



Serving those who serve South Carolina

2017 PEBA Perks, other benefits and online resources

State Health Plan



PEBA Perks

- These benefits are available at no cost to State Health Plan primary members (Standard and Savings Plans) at network providers and pharmacies:
 - Colorectal cancer screenings
 - Flu vaccine
 - Coming Attractions: maternity management
 - Tobacco cessation
 - Stress management program
 - Weight management program
- www.PEBAPerks.com

Colorectal cancer screenings



- Colorectal cancer is the second most common cause of cancer deaths in S.C. but can be prevented and detected through screening¹
- The State Health Plan provides coverage for routine and diagnostic colonoscopies and a convenient, less invasive, early detection take-at-home test
- Routine colonoscopies are covered within the age ranges recommended by the United States Preventive Services Task Force

¹http://www.scdhec.gov/Health/docs/Cancer/2016%20Colorectal%20Cancer%20in%20SC_final.pdf

Colorectal cancer screenings



- What is covered?
 - Pre-surgical consultation
 - Generic prep kit
 - Associated anesthesia
 - Procedure
- State Health Plan primary members:
 - Beginning at age 50, you can get both routine and diagnostic colonoscopies at a participating network provider at no cost
 - For those under age 50, you can get a diagnostic colonoscopy ordered by your network provider at no charge



Flu vaccine

- The flu vaccine is FREE to State Health Plan primary members
 - Children are covered under the well child care benefit
- Get your vaccine from a participating network pharmacy for a \$0 copay
- In a participating network doctor's office, the flu vaccine and the administration fee will be covered at no charge
 - Any associated office visit charges will be processed according to regular Plan coverage rules

Coming Attractions: maternity management



- This program supports mothers throughout their pregnancy and post-partum care
- Participants will receive educational materials and telephone counseling by nurses
- Sign up for the program to learn how to receive a breast pump from a participating provider at no cost to you



Tobacco cessation

- Tobacco use is the leading preventable cause of death and disease in the U.S.¹
- Quit for Life Program is offered at no charge to State Health Plan members, their covered spouses and covered dependent children age 13 and older
- A health coach can help you make a plan and guide you through the steps to becoming tobacco free
- For eligible participants, there is also a \$0 copay for tobacco cessation drugs, such as bupropion or Chantix, available at network pharmacies
- www.quitnow.net/SCStateHealthPlan

¹https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/tobacco_related_mortality/



Stress management

- Prolonged stress can lead to serious health problems
- A health coach – offered at no cost to you – can teach you effective strategies to prevent, reduce and manage your stress



Weight management

- Weight loss can be challenging but it can improve your health right away
- A personal health coach can help you learn ways to beat temptation and see that small steps can add up to big results
- Participants will receive information about weight management and a confidential survey that will help a registered nurse tailor the program to meet your needs



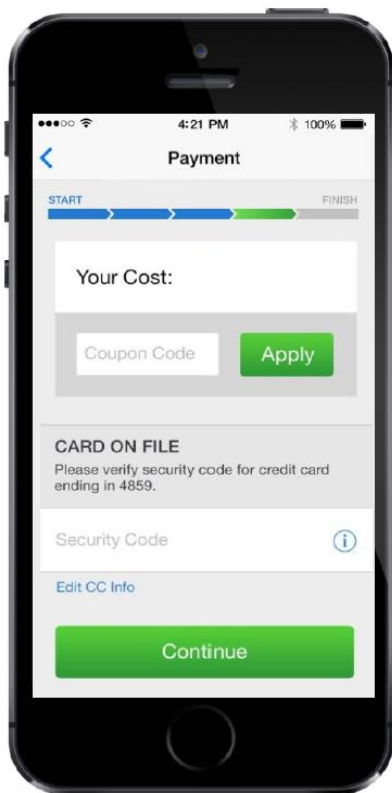
Other benefits



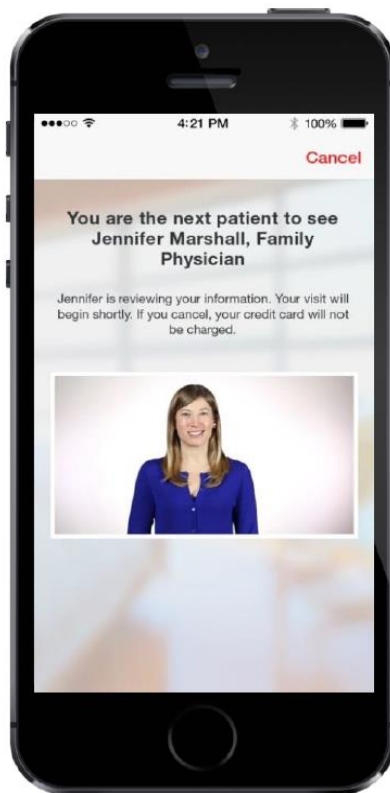
Value-based benefits

- Other value-based benefits available at no cost to you include:
 - Adult checkup for Savings Plan participants
 - Adult vaccinations
 - Mammography
 - No-Pay Copay
 - Pap test benefits
 - Preventive screening
 - Well child care benefits
- www.peba.sc.gov/valuebasedbenefits.html

Blue CareOnDemand



Payment



Waiting Room



Visit



Blue CareOnDemand

- 24/7/365 face-to-face video urgent care
- State Health Plan primary members age 18 and older
- Dependent children younger than 18 can be seen with an adult subscriber
- Maximum cost of \$59 for a video visit
 - Actual cost subject to normal plan provisions including annual deductible and coinsurance
- Provides an alternative to, but is not a replacement for, a member's primary care physician
- www.peba.sc.gov/bluecareondemand.html



Blue CareOnDemand

- Common health issues that can be treated through video visits:
 - Cold and flu symptoms
 - Allergies
 - Bronchitis and other respiratory infections
 - Urinary tract infections
 - Rashes and other skin irritations
 - Sinus problems
 - Migraines
 - Pinkeye





- Available April 1, 2017
- Log in to your [My Health Toolkit](#) account
 - Select Wellness, then Rally
- Digital health platform that offers State Health Plan primary members age 16 and older a personalized experience
 - Members who become Medicare primary while using Rally will be placed into a “generic” Rally environment that doesn’t include any benefit-specific information
- Link certain wearable devices to Rally
 - Track your movement, check progress, share information and compete with others in challenges
- Let Rally help you move more, eat better and feel great



Online resources



Navigating your Benefits

- Multimedia campaign that provides common-language explanations of insurance and retirement benefits
 - Flyers
 - Videos
- www.peba.sc.gov/nyb.html





Member messaging

- Text messages that can help you stay on top of your health
- Receive benefits information, health and wellness reminders and cost-saving tips
- Call 844.284.5417 to sign up



Prescription plan information online



- Register at [Express Scripts](#) or download the Express Scripts mobile app
- Online tools:
 - Check order status
 - Refill and renew prescriptions
 - View medicine cabinet
 - Contact a pharmacist 24/7
 - Find lower-cost options
 - Locate an in-network pharmacy near you





My Health Toolkit

- www.StateSC.SouthCarolinaBlues.com
- Create your profile, manage your health
 - Access tools to make better health decisions
 - Access PEBA Perks information
 - Learn more about your coverage
 - Check medical claims
 - View your medical history
 - Find a doctor or hospital
 - Improve your wellness with access to Rally

My Health Toolkit: for your entire family



- Subscribers, covered spouses and dependents age 16 and older can create their own profile
- Subscribers can see claim and eligibility information for all covered members
- Subscriber's spouse can access claim and eligibility information for the subscriber
- Subscriber's dependent(s) age 16 and older can only access their individual claim and eligibility information

My Health Toolkit: how to register



- Go to www.StateSC.SouthCarolinaBlues.com and select Register Now
- Enter your member ID (including alpha prefix) located on the front of your State Health Plan insurance card and your date of birth
- Choose a username and password, select a security question and add your email address
- Select your preferred delivery method for your explanation of benefits notifications
- For My Health Toolkit support, call 877.274.1715



My Health Toolkit: tools

- Benefits
 - Health, dental and vision
 - Authorization and claims status, eligibility and benefits, ID card requests
- Wellness
 - Rally
 - No-pay Copay
 - Health coaching
 - Preventive care guidelines



My Health Toolkit: tools

- Resources
 - Find a doctor or hospital
 - Treatment cost estimator
 - Member messaging
 - Plan comparison tool
 - Rate your visit

Health management programs



- Designed to help State Health Plan members manage their symptoms, and delay or even prevent many of the complications of these diseases
- If you are identified through claims as someone who could benefit from one of the available health management programs, you are automatically enrolled (you can opt out at any time)
- To self-enroll, log in to your [My Health Toolkit](#) account.
 - Select Wellness, then Health Coaching
- Or, call BlueCross at 855.838.5897
- www.peba.sc.gov/healthmanagement.html



Questions?

- Call PEBA's Customer Contact Center
 - 803.737.6800
 - 888.260.9430
- Visit us online at www.peba.sc.gov
- www.BlueCareOnDemandSC.com
- Rally: 877.484.7715
- Diane Conte
803.737.3822
dconte@peba.sc.gov



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