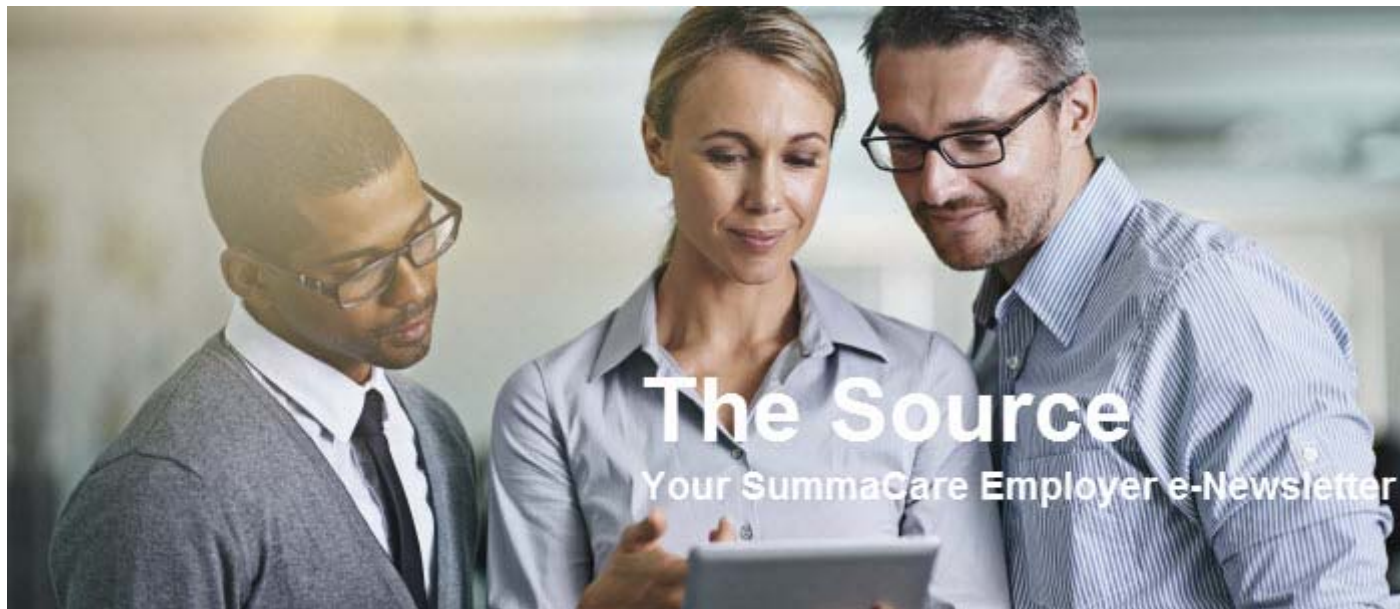


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**December 2016**

## SummaCare & Walgreens Offer Onsite Flu Shot Clinics



SummaCare has partnered with Walgreens to offer onsite flu clinics to our employer groups. The cost is free to our insured members and there is no additional charge to bring the clinic onsite.

Walgreens can accommodate a group as small as 20 and members as young as seven years old. The option to open the clinic to spouses and dependents is available and would help protect families against the seasonal flu.

To initiate the scheduling of an onsite flu clinic at your place of business, contact Jen Yates at [yatesj@summacare.com](mailto:yatesj@summacare.com) or call 330-996-5629 with the following information:

- Company name
- Address
- Contact information
- Possible dates and times
- Approximate number of participants

Jen will reach out to Walgreens to coordinate the onsite clinic at your business.

## Health Coaching Available to SummaCare Members

Health coaching is a one-on-one Healthy You service used to help SummaCare members with lifestyle modifications to prevent future diagnosis



of chronic diseases such as high blood pressure, diabetes, high cholesterol and heart disease.

A SummaCare health coach will help members identify at-risk behaviors and provide suggestions to improve wellness.

Health coaching takes place over the phone and is at no cost to the member.

The health coach will discuss:

- Biometric results
- Potential risk factors
- Weight management
- Nutrition
- Physical activity
- Goal setting

To learn more about Health Coaching, please call 877-888-1164.

## COBRA Administration Services Update



On April 1, 2016, Ceridian successfully transferred COBRA continuation administration services to our new vendor, CONEXIS, a division of WageWorks.

CONEXIS is one of the nation's most experienced and trusted COBRA administrators, providing services to organizations nationwide since the inception of the law. They are strongly committed to providing outstanding customer service while ensuring strict compliance with COBRA rules and regulations.

For your reference, SummaCare provides COBRA continuation administration services as a value-added benefit to our COBRA-eligible employer groups (typically 20 or more enrolled employees).

To contact CONEXIS with any questions about your COBRA continuation services, please call 888-678-4872 or email [csenhancedservices@conexis.com](mailto:csenhancedservices@conexis.com).

## Wellness Services Available from SummaCare

SummaCare clients have access to a variety of wellness services provided at no charge, including:

-Quarterly lectures (topics change every year)

- Skin Cancer
- Healthy Eating Habits
- Importance of Sleep
- Stress Management
- High Blood Pressure
- High Cholesterol
- Thyroid Disorders
- Strength Training with Resistance Bands
- Super Foods

-Monthly Grab and Go educational material

- Recipes
- Fitness
- Nutrition
- National Health Observances
- Health tips

-Blood pressure and/or BMI and percent body fat screenings

-WebMD Health Manager tools

- Health Risk Assessment with detailed aggregate report
- Customized Rewards tool (used with wellness programs to help engagement and communication)
- Educational material
- Health trackers (exercise, nutrition, stress, mood, tobacco, weight loss)

-Telephonic health coaching

- Weight loss
- Diet
- Physical activity
- Biometrics review

-Disease management programs

- Diabetes
- Asthma
- Heart Failure
- Depression
- Chronic Kidney Disease

-Smoking cessation assistance

- Telephonic coaching
- Nicotine replacement therapy

-Onsite flu shot clinics

-24-hour Nurseline

-PregnancyCare

-Diabetes enhanced benefit, which offers the following benefits at no cost:

- Diabetes education
- Diabetic supplies and glucose monitor- when ordered through Cornerstone
- Annual retinal eye exam

-GlobalFit access

- Offers discounts for gym memberships, educational material, and you can purchase the following through their website: nutrition/weight loss programs, vitamins/supplements, online group fitness classes, and much more.

-EyeMed

- Discounted eye exams and supplies

Your SummaCare benefits include additional opportunities for more customized wellness services, including:

-Health Fairs

- SummaCare will participate as a vendor and assist with finding other potential vendors.

-Individualized programming

- SummaCare can help your clients analyze their population's health and provide direction and resources to support their program.

-On-site biometric screening

- SummaCare uses a vendor that can run the screenings through claims and be covered as a preventive screening. Please keep in mind that SummaCare will only cover one preventive screening per calendar year. Any additional well-visit claims will be subject to copay/deductible costs.

For more information about these wellness services, please contact your designated SummaCare Account Manager.

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## Section 1557 of the Affordable Care Act (ACA)

In accordance with section 1557 of the Affordable Care Act (ACA), SummaCare now includes a notice of individuals' rights with all member mailings and on our website(s). This notice, referred to as the Nondiscrimination Notice, contains information about how individuals can obtain plan information.

In addition to the Nondiscrimination Notice, SummaCare maintains a Language Assistance document featuring the top 15 languages in Ohio to let those with limited English know of the availability of language assistance.

View the notice and taglines documents [here](#).

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## Summary of Benefits and Coverage (SBC) Documents



Under the Affordable Care Act (ACA), employers are required to distribute Summary of Benefits and Coverage (SBC) documents to employees by the effective date of a new plan and/or at the time of renewal.

SBC documents are mandated under the ACA and are designed to provide improved information to consumers and employers in a uniform format so members can better understand their coverage.

SummaCare provides SBC documents to brokers and employers online. To view, download or print SBC documents, please visit [www.summacare.com/sbc](http://www.summacare.com/sbc).

If you would like a hard copy of an SBC document mailed to you, please contact SummaCare Customer Service at 330-996-8700 or 800-996-8701.

If you have any questions about the SummaCare SBC search or the SBC distribution process, please contact your SummaCare Account Executive or Account Manager.

For more information about SBC documents and other provisions and mandates of the ACA, please visit [www.healthcare.gov](http://www.healthcare.gov).

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## Billing and Customer Service Inquiries Information

SummaCare would like to better assist our clients by providing you with the direct phone numbers and/or email addresses you can utilize to reach specific departments:

- Commercial Sales: 330-996-8444
- Customer Service & Claims: 330-996-8700 or [CSVC@summacare.com](mailto:CSVC@summacare.com)
- Billing & Eligibility: 330-996-8456 or [groupbrokerservices@summacare.com](mailto:groupbrokerservices@summacare.com)
- Enrollments, Changes & Terminations: [enrollmentACTS@summacare.com](mailto:enrollmentACTS@summacare.com)

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