

January 2016

**\*\* ANNOUNCING A NEW WELLNESS REWARDS PROGRAM \*\***

Sheet Metal Workers' Local 104 Health Care Plan  
**Indemnity Plan Wellness Rewards Program**

(This Program excludes Kaiser participants)

**GET REIMBURSED FOR YOUR MEDICAL HEALTH CARE COSTS!**

If you are a Sheet Metal Workers' Local 104 participant in the Indemnity Plan, you and your dependents can take advantage of Blue Shield's case management programs and **get reimbursed for a portion of your medical costs for 2016.**

**\$0 COPAYMENT FOR DIABETES MAINTENANCE DRUGS AND SUPPLIES!**

There is now **no copayment** for Diabetes maintenance drugs and supplies for Indemnity Plan members. You must use an Envision network pharmacy. No copayment applies to generic drugs, or formulary brand when a generic is not available.

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**BLUE SHIELD CASE MANAGEMENT PROGRAMS**

Take advantage of the Blue Shield case management programs that are available for all Indemnity Plan members. These programs are designed to provide education and support for your medical care.

- Be Identified: Through your medical claims, Blue Shield will identify you as someone who can benefit from one of the case management programs.
- Answer the Call and Participate: You will be required to participate in the program for a minimum amount of time. When the registered nurse calls you about the program, take the call to acknowledge your enrollment in the program.
- Get Reimbursed: The Plan will reimburse a portion of your medical claims for 2016.

The following case management programs are eligible for rewards:

**Musculoskeletal Case Management**

*Support for managing back pain, rheumatoid arthritis and osteoarthritis, migraine and tension headaches, fibromyalgia, and regional musculoskeletal disorders*

- Participation requirement: Engage in the program for three months.
- Reward: Reimbursement into your HRA for up to the \$300 Annual Plan Deductible and up to \$1,250 of copayments/coinsurance you pay during 2016.
- Call (866) 954-4567 with any questions or to enroll!

## **Disease Management**

*Support for members with asthma, diabetes, chronic obstructive pulmonary disease (COPD), heart failure, and coronary artery disease (CAD)*

- Participation requirement: Engage in program for six months.
- Reward: Reimbursement into your HRA for up to the \$300 Annual Plan Deductible.
- Call (866) 954-4567 with any questions or to enroll!

## **Prenatal Management**

*Support for mom and baby throughout pregnancy and after the baby's arrival*

- Participation requirement: Enroll in the program by at least your 24<sup>th</sup> week of gestational age, though you can enroll even sooner. In addition, complete the post-pregnancy outcome assessment.
- Reward: Reimbursement into your HRA for up to the \$300 Annual Plan Deductible.
- Call (888) 886-4596 with any questions or to enroll!

This document has been uploaded and is available on the participant website at [www.sheet104fringe.org](http://www.sheet104fringe.org)