



DECEMBER 2019

SEASON OF CARING

## CARE CONNECTION

### WHY AN EYE EXAM IS IMPORTANT PREVENTIVE CARE

If you have glasses or contacts, you already know how important it is to see your eye doctor — but if you’ve got perfect 20/20, you might not realize how important it is for you too! An eye exam isn’t just about the quality of your vision (although that’s a huge part of it); your eye exam also checks the health of your eyes and how that can impact or even help detect issues in other parts of your body.

#### VISION PROBLEMS

Vision problems are the #1 reason to go to the eye doctor — and they’re also among the most obvious. Among common vision problems are:

- **Nearsightedness, farsightedness, and astigmatism:** These refractive issues can easily be corrected with prescription lenses, contacts, or surgery.
- **Amblyopia:** Commonly referred to as lazy eye, this condition occurs when the eyes are misaligned or when one eye requires higher correction than the other.
- **Focus and teaming:** These are issues where the eyes struggle to focus or do not correctly work together, which can cause eye strain, headache, and difficulty reading and seeing.
- **Strabismus:** This issue (also known as crossed or turned eyes) can cause problems with depth perception and can lead to amblyopia if not corrected.

It’s important to visit an eye doctor if you think you may be developing any of these issues or to monitor their development if you have already been diagnosed.

#### EYE DISEASES

Did you know that 7 million people have been diagnosed with glaucoma, 1 million people with age-related macular degeneration, and 24 million with cataracts? And that’s not even considering all the people who have these diseases *undiagnosed*! Some people may not realize that they have an eye disease until they are already in the advanced stages, but an eye doctor might be able to recognize early warning signs of these diseases during a comprehensive exam — before it’s too late.

#### HEALTH CONCERNS

Some medical conditions that aren’t eye-related can also be detected through a comprehensive eye exam, including diabetes, high blood pressure, high cholesterol, and even some cancers. So an eye exam isn’t *just* important for your eye health.

#### REGULAR EYE EXAMS

It’s important to get regular eye exams done by your eye doctor — even if you’re not showing signs of any eye issues or diseases. Finding a good eye doctor that you feel comfortable with can put you on the best path to eye health — and overall wellness too!

Sources: [Ameritas Insight](#)

### HOW TO FIND AN EYE DOCTOR WITH VSP

VSP has a massive network of quality eye doctors and eye care providers. Use their tools to find the right eye doctor for you!

1. Log on to [www.vsp.com](http://www.vsp.com) and click the “In-Network Doctors” button under the “Find an In-Network Doctor” section.
2. You can search by Location (Zip Code or Street Address) to find an office or doctor near you, or you can search by office or doctor to see if your current eye doctor is in-network.
3. Search results are automatically sorted by distance from the Zip Code or Street Address you put in. You can also filter your search by clicking View Filters on the right hand side and selecting criteria such as Hours & Scheduling, Products or Services offered, Languages, etc. Hit Apply Filters, and your search will give you updated results according to the criteria you’ve selected.
4. Clicking on an office will show you information about their hours, languages, phone number/website, and the doctors at that location so that you can learn more or schedule an appointment.



You can also search for an eye doctor on the VSP Vision Care app.

Please note: You will only be entitled to the Vision Benefit if it is included in your employer’s contract with the Plan.



Find an In-Network Doctor

Create an account and log in to find a Premier Program location, or another in-network doctor near you.

IN-NETWORK DOCTORS

### WELLNESS TIP!

#### Take 10 before seconds!

It takes your brain some time to receive the message from your stomach that you’re full. If you run back up for seconds of dinner, you’re more likely to overeat. Instead take a ten minute break to drink some water or chat, and then reevaluate: *Are you still hungry?* You may be full or realize you only want a small portion of seconds — whereas you might have taken a full plate without waiting.

Sources: [Harvard Health](#)

### DON’T FORGET

#### KEEP TRACK OF YOUR CURRENT FMCP MEDICAL/RX ID CARD

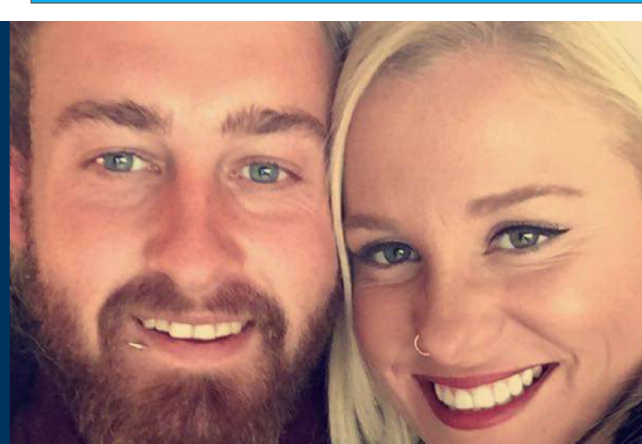
The FMCP will not be automatically issuing new medical/Rx ID cards for plan year 2020, so you should continue to use your current medical/Rx ID card through the next year. If you need a replacement of this card, you can log in to the Member Self-Service Online Portal and click *ID Card Request* on the lefthand menu to submit your request to the Fund Office.



#### Behavioral Health Navigator

#### member story:

Shane



#### Learn more about how Behavioral Health Navigator from Best Doctors works by reading Shane’s story below:

Shane had suffered from bouts of depression for seven years, but in early 2018 his condition became so severe that he was unable to work, refused to leave the house, and stopped socializing with friends. While he used to prioritize exercise and a healthy diet, he stopped working out, indulged in junk food, and only wanted to stay home and play video games. Shane was reluctant to seek help, and after experiencing unwanted side effects, stopped taking antidepressants.

While in the past he’d been able to “snap out of it,” this time he couldn’t pull himself out of this slump. When the severity of his condition culminated in Shane being off work for six weeks, his partner encouraged him to reach out to Best Doctors Behavioral Health Navigator (BHN) for a confirmation of his diagnosis and help with treatment recommendations.

Shane connected with Best Doctors by phone and video, and his assigned psychologist and psychiatrist diagnosed him with major depressive disorder and generalized anxiety disorder. The treatment recommendations included a new antidepressant medication that Shane hadn’t previously tried and a referral to a psychologist who specializes in acceptance and commitment therapy (ACT) and mindfulness/relaxation therapy. The Best Doctors experts also recommended pathology tests, including bloodwork and an MRI of the brain, to determine whether there might be a physiological reason for Shane’s symptoms.

Shane shared the Best Doctors report with his doctor and started on the recommended antidepressant medication.

One month later, Shane said his anxiety had almost fully subsided—he was able to leave his house and go back to working full time.

“I am not in that black place anymore,” Shane said.

Three months after first contacting Best Doctors, Shane reported he was “feeling amazing” and his mood was bright. Not only was he working full time, he had started his own roofing business, which was already proving to be successful.

He said he felt “motivated.” Shane was also back to exercising regularly and resumed his healthy diet. All aspects of his life had improved, so he felt he didn’t need to pursue the CBT and ACT therapy recommended by Best Doctors. He remained open to it, however, if needed in the future.

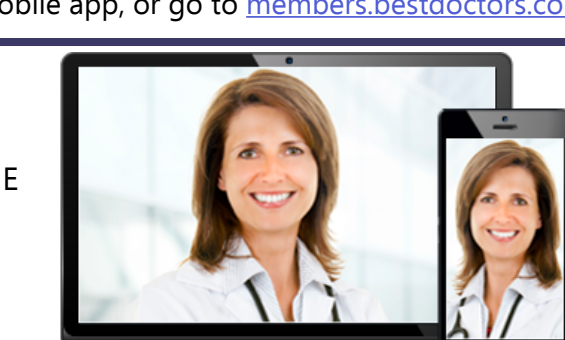
“I am back to my happy-go-lucky self,” Shane said. “I want everyone who is having problems to know about the Behavioral Health Navigator service—this has been life-changing for me. I’m now on the right medication and thriving.”

**The Behavioral Health Navigator service is free to use for FMCP members and their dependents.** Behavioral Health Navigator is a program through Best Doctors that offers access to a network of leading clinical psychologists and psychiatrists. To contact Best Doctors, call the designated FMCP line at 800-497-1634, download the Best Doctors mobile app, or go to [members.bestdoctors.com](http://members.bestdoctors.com).

### GOOD NEWS!

IF YOU HAVEN’T HEARD, THE FMCP BOARD OF TRUSTEES HAS MADE LIVEHEALTH ONLINE MEDICAL VISITS **FREE FOR 2020!**

LiveHealth  
ONLINE



If you haven’t gotten the opportunity to try LiveHealth Online, make sure you do. It’s convenient, quick, and available on *your* schedule. That means no waiting at Urgent Care or scheduling an appointment weeks in advance with your doctor. LiveHealth Online can help with everything from an ear infection to the flu, and they can even provide certain prescriptions if needed.

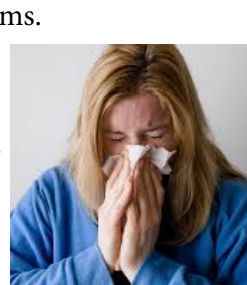
Download the app or sign up online today at [www.livehealthonline.com](http://www.livehealthonline.com).

Please note: This benefit only applies to members who have their medical benefits through one of the FMCP PPO Plans.

### COMMON WINTER HEALTH PROBLEMS — AND HOW TO AVOID THEM

Winter is the season of snowflakes, eggnog, and warm mittens — and a myriad of potential health risks too. Here are some tips that can help you contend with common winter health problems.

- **Viruses.** The National Institutes of Health (NIH) says that dry winter air allows the flu virus to thrive and spread more easily. Viruses in general (such as the common cold) also spread better in close proximity or where there are a lot of people. One of the best ways to avoid getting sick is to wash your hands to avoid the spread of germs and viruses. Keep in mind that many common surfaces (doorknobs, sinks, and even your own shoes) harbor more germs than you might think — so wash your hands well and often, especially in winter.
- **Asthma.** Freezing temperatures are a common trigger of asthma attacks, which means winter is often a rough time for asthma sufferers. To help avoid asthma attacks when the weather is cold, make sure you cover your nose and mouth with a scarf or face warmer so that you’re not breathing in the cold, dry winter air.
- **Weight gain.** Between Thanksgiving turkey and the other delectable treats of the holiday season, it’s easy to accidentally overeat in the winter. Pair that with the colder and sometimes unruly weather, and you have a recipe for too many calories in and not enough calories exercised out. The best way to combat potential weight gain is to get 30 minutes of exercise per day and to not overindulge. Make sure the majority of your holiday eating is made up of fruits, vegetables, and other healthy choices.
- **Heart attacks.** Research shows that heart attacks are more common and more severe in the winter months. To help combat the increased risks during this season, make sure you dress warmly when outside, take your time with strenuous tasks (like shoveling heavy snow), and speak with your doctor about the warning signs of heart attack and other heart conditions so you’re aware.
- **Seasonal depression.** Seasonal affective disorder (SAD) and the milder “winter blues” can take a serious toll on your emotional health. To help with SAD or the blues, make sure you get enough sleep, try to get natural sunlight as much as possible, and limit your days spent entirely indoors.



Source: [Texas A&M University Health Science Center](#)

### 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  
1-800-497-1634  
<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)