



WE ARE FARIBAULT



Employee Resources

LifeWorks

We have access to an EAP through our life insurance carrier (NIS). Under the EAP you can receive no-cost confidential help for a wide variety of needs and concerns:

- Depression
- Stress Management
- Anxiety
- Marital Difficulties
- Relationship Problems
- Financial or Legal Concerns
- Childcare/Eldercare
- Alcohol or Drug Addictions
- Problem Gambling
- Family Conflict
- Eating Disorders
- Parenting Concerns

Telephone: 866-451-5464 Online: www.niseap.com Login: NISEAP | Password: EAP

[Employee Assistance Program - Flyer](#)

[LIFT Session Fitness - Flyer](#)

[LifeWorks Mobile App - Flyer](#)

Meet **learntolive**



RESILIENCE | STRESS, ANXIETY & WORRY | DEPRESSION
SOCIAL ANXIETY | INSOMNIA | SUBSTANCE USE | PANIC

Learn to Live provides no-cost digital programs and coaching for common mental health concerns like stress, anxiety, depression and more.

Why Learn to Live?

- Immediate, 24/7 access
- Available to those on the BCBSMN health plan
- No cost to you or family age 13+
- 100% private and confidential
- Optional coaching available

Start your journey today!

Visit learntolive.com/partners

Enter code: ISD656

Scan the QR code to
download our app



or



WELLNESS

Omada is a digital lifestyle change program that inspires healthy habits you can live with long term. It combines the science of behavior change with unwavering personal support, so you can make changes that actually stick.

If you or your adult family members are at risk for type 2 diabetes or heart disease, and enrolled in our Blue Cross® and Blue Shield® of Minnesota health plan, Faribault Public Schools will cover the entire cost of the program—a \$650 value

Find out if you're eligible by taking a 1-minute risk screener at omadahealth.com/faribault

Omada includes:

- **A professional health coach** to keep you on track
- **A wireless scale** to monitor your progress
- **An interactive program** that adapts to you
- **Weekly online lessons** to educate and inspire
- **A small group of participants** for real-time support





Preventive Care – 100% coverage age 6 to adult

- Preventive medical evaluations
- Routine medical or gynecological exams
- Routine cancer screenings
- Lab and diagnostic imaging
- Standard immunizations and vaccinations
- Routine hearing and eye exams
- Prenatal and postnatal care

Well Child Care – 100% coverage, infant to age 6



- Pediatric Preventive services
- Developmental assessments
- Routine child immunizations (from birth to age 18)

OMADA® – Do Healthy Your Way

Omada is an online program that guides you through modest lifestyle changes to reduce the risk of type 2 diabetes. Learn if you or your family members enrolled in PEIP are at risk by taking a one minute online health test and see if you qualify: www.omadahealth.com/peip.

If you qualify, the Omada program is available **at no cost** to you. You will receive



- Full time health coach
- Wireless smart scale
- Digital pedometer
- Online peer group support
- Interactive weekly lessons/challenges

Flu Vaccinations

PEIP covers flu vaccinations under the preventive benefit at 100%. Participants can go to their primary care clinic or network urgent care facilities for flu shots. Members can also check with their carrier for additional network convenience sites available to PEIP participants.



So you want to quit smoking, Go For It!

QUITPLAN® services are available through ClearWay Minnesota to all Minnesotans at 1-888-354-PLAN (7526). This help line will assist members in finding smoking cessation information and counseling. Anyone can call.



PreferredOne partners with Quit for Life®. Access Quit for Life® by phone, web or mobile app. 1-866-784-8454 or www.quitnow.net.

BCBS offers support to members 18 years of age or older, including those who use smokeless tobacco products. Call toll free at **1-888-662-BLUE (2583)** to get started.

HealthPartners offers PEIP members A Call To Change - Partners in Quitting®. For information or to register, call 952-883-7800 or 1-800-311-1052.

Tip: Smoking cessation drugs are covered with a prescription from a physician. All FDA-approved medications prescribed for tobacco cessation have \$0 copay – including drug equivalents such as Zyban, Chantix and Nicoderm CQ.

Palliative Care

Palliative care is enhanced services for members with certain chronic diseases – and provides education and support for patient and caregivers within the gap between home health services and hospice care. Services include:

- Care ordered by physician included in home care plan
- Professional visits to assist with advanced care planning or accompany patient to office visits
- AdvancePractice RN – care evaluation/modification
- Home health aide and respite care services
- Pediatric/adolescent anticipatory grief counseling
- Bereavement program services

Note: Please refer to the Palliative Care section in your Plan Document for specific services and exclusions.

PEIP WELLNESS HIGHLIGHTS

MyBenefits – Personal Online Health Account

It is no secret that technology has become a part of our everyday lives, and e-health opportunities are no exception. Take charge of your healthcare and stay informed by registering for an online account with your network carrier. You will have access to your personal plan and claim information, order or print ID cards, and access to a whole host of personalized tools, resources and health information. Here's what you may find in **MyBenefits**:

- Access to claims and service dates, EOBs
- Track deductible and out of pocket maximums
- Review Certificate of Coverage – covered benefits
- Provider Search / Fitness Center Members
- Access to personalized health resources & tools
- Member management – view, print, order ID cards
- Special Lifestyle Programs & Discounts

To **register** – You will need your member ID number. Go to your carrier website, and follow the prompts to register.

Online Clinics – Using the services of

online clinics is a cost effective way to take care of routine ailments such as colds, flu, allergies, rashes and skin conditions, ear / eye / sinus infections, etc. **There is no copay required** to obtain care from an online clinic (after deductible if you are enrolled in HSA).

www.Virtuell.com (all three networks)

www.DoctorOnDemand.com (BCBS, HealthPartners)

www.MDLive.com (PreferredOne)

Convenience Clinics – Convenience clinics are available in many areas and provide a convenient and cost effective alternative when used for simple illnesses, tests, and vaccinations. Appointments are not required.

There is no copay required for Convenience Clinic visits (after deductible if you are enrolled in HSA).

To find network convenience clinics in your area, visit your health insurance carrier website and use the provider search tool –or call the customer service number on the back of your ID card.



CVS Caremark – Pharmacy Tips

CVS Caremark is the pharmacy benefit manager for all PEIP plans. CVS Caremark has a very extensive network of pharmacies in MN and nationally. (You do not need to use a CVS Retail Pharmacy.) The Pharmacy Locator tool, the Formulary Pricing tool, along with a description of the pharmacy benefits in your Plan Document are available online at www.innovomn.com.



Prescriptions are for a 30 day supply for 1 copayment **OR** 90 day supply for 2 copayments at most pharmacies. (After deductible for HSA) Mail Order is also available for maintenance medications: 90 day supply for 2 copayments

Certain preventive over-the-counter products are **at no cost** with a prescription, such as:

- ✓ Aspirin: Adults age ≥50
- ✓ Aspirin: Pregnant Women high risk for pre-eclampsia
- ✓ Bowel Preparation: Screening for Colorectal Cancer ≥50
- ✓ Folic Acid: Women ≤55
- ✓ Immunizations: Children and Adult
- ✓ Low-Dose Statins: Adults age 40-75
- ✓ Oral fluoride: Children age ≤5 and under
- ✓ Woman Preventive Services: contraceptives
- ✓ Tobacco Cessation Products: Rx and OTC, with prescription

Note: For more detailed information regarding your benefits, see your Summary of Benefits Document online at www.innovomn.com.

Member Self-Serve – Carrier Customer Service Online or by Phone

PEIP members can change primary care clinics, order replacement ID cards, check claims, look up providers, ask coverage questions and obtain access to their carriers' tools, resources and discounts. Just call or log on:

PreferredOne M-F 7:00am – 7:00pm
800-997-1750 ~ www.preferredone.com

HealthPartners M-F 7:00am – 7:00pm
800-883-2177 ~ www.healthpartners.com

BCBS M-F 7:00am – 8:00pm
866-286-2948 ~ www.bluecrossmn.com

CVS Caremark 24 hrs/ 7 days
844-205-8475 ~ www.caremark.com
Specialty Pharmacy – 800-237-2767
Fax – 800-323-2445



ADDITIONAL WELLNESS HIGHLIGHTS