
From:
Sent: Friday, October 21, 2022 11:03 AM
To:
Subject: FW: UMP 2023 PEBB open enrollment news

From: Uniform Medical Plan - UMP <WaHCA@public.govdelivery.com>
Sent: Friday, October 21, 2022 10:03 AM
To:
Subject: UMP 2023 PEBB open enrollment news

[EXTERNAL EMAIL]

Having trouble viewing this email? [View it as a Web page.](#)



UMP 2023 open enrollment news

Check out UMP's newsletter to find out what's changing in 2023 and learn important information about open enrollment: November 1–30, 2022.

Read the [full issue](#).

In this issue

- [2023 changes to your UMP benefits](#)
- [New member ID cards mailing in December](#)
- [Wondering about 2023 premiums?](#)
- [No service area changes for UMP Plus in 2023](#)
- [Have questions about your 2023 benefits?](#)
- [Remember to purchase CGMs through a network pharmacy](#)

- [Weighing treatment options for chronic joint or lower back pain?](#)
- [Take charge of your behavioral health](#)
- [Want care in the comfort of your home? Try virtual care](#)
- [Care management can help support your health needs](#)
- [Understanding your Summary of Benefits and Coverage](#)
- [UMP Notice of Privacy Practices updated](#)

2023 changes to your UMP benefits

Learn about changes to your benefits in 2023 including:

- Costco Mail-Order Pharmacy as a second mail-order pharmacy option
- myStrenth, a new self-guided health and resiliency online tool
- Changes to what you pay for covered insulin and dialysis
- For UMP Consumer-Directed Health Plan members, drugs covered before you meet your deductible and deductible increases

Read the [full issue](#) to learn more about these and other changes.

New member ID cards mailing in December

Everyone enrolled in UMP for plan year 2023 will receive a new member ID card in December. You'll notice the back has a new look, but the same important information.

Wondering about 2023 premiums?

For the complete list of premiums, visit the [open enrollment webpage](#).

No service area changes for UMP Plus in 2023

UMP Plus–Puget Sound High Value Network (PSHVN) and UMP Plus–UW Medicine Accountable Care Network (ACN) do not have any service area changes for 2023. Before you sign up for UMP Plus, make sure you live in a county UMP Plus covers, and check that your provider is in the UMP Plus network you enroll in. Visit [Find a doctor](#) for help finding a UMP Plus provider.

Have questions about your 2023 benefits?

Attend a PEBB benefits fair and meet with plan representatives between October 25 and November 10. Visit the [benefits fairs webpage](#) for locations.

Prefer online options? You can check out the [virtual benefits fair](#), visit the [UMP Open Enrollment webpage](#), or watch a webinar:

- Thursday, October 27, Noon to 1 p.m.: [Puget Sound High Value Network \(PSHVN\)](#)
- Friday, October 28, Noon to 1 p.m.: [UW Medicine Accountable Care Network \(ACN\)](#)
- Thursday, November 3, Noon to 1 p.m.: [Information on all UMP Plans](#)

Remember to purchase CGMs through a network pharmacy

Continuous glucose monitors (CGMs) are only covered under the prescription drug benefit except for members who have Medicare as their primary coverage. This means you need to purchase your CGM supplies at a network pharmacy for UMP to cover your supplies. To find a network pharmacy, visit the [Prescription drug coverage webpage](#) and use the Pharmacy Locator Tool.

Weighing treatment options for chronic joint or lower back pain?

Have you been experiencing knee, hip, or back pain and wondering if surgery might be helpful? The UMP Centers of Excellence Program can help you determine whether surgery is the right choice. Visit [Premera's Centers of Excellence Program website](#) to learn more.

Take charge of your behavioral health

UMP provides behavioral health support to meet your needs.

- **myStrength** is a secure, self-guided health and resiliency online tool clinically proven to improve emotional health. Starting January 1, 2023, myStrength will be available to members ages 13 and over at no cost to you.

- **Quartet** can help match you to in-person and telemedicine behavioral health providers who are in your plan's network. Get started by visiting [Quartet's website](#). Note: Quartet is only available to UMP members ages 18 and older who reside and are seeking care in Washington State.

Want care in the comfort of your home? Try virtual care

Virtual care allows you to get the care you need when you need it without having to see your provider in person. By using virtual care, you can have an appointment with your provider over video chat or on the telephone. UMP offers two types of virtual care: Telemedicine and Doctor On Demand.

Check out [UMP's Telemedicine \(virtual care\) webpage](#) to learn more.

Care management can help support your health needs

Through the care management benefit, UMP supports the unique needs of members with chronic, serious, or sudden illness or injury. Once a member is engaged in the care management program, they may be assigned a case manager who is a licensed social worker or registered nurse. To get started, members can self-refer by calling Regence at 1-866-543-5765 (TRS: 711) for information about care management services.

Read the [full issue](#) to learn more.

Understanding your Summary of Benefits and Coverage

Understanding your health insurance is the best way to enjoy all its benefits. One important step is knowing how to interpret your plan's 2023 [Summary of Benefits and Coverage \(SBC\)](#).

Read the [full issue](#) to learn more about what's included in your SBC.

UMP Notice of Privacy Practices updated

The [updated UMP Notice of Privacy Practices](#) will be effective November 1, 2022.

Thank you for subscribing to PEBB

You are receiving this newsletter because you signed up through [My Account](#) to receive PEBB Program notices via email.

About the Health Care Authority (HCA)

The Washington State Health Care Authority (HCA) is committed to whole-person care, integrating physical health and behavioral health services for better results and healthier residents.

HCA purchases health care for more than 2.5 million Washington residents through Apple Health (Medicaid), the Public Employees Benefits Board (PEBB) Program, the School Employees Benefits Board (SEBB) Program, and the COFA Islander Health Care Program. As the largest health care purchaser in the state, we lead the effort to transform health care, helping ensure Washington residents have access to better health and better care at a lower cost.

Please do not reply directly to this message. For more information, [visit the HCA website](#), where you'll also find contact information.

Disclosure notice

All messages we send via GovDelivery are subject to public disclosure, as are the names and email addresses of those who sign up for email notifications.

Nondiscrimination

The Washington State Health Care Authority (HCA) complies with all applicable federal and Washington state civil rights laws and is committed to providing equal access to our services. Visit HCA's website to [view complete nondiscrimination statements](#).

Stay connected



How do I manage my subscriptions or unsubscribe?

To change your preferences or unsubscribe from all PEBB emails, log into [My Account](#) and select "Subscribe/Unsubscribe to Email Service".

Member services: [My Account](#) | Workday (Pierce County, UW, and WSU employees) | [Contact PEBB](#)

Having trouble viewing this email? [View it as a Web page](#).

