHA BLOOD PRESSURE GUIDELINES AND WHAT THAT MEANS FOR YOU

New guidelines for blood pressure were announced by the American Heart Association on November 13, 2017 that lower the threshold for high blood pressure. While the threshold for high blood pressure used to be a top reading of at least 140 or a bottom reading of 90 this has now dropped to 130 over 80.

This change means that an additional 14 percent of US adults have high blood pressure (though only an additional 2 percent will require medication right away). Currently, only half of Americans with high blood pressure have it under control.

The new blood pressure guidelines set new categories and got rid of “prehypertension”:

- Normal:** Under 120 over 80
- Elevated:** Top number 120-129 and bottom less than 80
- Stage 1:** Top of 130-139 or bottom of 80-89
- Stage 2:** Top at least 140 or bottom at least 90

Blood pressure should be checked at least once a year by a health professional, and diagnosing high blood pressure requires 2 or 3 readings on at least two occasions. Since the Plan covers a screening for high blood pressure in full for adults age 18+ when you go in-network, there’s no excuse not to ensure that your blood pressure is within normal range under the new guidelines. And if it’s not, talk with your doctor about treatment, including lifestyle changes. Poor diet, lack of exercise, and other bad habits cause 90 percent of high blood pressure!

Source: [ABC News](#), [American College of Cardiology](#)



## NEW YEAR’S RESOLUTION: QUIT SODA

If you’re looking for a New Year’s Resolution, think about dropping your less-healthy habits, like drinking soda! Did you know that about 50% of Americans surveyed by Gallup drink soda on a regular basis — the average daily intake being 2.6 glasses per day — despite how much information is readily available about soda’s negative effects? Of course, it’s widely publicized that the high amount of processed sugars and high-fructose corn syrup in soda can lead to diabetes and other long-term issues, but do you know how soda can affect you in the immediate?

In the **first few minutes**, the sugar in soda — 10-12 teaspoons of it — hits your system quickly. The phosphoric acid, carbonation, and other flavors mute the super sugary taste.

In about **15-20 minutes**, your blood sugar spikes, causing an insulin reaction.

Your liver quickly responds by turning the sugar into fat cells (especially when that sugar is high fructose corn syrup). Your body then tries to store all that fat, and it circulates in the blood stream. All that fat gets stored on the body, or in the liver, becoming one of the primary causes of Non-Alcoholic Fatty Liver Disease and a primary causative factor in obesity, heart disease, diabetes, and many cancers.

In **half an hour**, your body starts absorbing all the caffeine that’s in the soda. Your pupils dilate, your heart rate increases, and you feel temporarily energized as your blood pressure rises. Your liver, in response to the caffeine, dumps even more sugar into the bloodstream. As a result, your insulin level goes back up, you get hungry, and that sugar gets stored as more fat.

In **45 minutes**, the “feel-good” hormone dopamine is released, stimulating your brain’s pleasure center.

In **60+ minutes**, the phosphoric acid in the soda binds onto usable calcium, magnesium and zinc in your digestive system. By now, the diuretic effect of the caffeine and liquid goes into effect, and you’ll need to urinate. This means your body cannot put those highly valued minerals to use, as they attach to the phosphoric acid and get dumped from the body in the form of urine.

**After an hour**, the caffeine and sugar wear off, and you start crashing. The massive sugar and insulin spikes leave you hungrier, tired, irritable, and sluggish. Not only that, you will probably be thirsty again, and given the addicting properties of soda, you may be craving another.

Soda affects your body in other ways too:

**Diabetes & Obesity:** According to The Nurses’ Health Study, drinking a soda a day adds about 10 pounds of fat in 4 years; one soda per day also doubles your risk for Type 2 diabetes.

**Heart Disease:** There exists a strong correlation between soda and heart disease. A study from the University of Miami found that those who had a daily diet soda habit had a 61% increased risk of “cardiovascular event,” including heart attack and stroke, than those who drank no soda — even when factors such as smoking, physical activity, alcohol consumption and diet were controlled.

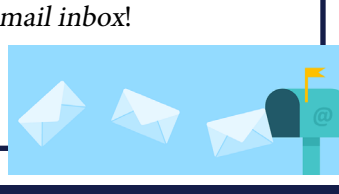
**Delicious Alternatives to Soda:** For a healthier soda alternative, try a flavored water or sparkling water, or mix 100 percent juice with seltzer!

Sources: [Nutrition Watchdog](#), [Everyday Health](#)

## GET OUR NEWSLETTER SENT STRAIGHT TO YOUR INBOX

If you enjoy our quarterly newsletter, you can get each new issue sent *straight to your email inbox*!

[Click here](#) and fill out the contact form with your **name** and **email address** and list the message as “**FMCP newsletter**”. We’ll add you to our subscriber list, and you’ll get each new issue delivered right to you!



## IMPORTANT CONTACT INFORMATION

PPO - Anthem  
1-800-810-BLUE  
(Provider locator services)  
[www.anthem.com](http://www.anthem.com)

Rx Drugs - SavRx  
1-866-233-4239  
[www.savrx.com](http://www.savrx.com)

Best Doctors  
1-866-904-0910  
<https://bestdoctors.com/>

Dental - MetLife  
1-800-942-0854  
[www.metlife.com/mybenefits](http://www.metlife.com/mybenefits)  
(if applicable)

Vision - VSP  
1-800-877-7195  
[www.vsp.com](http://www.vsp.com)  
(if applicable)

NECA/IBEW Family Medical Care Plan  
410 Chickamauga Avenue, Suite 301  
Rossville, GA 30741  
1-877-937-9602  
[www.nifmcp.com](http://www.nifmcp.com)