



CARE CONNECTION

YOUR PLAN AT YOUR FINGERTIPS REGISTER FOR THE MEMBER SELF-SERVICE ONLINE PORTAL

Did you know that the FMCP Member Self-Service Online Portal is your one-stop-shop for all things FMCP? It's true! The Member Self-Service Online Portal lets you:

- View your personal data and the personal data of your dependents
- View your claims
- View your EOBs
- Update your contact information
- Request new medical/Rx ID cards
- Opt in to receive our newsletter
- ... and more!



If you've never used our portal before, you will need to register to use the portal and create new login credentials.

1. Go to **www.nifmcp.com** and click Member Sign In under the Members Only tab.
2. Click 'Register' and provide your Social Security Number or your Member ID starting with the letters AJ (from your medical/Rx card) to verify your identity.
3. Create a username and set up a password that you can remember. Then choose and answer three security questions (in case you need to recover your password).
4. Provide your email address and cellphone number so you can receive important healthcare information from FMCP. (You can also choose whether or not you want to receive our newsletter electronically!)

You can access the FMCP Member Self-Service Online Portal on the FMCP website, **www.nifmcp.com**, under the Members Only navigation tab or via the button on the homepage.

DID YOU KNOW?

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.

Preventive care visits offer significant benefit to you, such as:

- Giving you an assessment of your overall health
- Screening for cancer and other diseases, like diabetes or high blood pressure
- Updating your medical records
- Maintaining a relationship with your primary care provider

**Make sure you get your annual physical and wellness exam
before the end of the year to start 2019 off right!**

THE CARE YOU NEED ON YOUR SCHEDULE — FOR FREE THROUGH 2018 WITH LiveHealth Online

We're sure by now you know about LiveHealth Online, but have you tried it yet? LiveHealth Online is still free to use for FMCP members and their dependents through the end of 2018!

What's great about LiveHealth Online is that it's available whenever and wherever you are, 24/7. You don't need to travel to the doctor's office or wait for an available appointment. You just sign in on your computer, smartphone, or tablet, choose an experienced medical doctor, and get the care you need, including advice, treatment options, and prescriptions if needed — it's really that easy. Video visits generally last about 10-15 minutes, which means you can get better and get on with your day quicker. There's really no reason *not* to try it out.

You can see a medical doctor on LiveHealth Online for these common conditions and more:

- Flu
- Minor rashes
- Sore throat
- Pink eye
- Allergies
- Cold
- Fever
- Skin infections
- Headache
- Diarrhea



You can learn more about LiveHealth Online and how to register on the FMCP website, www.nifmcp.com, or at www.livehealthonline.com. The LiveHealth Online mobile app is easy to use and free to download from the App Store or Google Play.

Please note: LiveHealth Online is only available to members who have a PPO plan through the FMCP.

YOU DESERVE THE BEST!

That's why Best Doctors services are free for FMCP members and dependents.



Best Doctors' suite of services ranges from help Finding a Best Doctor to on-call Ask the Expert medical advice to Expert Second Opinion and Treatment Decision Support. Best Doctors has just about everything you need to make the best decisions for you. Whether you're moving to a new town or weighing the benefits of knee surgery, you can be sure that Best Doctors' expert physicians are ready and willing to help you make confident choices about your medical needs.

Best Doctors' suite of stellar services includes:

- **Expert Second Opinion Interconsultation:** Have an expert conduct an in-depth review of your medical case — with no travel required.
- **Treatment Decision Support:** Explore your treatment options before making a decision.
- **Ask the Expert:** Get expert advice about your medical conditions, treatment, or personal health challenges.
- **Find a Best Doctor:** Locate a Best Doctor that fits your specific needs.
- ... and more!

To learn more about Best Doctors, visit the FMCP website at www.nifmcp.com. You can access Best Doctors services by calling **1-800-497-1634** or by visiting the member website at <https://members.bestdoctors.com>.

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

IMPORTANT CONTACT INFORMATION

PPO - Anthem

1-800-810-BLUE
(Provider locator services)
www.anthem.com

Rx Drugs - SavRx

1-866-233-4239
www.savrx.com

Best Doctors

1-800-497-1634
<https://bestdoctors.com/>

Dental - MetLife

1-800-942-0854
www.metlife.com/mybenefits

Vision - VSP

1-800-877-7195
www.vsp.com

NECA/IBEW Family Medical Care Plan

410 Chickamauga Avenue, Suite 301
Rossville, GA 30741

1-877-937-9602
www.nifmcp.com