

DECEMBER 2021
NEW YEAR NEWS

CARE CONNECTION

AN IMPORTANT UPDATE ABOUT BEST DOCTORS & TELADOC

In case you haven't heard, Best Doctors is now Teladoc Medical Experts. Because Best Doctors services will now be 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.

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, 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.



Teladoc
HEALTH

Teladoc also offers a Diabetes Management program through Livongo to members living with Type 1 or Type 2 diabetes. This program will provide you with a free, cellular-connected blood glucose monitor, unlimited test strips, personalized insights, and expert coaching, all at no cost to you.

Make sure you register in the new year for all of the great things Teladoc has to offer! To register:

1. Starting in 2022, visit www.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 starting in 2022!

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



As one of the greatest American athletes of all time, Michael Phelps has faced his share of pressure. When he realized he couldn't take on his depression and anxiety on his own, he decided to seek help from a therapist — a decision he says saved his life.

"Throughout my career, I struggled with depression and anxiety at various times, and I found it so difficult to get the help I needed," he said. "As I started opening up and talking about my issues, I felt strength, not vulnerability; and when I discovered I could speak with a therapist by text, web, or video — wherever I might be — it was an amazing feeling of empowerment. I want to help others who may be dealing with the same mental health challenges I have experienced and show them that help is so much easier to access now, and more affordable."

If you're one of the 56% of American adults experiencing a mental health issue but not receiving treatment, take some advice from a 28-time medalist who knows: "Open up, talk to your friends, your family, your teammates. And work with a professional therapist."

Therapy is resource that is there to help you with whatever you're dealing with — whether it's a mental health issue or just needing someone to talk to. You don't have to wait until you're over-whelmed to reach out for help.

Talkspace is convenient, affordable, and confidential therapy you can do anywhere, anytime, and over 1 million people have already tried it. You can send unlimited text, audio, picture, and video messages to your therapist from a web browser or the Talkspace mobile app, so it's easier than ever to get support for your mental health wherever and whenever you need it.

If therapy helped one of the most decorated Olympians in history feel stronger, maybe it can help you too. You can learn more about Michael Phelps's mental health journey at www.talkspace.com/michael, or you can try out Talkspace for yourself by going to www.talkspace.com/fmcp.

Sources: Talkspace, PRNewswire

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 to receive this benefit at no cost through the FMCP.

WELLNESS TIP!

Maintain Your Social Relationships

Social relationships — with friends, family, and loved ones you care about — are important not only for your mental well-being but also your physical health.

Studies show that people who have close friends and family are healthier and live much longer than those who do not. So take some the opportunity this holiday season to connect with loved ones.



Sources: Healthline

REMINDER

NEW ISSUED MEDICAL/RX ID CARDS

In compliance with the No Surprises Act, the FMCP is issuing new Medical/Prescription ID Cards for the 2022 plan year. **Your Group Number and Member ID have not changed, and your old cards will still work.**

Look out for your new cards in the mail soon. If you wish to receive additional copies of your new medical cards, you can request them through the Member Self-Service Online Portal at www.nifmcp.com.

WHAT YOU NEED TO KNOW ABOUT HIGH BLOOD PRESSURE

Did you know that nearly half of American adults have High Blood Pressure? Many don't even know that they have it. With a problem this widespread, it's important to know the facts about high blood pressure and what it might mean for you. That's why the American Heart Association put together a quick guide to High Blood Pressure.

What is High Blood Pressure?

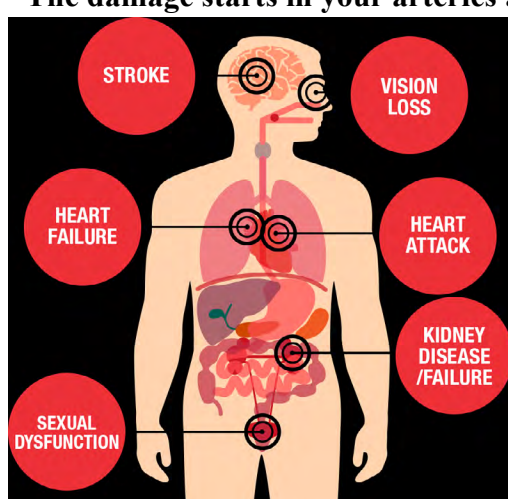
High blood pressure (HBP or hypertension) is when your blood pressure, the force of your blood pushing against the walls of your blood vessels, is consistently too high.

How your blood pressure and circulatory system work

In order to survive and function properly, your tissues and organs need the oxygenated blood that your circulatory system carries throughout the body. When the heart beats, it creates pressure that pushes blood through a network of tube-shaped blood vessels, which include arteries, veins and capillaries. This pressure — blood pressure — is the result of two forces: The first force (systolic pressure) occurs as blood pumps out of the heart and into the arteries that are part of the circulatory system. The second force (diastolic pressure) is created as the heart rests between heart beats. These two forces are each represented by numbers in a blood pressure reading. Normal blood pressure is below 120/80 mm Hg. If you're an adult and your systolic pressure is 120 to 129, and your diastolic pressure is less than 80, you have elevated blood pressure. High blood pressure is a systolic pressure of 130 or higher, or a diastolic pressure of 80 or higher, that stays high over time.



The damage starts in your arteries and heart



The primary way that high blood pressure causes harm is by increasing the workload of the heart and blood vessels — making them work harder and less efficiently. Over time, the force and friction of high blood pressure damages the delicate tissues inside the arteries. In turn, LDL (bad) cholesterol forms plaque along tiny tears in the artery walls, signifying the start of atherosclerosis. The more the plaque and damage increases, the narrower (smaller) the insides of the arteries become — raising blood pressure and starting a vicious circle that further harms your arteries, heart and the rest of your body. This can ultimately lead to other conditions ranging from arrhythmia to heart attack and stroke.

High blood pressure is a "silent killer"

You may not feel that anything is wrong, but high blood pressure could be quietly causing damage that can threaten your health. The best prevention is knowing your numbers and making changes that matter in order to prevent and manage high blood pressure.

You can learn more about High Blood Pressure as well as risk factors and ways to help manage it in the HealthClips library. To access the library, log in to your account in the Member Self-Service Online Portal at 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: Heart.org

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)
www.anthem.com

Rx Drugs - SavRx
1-866-233-4239
www.savrx.com

Teladoc
1-800-TELADOC
www.teladoc.com/FMCP
(if applicable)

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

Vision - VSP
1-800-877-7195
www.vsp.com
(if applicable)

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