



CARE CONNECTION

BE PROACTIVE ABOUT PREVENTIVE CARE!



Even if you're the picture of perfect health, it's recommended that you visit with your healthcare provider every year. That may seem too often, but a wellness exam is about more than just checking your weight and blood pressure. Make the most of your visit by knowing why you're there and by coming prepared with any questions you may have about your health. The Agency for Healthcare Research & Quality even provides a [handy guide](#) for your reference.

Source: [AHRQ.gov](#), [Chapel Hill Primary Care](#), [Huffington Post](#)

The purpose of a regular healthcare visit is to:

- Screen for diseases, like high blood pressure or diabetes
- Evaluate you for future disease risks, like high cholesterol and obesity
- Encourage a healthy lifestyle, including eating right and exercising
- Update your vaccinations and immunizations
- Discuss any medications that you are taking or may start taking
- Ask any questions you may have regarding your health and wellness and to receive answers to these questions
- Maintain a relationship with your healthcare provider in case of illness or injury

Good Questions to Ask During Your Visit

- Am I due for any vaccinations or immunizations?
- What screening tests do I need?
- Are my blood pressure, weight, etc. in the healthy range for my age and gender?
- Are the medications I'm taking still necessary? Are there others I should be taking?
- If I had to make one change to my lifestyle, what would you recommend?
- When do I have to see you again?

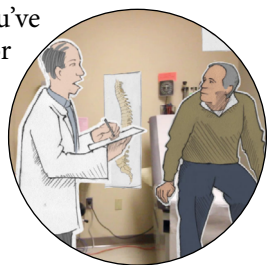


LET BEST DOCTORS™ FIND THE BEST DOCTOR FOR YOU

The first step of preventive care is finding a good doctor — which isn't always easy. Whether you've just moved to a new area or you need a specialist, Best Doctors can help you find the best doctor for you with their *Find a Best Doctor* service.

While helping you in your search for a doctor, Best Doctors considers your age, medical history, health conditions, and other criteria that you specify. They then search through more than 53,000 top-rated experts to find up to three in-network options that are right for you. Best Doctors even calls the doctor's office to confirm that he or she is taking new patients!

Using Best Doctors' *Find a Best Doctor* service is the easiest way to get a jumpstart on your preventive care. It's convenient, confidential, and completely free for you and your dependents. To find a Best Doctor, log in or sign up at <https://members.bestdoctors.com/>.



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.

WELLNESS TIP!

Start with a glass of water in the morning.

Though it might be tempting to jump straight into your tea or coffee, your body needs to rehydrate after sleep. You'll also get a headstart on filling your daily water quota — you should be drinking eight 8-ounce glasses (approximately two liters or one half-gallon) per day!



NEW BENEFIT IMPROVEMENT! 90-DAY PRESCRIPTION PICKUP

Effective April 1, 2017, the NECA/IBEW Family Medical Care Plan will implement the Sav-Rx Walk-In Mail Order Network for prescription claims over 30 days' supply.

Through the program you will have the option to obtain your maintenance prescriptions at any Sav-Rx Walk-In Mail Order participating pharmacy for up to a 90-day supply. Participating Pharmacies in the Sav-Rx Walk-In Mail Order Program include many independent pharmacies as well as most major chain pharmacies, such as Walgreens, CVS, Kroger, Rite Aid, Shop Rite, and many others. To locate participating Walk-In Mail Order Pharmacies in your area, please contact Sav-Rx at 1-866-233-IBEW (4239).

We encourage you to utilize this new benefit improvement because it will save money for both you and the Fund and be more convenient for you.

TOTAL CARE JUST FOR YOU

If you've ever felt like you're just a number to an impersonal healthcare system, you need to check out Anthem's Blue Distinction® Total Care (Enhanced Personal Health Care) — a national program that encourages *health* care rather than *sick* care and recognizes doctors who spend more time on preventive care, holistic care, and personalized care planning for their patients. Total Care doctors offer wellness- and prevention-focused care, shared decision-making, improved access to care, proactive patient care plans, and outreach. That means better, more personal care for you.

To learn more about Total Care, visit <https://www.bcbs.com/about-us/capabilities-initiatives/blue-distinction/blue-distinction-total-care> or [click here](#) to watch an informative video. To find a Total Care physician, go to <http://provider.bcbs.com/> and select "Blue Distinction Total Care" before searching.

ARE YOU EATING THESE GOOD-FOR-YOU FOODS?

You should be — daily, or at least as often as possible! These foods are filled with healthy vitamins and nutrients that your body needs to be healthy, so read on and eat up!

1. BERRIES

Blueberries, raspberries, blackberries, and other fresh fruits are not only delicious; they're also rich in vitamin C and antioxidants, which may help boost your immunity!

2. NUTS

Different types of nuts have different types of benefits. Almonds help lower bad cholesterol and body fat, while pistachios are packed with potassium to strengthen your nervous system. Walnuts help fight inflammation, and peanuts (though technically legumes, not nuts) can lower risk of heart disease. If you want all of these benefits, grab a container of mixed nuts — hold the salt! — for a good snack that's also good for you.

3. DARK LEAFY GREENS

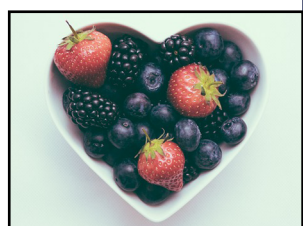
These green veggies are packed with vitamins A, C, and K, as well as a form of B9 — plus potassium, calcium, and more! Switch out your iceberg lettuce for spinach or romaine, and munch on broccoli as a crunchy snack to get all the benefits these greens have to offer.

4. SWEET POTATOES

Sweet potatoes are sweet (though they've got less sugar than you'd think), but they're also rather good for you. They're high in complex carbohydrates, vitamin A, and fiber.

5. FISH

Oily fish like salmon, sardines, and herring are high in healthy oils and fatty omega-3 acids (which are good for you, despite their name), as well as proteins, B vitamins, potassium, and selenium.



Source: [QualityHealth.com](#), [everydayhealth.com](#), [Harvard Health Publication](#)

INVEST IN YOUR HEALTH

Quick: On a scale of 1 to 10, just how healthy are you?

While you might feel perfectly healthy, threats of illness and disease may lurk where you don't know about them. That's where preventive care comes into play. Preventive care has two parts: preventive services and wellness.



The focus for preventive services, like vaccines and cancer screenings, is avoiding certain diseases and catching others in early stages before they can cause serious damage. Each doctor visit and screening is meant to ensure that you don't wind up surprised by disorders and diseases that could be prevented or easily-managed. Bearing in mind the cost of treating diseases like cancer or even chronic conditions like obesity or diabetes, the cost of an annual exam pales in comparison. But more important than cost is *value*, and preventive services provide significant value per dollar spent.

The other part of preventive care is wellness, which is even less expensive than a yearly physical — in fact, it's often free. Focusing on your wellness by being more active, engaging in mindfulness, and becoming more conscious of how much and what you're eating doesn't have to cost you anything but time and effort. Wellness is your insurance against getting sick, since it's meant to ensure that you stay in good health. In fact, despite its low cost, wellness can be just as valuable as — if not more than — preventive services.

As the old saying goes, "An ounce of prevention is worth a pound of cure." And it's true. Consider preventive care an investment in yourself and in your health. We think that's an investment worth making.

Source: [benefitnews.com](#), [UnitedHealthcare](#).

IMPORTANT CONTACT INFORMATION

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

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

Rx Drugs - SavRx
866-233-4239
www.savrx.com

Vision - VSP
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