

Egyptian Area Schools BENEFIT PLAN

Connection SUMMER 2022



A Note from the Egyptian Trust

At the recent Board of Manager's meeting, the decision was made to remove the \$20,000 lifetime maximum on Assisted Reproductive Technologies from all Trust health plans as of September 1, 2022.

Also as of September 2022, districts will have the option to participate in an Employee Assistance Program (EAP) administered by ComPsych. Districts that decide to **opt in** to this program will receive employee communication materials. Watch for more information about this program.

In This Issue:

- Prescription Drug List Update
- Navigating BCBSIL Provider Finder
- Dental Preventive Care
- Father's Day Gift Ideas
- Healthy Summer Recipes
- Teladoc – Keep on Splashing

Quick Reference Source

Egyptian Trust

View information about the Egyptian Trust programs including Schedules of Benefits, Plan Comparisons, Enrollment Guide, forms, newsletters and more at www.eitrust.org.

Health Claims - Blue Cross Blue Shield of Illinois (BCBSIL)

Securely view claims, locate network providers, request ID cards, and more on Blue Access for Members (BAM) at <https://www.bcbsil.com>. For additional assistance, contact the Benefits Value Advisors (BVA).

Benefits Value Advisor: 1-855-686-8517.

Prescription Drug Program - Prime Therapeutics

Securely view prescription drug claims history and more on www.myprime.com. You may also access the site by logging in to Blue Access for Members (BAM) at <https://www.bcbsil.com> and selecting "Prescription Drugs" from Quick Links.

Dental Plans – MetLife (Services after 9/1/2021)

To review benefits, claims, or find providers, log in to <https://metlife.com/mybenefits> or call 1-800-ASK-4MET.

Dental Customer Service: 1-800-275-4638.

Vision Plan – MetLife (Services after 9/1/2021)

To review benefits, claims, or find providers, log in to <https://metlife.com/mybenefits> or call 1-855-MET-EYE1.

Vision Customer Service: 1-855-638-3931.

Basic and Optional Life Insurance – Blue Cross Blue Shield

For assistance with claims, travel and beneficiary resources, portability or conversion policies, contact

Member Services at 1-877-442-4207.



Important Dates:

July 27, 2022 or July 28, 2022

Bookkeeper/Administration Meetings

Watch your email for registration details for these informational meetings which will be presented via Zoom webinar starting at 10 AM CT each day.

Prescription Drug Program Changes

Effective July 1, 2022

Blue Cross Blue Shield of Illinois (BCBSIL) routinely reviews the **Balanced Drug List** to determine which medications are safe, clinically effective and most cost effective. Updates to the drug list – such as removing or adding drugs – are made based on these guidelines. We understand that members may be used to using a certain drug; however, often there are other drugs on the list that effectively treat the same condition at a lower cost. Quarterly updates help BCBSIL keep health care more affordable for members. BCBSIL sends targeted letters to any covered member taking a drug impacted by these upcoming changes.

Updates being made to the Balanced Drug List as of July 1st include the following:

- **New Exclusions:** These are drugs that will not be covered by the plan beginning July 1, 2022. Please work with your physician to have an alternative drug prescribed. If you choose to continue this medication, your physician can request an exception for review by BCBSIL. If BCBSIL denies the request, you will be responsible for the full cost of this excluded prescription.
- **Cost Share Changes:** Some drugs are moved to a higher cost tier (i.e. preferred to non-preferred). While these drugs are still eligible for coverage, you will pay a higher copay or coinsurance amount, based on your benefit plan.
- **Dispensing Limits:** Some drugs have new dispensing or quantity limits. Dispensing limits help to ensure medicines are being used as intended. The limits may include how much can be covered per fill or over a certain period of time. If your doctor prescribes more than the allowed quantity, you can still get the drug but may have to pay the full cost of the prescription beyond what the plan allows.
- **Utilization Management (UM) Changes:** These are changes to prescription guideline requirements, including prior authorization and step therapy. If your doctor prescribes one of these drugs, certain criteria must be met before this prescription is authorized for coverage by the plan.

Below are **some** of the prescription drugs that are affected by the changes being made at this time:

New Exclusions	Cost Share Changes	Dispensing Limit	UM Changes
Duexis	Cephalexin	Edarbi	Duexis
Epiduo Forte	Trimethoprim	Edarbyclor	
Narcan		Soolantra	
Restasis Multidose			



The full Balanced Drug List updated for July 1st can be viewed by clicking the below link: <https://www.bcbsil.com/docs/rx-drugs/drug-lists/il/rx-list-bal-il-2022.pdf>

If you are taking one of the drugs listed but did not receive a letter from BCBSIL, feel free to reach out to their Benefit Value Advisors (BVA) at 855-686-8517 for additional information or speak with your physician to determine if an alternative therapy is appropriate.





How to Navigate Provider Finder

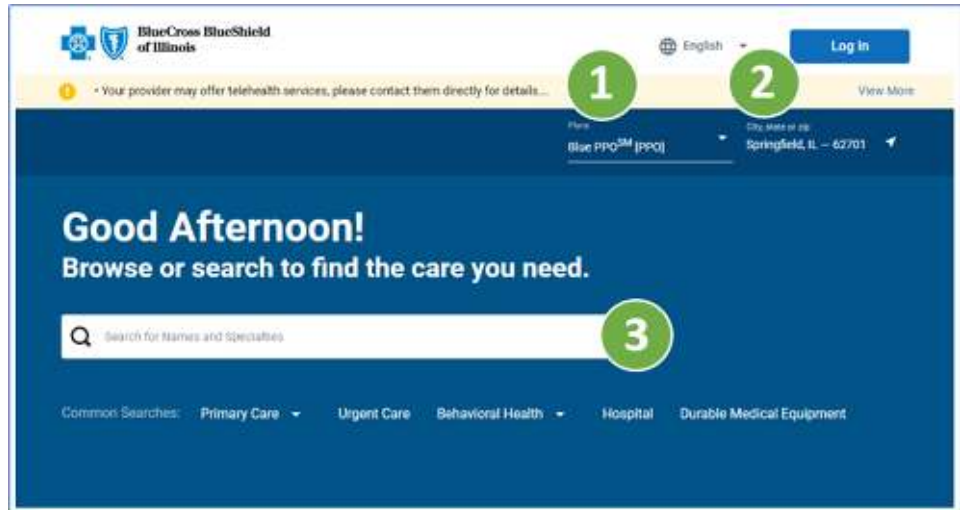
The Provider Finder tool is available on the BlueCross BlueShield of Illinois (BCBSIL) website. Provider Finder's improved search results helps you easily find in-network physicians, specialists and other health care providers. Below is a step-by-step guide to aid you in navigating Provider Finder.

Getting Started

- Log in to Blue Access for Members (BAM)
- Find and select Provider Finder

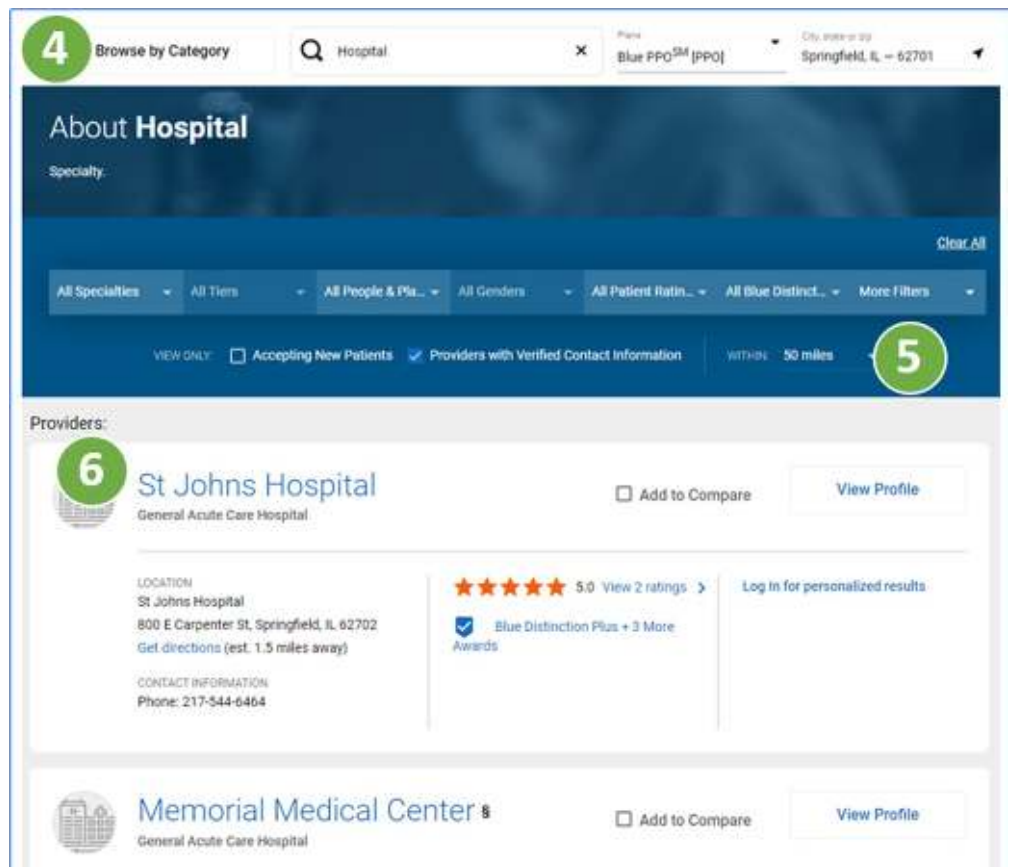
Enter your Location into Provider Finder

1. If PLAN is not filled in, Select **Blue PPO**
2. Enter your **City, State** or **Zip**
3. Enter a **Provider Name** or **Specialty**



Refine your Search or View Results

4. Revise the **Category** to search for other Provider Types
5. Enter the **Distance**
6. View your **Provider Results**



Did YOU KNOW?

Preventive oral care not only keeps your teeth healthy but also prevents unexpected costs and pain that comes with oral surgery and emergency dental procedures.

Preventive dentistry is dental care that helps maintain good oral health. Preventive dental services include things like regular oral check-ups (usually every 6 months), teeth cleaning, and routine x-rays. Individuals enrolled in a Trust dental plan should take advantage of the preventive dental benefits provided by their plan.

But don't forget that much of your preventive dental care starts with you. Developing and maintaining healthy dental habits can help reduce cavities, gum disease, and gingivitis. Here are the basics of good oral health:

- Brush your teeth at least 2 times a day—usually morning and night—using a soft bristled brush and a fluoride toothpaste. Your dentist can recommend the best toothbrush and toothpaste for you. They can also instruct you on how to properly brush.
- Floss daily to get food that's stuck between teeth before it turns to plaque.
- Use a mouthwash to rinse out food particles after flossing.
- Avoid acidic foods that can harm tooth enamel.
- Be cautious with hard foods, like some candies, foods with bones, seeds, or pits that could damage or chip teeth.
- Don't smoke or use tobacco products—these can lead to cancer and other dental problems.
- Use a mouth guard when participating in certain sports.

If you grind your teeth at night, ask your dentist for a nighttime mouth guard to help reduce gum recession.

So use your dental plan preventive benefits and practice good oral hygiene to keep your smile and bank account healthy.



Father's Day Gift Guide

Make the special guy in your life feel extra loved with these gift ideas for every interest! Visit the websites shown to order items.

FUN & GAMES

GameStop Gift Card, gamestop.com
BioLite HeadLamp 200, rei.com
DropMix Music Gaming System, amazon.com
Custom Face Socks, rockemsocks.com
Ultra Thin Power Bank Wallet Charger for Android & iPhone, amazon.com
Virtual Reality Headset, amazon.com
Microsoft Xbox Game Pass Ultimate, amazon.com
PlayStation 5, playstation.com
Yard Games Tumbling Timbers, Large, llbean.com
Camping Hammock, amazon.com

FOR THE SPORTS SUPERFAN

Soccer Dad "Like A Regular Dad But Cooler" T Shirt, podstylee.com
O.RIYA Love You Dad Hand Stamped Lure Fisherman Gift, amazon.com
Sports Cases 4 iPhone, sportzcases.com
Golf Accessories, pgatourssuperstore.com
Favorite Team Jersey or Hat, fanatics.com
New York Times Custom Baseball Book, uncommongoods.com
Wilson Evolution Game Basketball, amazon.com
Custom Golf Bobblehead, etsy.com
Major League Ballparks Scratch-Off Chart, popchart.co
Dad's Playbook, uncommongoods.com

FOR THE TRENDSETTER

Sunglasses, sunglasshut.com
Shorts, nike.com
Tom Ford Cologne, nordstrom.com
Il Bussetto Polished Leather Zip-Around Wallet, mrporter.com
Van's Era Sneakers, zappos.com
Gift Card to Favorite Clothing Store
Giesswein Boiled Wool Slippers, us.giesswein.com
Polo Ralph Lauren Andrew Stripe Pajama Pants, bloomingdales.com

SPA & GROOMING

Kiehl's Facial Fuel For Men, kiehls.com
Romer The Complete Regimen, romerskincare.com
Weighted Sleep Mask, gravityblankets.com
Spafinder Wellness Gift Card, spafinder.com
Grooming Kit, theartofshaving.com
Skull Shaver Pitbull Gold Pro Electric Bald Head and Face Wet or Dry Shaver, amazon.com

FOR THE HOBBIST

Spotify Subscription, spotify.com
MasterClass Subscription, masterclass.com
Model Plane Kit, amazon.com
Mobile Tool Storage Caddy, gardeners.com
Kindle or eReader, amazon.com
Yamaha Portable Digital Drum Set, amazon.com
Home Tool Set, stanleytools.com
Rechargeable Camp Lantern, food52.com

FOR THE FOODIE

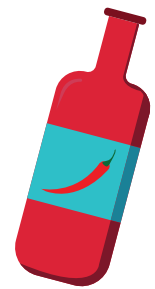
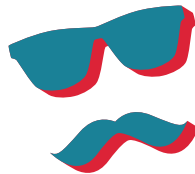
Make Your Own Hot Sauce Kit, uncommongoods.com
Tasting the World...One Country at a Time Cookbook, amazon.com
Danish Licorice, food52.com
Unicorn Mills 9-Inch Magnum Plus Pepper Mill, amazon.com
BLIS™ Hardwood Smoked Soy Sauce, blisgourmet.com
Personalized Beer Glasses, personalizationmall.com
Booze & Vinyl: A Spirited Guide to Great Music and Mixed Drinks, amazon.com
Backyard Steakhouse Crate, mancrates.com
Craft Beer Club Subscription, craftbeerclub.com
Cuisinart Deluxe Grill Set, amazon.com
Yeti Insulated Mug, yeti.com
Westmark Hermetus Bottle Opener and Resealer, bedbathandbeyond.com

FOR THE FITNESS FANATIC

Nalgene Wide Mouth Bottle, amazon.com
TRIBE Water Resistant Cell Phone Armband Case, amazon.com
Under Desk Bike Peddle Exerciser, amazon.com
Apple AirPods Pro, target.com
Oura Smart Ring, ouraring.com
Workout Gear, lululemon.com or underarmour.com
Apple Watch, apple.com
Peloton App Subscription, onepeloton.com

FOR THE KING OF THE ABODE

Happy Father's Day Mug 2nd Edition, Father Daughter, etsy.com
Homemade Coupons for Fun Activities
Breakfast in Bed
The Day Off from "Dad Duties"
Framed Kids' Artwork
Framed Family Picture



Healthy Summer Side Dishes Perfect for Warmer Weather



Are you itching to break out the grill for summer but need ideas for a quick summer side dish? Take advantage of seasonal summer fruits and vegetables to create healthy, fresh side dishes for your family meals. These simple and fun recipes can be prepared in a flash.

Heirloom Tomato-Strawberry Gazpacho

Gazpacho is a classic Spanish tomato soup traditionally served cold. Strawberries add a fun twist not to mention antioxidants and vitamin C.

Ingredients:

- 4 heirloom tomatoes, cored and cut into quarters
- 2 cucumbers, peeled and cut into quarters
- 1½ cups strawberries, cut in half with green hulls removed
- 2 orange or yellow bell peppers, stems/seeds removed and cut into quarters
- ½ white onion, peeled and cut into large pieces
- ½ serrano chile (stems, ribs, seeds removed) cut into quarters
- 2 cloves peeled fresh garlic
- ⅓ tablespoon sherry vinegar
- Small bunch fresh chives, finely chopped

Cooking instructions: Combine all the ingredients (except the chives) in a blender or food processor and blend until smooth. Strain the gazpacho through a fine-mesh strainer into a medium bowl, pressing with a ladle or spoon to extract as much liquid as possible; discard the solids. Season to taste with salt and pepper. Cover and refrigerate until chilled. Before serving, chop the chives for garnish.



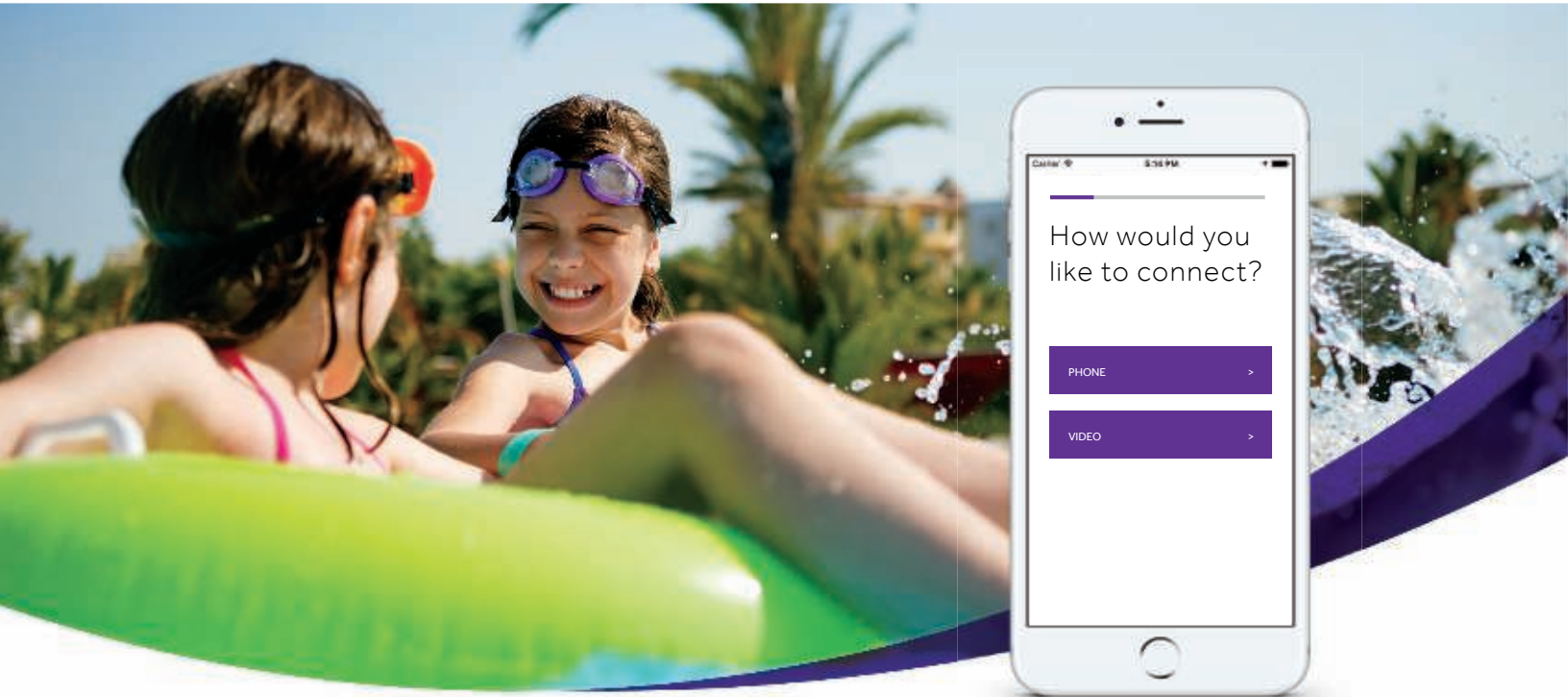
Frozen Mango-Coconut Whip

Frozen bananas are a magical ingredient. Put them in a blender and they turn into a creamy but cream-less delight that is almost like ice cream. Plus they are loaded with potassium.

Ingredients:

- ¼ cup unsweetened coconut flakes
- ½ cup culinary coconut milk, chilled
- 1 ripe banana, peeled, sliced, and frozen (about 1 cup)
- 4 cups frozen mango pieces
- 1 tablespoon agave nectar, honey, or other liquid sweetener

Cooking instructions: Toast the coconut flakes in a dry frying pan over medium heat until golden brown. In a food processor or blender, combine ingredients (except flakes) and process until smooth. Garnish with toasted coconut flakes and serve immediately.



Keep on splashing. You've got Teladoc!

Don't let a sunburn or swimmer's ear spoil your summertime fun. With Teladoc, you can speak with a licensed doctor 24/7 by phone or video for many types of summer illnesses.

Our doctors can diagnose and treat poison ivy, skin rashes, bug bites or stings, food poisoning, swimmer's ear, and upper respiratory infections. They can even send a prescription electronically to your pharmacy of choice when medically necessary.

Four tips for a healthy and happy summer

- 1 Avoid food-borne illnesses by practicing food safety.
- 2 Avoid being outside between 11 a.m. and 2 p.m., which are the hottest hours of the day.
- 3 Stay hydrated by drinking water even when you don't feel thirsty.
- 4 Wear a sunscreen labeled "broad spectrum" or "UVA/UVB protection" that's at least an SPF 15.

Talk to a doctor for free

 MyDrConsult.com  1-800-DOC-CONSULT (362-2667)   Download the app

