wellness
The School District Of Palm Beach County

# YOUR DISTRICT WELLNESS BENEFITS

## New Employee Checklist

Use this checklist to help orient you to all of your employee wellness benefits!



### EARN HEALTH REWARDS

Complete health actions to earn a **premium credit** on your insurance for the following calendar year! Open to all employees and spouses/partners on the District medical plan.



### LEARN ABOUT OUR DISTRICT ONSITE CLINIC SERVICES

Our District Onsite Clinic (DOC) is located at the FHESC building, and is open to all employees and families on the medical plan. Call 561-899-0758 to learn more.



### MEET YOUR WELLNESS CHAMPION

Every school and location has a designated Wellness Champion onsite to assist you in your health goals, keep you informed about your benefits, and engage you onsite for a fun and stress-free work day!



### GET FREE APPS

Our partners have great apps to help make health and wellness easier! Check out the apps on the QR code to see what interests you.





### UTILIZE HEALTH ADVOCATE'S SERVICES

HealthAdvocate is our employee assistance program, and can help any employee and their family members find counseling services, get help with finances, bills, caregiving and more. All employees receive free sessions with a counselor as well. Call 855-424-8400 to get help.



### FOLLOW US!

Stay connected for updates and important info!
**'Like us' on Facebook**: PBCSD Wellness
**'Follow us' on Twitter**: SDPBC Staff Wellness
**Check out our library of videos on YouTube:** Search 'Carlye Fabrikant'
**Employee HUB**: Employee Wellness



### VERIFY YOUR TOBACCO STATUS

Non-tobacco users get rewarded! A $50/month surcharge will be added to your monthly premiums if you use tobacco or do not complete the affidavit.



### CONTACT US

3370 Forest Hill Blvd, Suite A-103
West Palm Beach, FL 33406
staffwellness@palmbeachschools.org
561-434-8580

**See reverse side to learn more about UnitedHealthcare benefits!**

# Got your ID card? Let's get started

If you have your health plan ID card, you're ready to get started. While managing a health plan can be confusing, here's where it gets easier. Use this checklist to help take charge of your health—and get more out of your plan. Here's how to get started.

## Check out myuhc.com®

Log in and use this personalized website to access and manage your health plan details. It's got helpful tools to help you:

- Find and estimate costs for the network care you need
- See what's covered and get information about preventive care
- View claim details and account balances
- Sign up for paperless delivery of your required plan communications

## Get on-the-go access

When you're out and about, the UnitedHealthcare mobile app puts your health plan at your fingertips. Download it for free to easily access your ID card, find nearby care, check medical balances, claims, and more.

## Know your network and get engaged

With almost every plan, you'll pay less if you choose doctors, clinics and hospitals in your network. It's easy to check who's in the network by using the provider directory on **myuhc.com** or the UHC apps.

## Save the Advocate4Me® phone number.

Call or chat with a nurse about an illness, injury and more. Save the number 1-888-380-0389 to your phone, post it on your fridge or anywhere that's convenient for you.

**See reverse side to learn more about other District Benefits!**

## Check out your pharmacy benefits.

OptumRx® is our pharmacy care services manager. Here are cost-effective ways to get your medications within your pharmacy network:

- Visit myuhc.com to see drug costs and coverage. Use our online drug pricing tool or the UHC app to search for lower-cost alternatives.
- Review your Prescription Drug List (PDL).
  - Take note of which medications are covered by your plan.
  - Ask your doctor about trying less expensive medications if you have concerns about the cost of your medications.
  - Check to see if any of your medications have additional requirements, like prior authorizations or step therapy.
- Consider using home delivery for maintenance medications — those you take regularly — to save time. You may even pay less.

## Get to know your UHC Support Team

**Onsite Health Care Advocates:**

| | |
|---|---|
| Phara Poulard | **561-434-8092**<br>**phara_poulard@uhc.com** |
| Shantie Rohit | **561-357-7564**<br>**shantie_rohit@uhc.com** |

**Onsite Nurse Liasion:**

| | |
|---|---|
| Mimi Pierre-Louis | **561-434-7417**<br>**mireille.pierre-louis@uhc.com** |

## See a doctor whenever, wherever

When you're sick and need care quick, a **24/7 Virtual Visit** is a convenient way to start feeling better faster. See and talk to a doctor via mobile device or computer - 24/7, no appointment needed. Access a 24/7 Virtual Visit via the UHC App or **myuhc.com.**

## Learn more

Find more resources at **uhc.com/welcome,** including short videos about starting your plan, using your benefits and managing costs.

United Healthcare

Rally Health provides health and well-being information and support as part of your health plan. It does not provide medical advice or other health services, and is not a substitute for your doctor's care. If you have specific health care needs, consult an appropriate health care professional. Participation in the Health Survey is voluntary. Your responses will be kept confidential in accordance with the law and will only be used to provide health and wellness recommendations or conduct other plan activities.

24/7 Virtual Visits phone and video chat with a doctor are not an insurance product, health care provider or a health plan. Unless otherwise required, benefits are available only when services are delivered through a Designated Virtual Network Provider. 24/7 Virtual Visits are not intended to address emergency or life-threatening medical conditions and should not be used in those circumstances. Services may not be available at all times, or in all locations, or for all members. Check your benefit plan to determine if these services are available.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates. Health Plan coverage provided by or through a UnitedHealthcare company.

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