

Montgomery County Retired Employee's Association (MCREA) Meeting *(via zoom)*

June 9, 2021

Presented by

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Office of Human Resources, Montgomery County Government

In This Presentation

- Dependent Recertification Project
- Retiree Wellness Benefits



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Dependent Recertification Update

- Deadline Extended to September 17, 2021
- Biological and/or Adopted Dependents no longer need certification
 - Action needed to identify that they are biological/adopted children
 - Login to Bolton site or mail in form
- Documentation needed to certify was updated
- Dependents covered by Qualified Medical Support Order not required to be certified.
- Dependents that aren't certified will be provided 30 days written notice of loss of coverage.



Dependent Recertification Update

- Anyone that has already complied with the audit, is done. No further action is needed.
 - Login to Bolton portal check status
 - Post card notifying you are done
- If action is still needed, will receive new packet (via US mail)
- Any questions, call Bolton - 1-866-419-0055
 - or email them at mcg-mail@depconfirm.com
- Access to information on OHR web-site.
- ***Only applies to retirees and dependents that are NOT Medicare primary.***



Silver Sneakers

- Not available to Montgomery County Retirees



Carefirst Wellness Discounts

- Blue 365
- 20% off at Reebok.com
- Discounted products through Jenny Craig
- Gym Membership - \$29/month
- Register at carefirst.com/wellnessdiscounts
 - Have your Carefirst member ID
 - Weekly notifications, (via email) special deals



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Carefirst Wellness Benefits



- ShareCare
- Personalized Health Timeline
 - Get insights, content and programs tailored to your goals and interests.
- Trackers
 - Connect your wearable devices, or enter your own data to monitor sleep, steps, nutrition and more.
- Challenges
 - Join a challenge and get a little extra motivation to pursue your health goals.
- Health Profile
 - Get quick access to important data like your biometrics, vaccine history, lab results and medications.



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Carefirst Wellness Benefits



- Inspirations and Relax 360
 - Break free from stress, unwind at the end of the day or ease into a restful night of sleep with meditation, streaming music and videos.
- Ask MD
 - Search online for help identifying your symptoms, managing a condition or to get expert guidance.
- Take the RealAge test to learn your body's age and the steps you can take to a healthier, happier life.
- No financial rewards/incentives provided by the County



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United Health Care Rally Program



- Rally Marketplace
 - Use to develop personalized, achievable lifestyle changes and rewards you for accomplishing those goals.
 - Get Discounts
 - See Recommendations (personalized for stuff you might like, or browse the entire catalogue).
 - Earn Rally Coins by completing healthy activities on Rally.
 - RallyHealth.com/RallyMarketplace
 - Code: UHCMARKET
 - Or download the mobile app and enter your mobile code to get started



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United Health Care Rally Program



- Discounts
 - Fitness gear, apparel, sunglasses, fitbit, garmin, bicycles, fitness subscriptions and memberships, home delivery food service, entertainment discounts, spa week gift cards.
- Survey provides recommendations, move more, eat better, stress less, sync tracking device, join a challenge, earn virtual coins.



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Kaiser Permanente – Non-Medicare Wellness Benefits



- Sign up for healthy lifestyle programs.
 - Lose weight
 - Eat healthier
 - Quit smoking
 - Reduce Stress
 - Manage ongoing conditions like diabetes or depression
- Get a wellness coach (via phone) – make a plan to help reach health goals
- Join Health Classes (at Kaiser facilities, some may require a fee)
- Enjoy reduced rates
 - Active & Fit Direct, members pay \$25/month, +25 1x enrollment fee (access to a national network of more than 10,000 fitness centers)
 - Up to 25% discount off acupuncture, chiropractic care, massage therapy
- Self-Care – Improve your mood, sleep better, with wellness aps.



Kaiser Permanente – Medicare Advantage Plans



- Vision (Vision Essential Locations)
 - Routine eye exams, Glaucoma screenings and cataract screenings
 - \$100 allowance on glasses or contact lenses
 - Fitness Program – The Silver&Fit Healthy Aging and Exercise Program
 - Membership at a local participating Silver&Fit fitness center.
 - Home fitness program
 - Premium Stay Fit Kit, w/your choice of a FitBit, Garmin, yoga kit or strength exercise kit.
- OR
- Home Fitness Kits website access, online fitness workout classes, educational tools and a rewards program.



Kaiser Permanente – Medicare Advantage

- Transportation to Medical Appointments
 - 24 Rides to Nonurgent Medical Appointments
 - 24 Hours a Day, 7 Days a Week.
 - Rides must be scheduled 2 hours before pick up time.
 - Cancelled rides – 3 hours notice
 - 571-386-3769
- Preventative Dental Plan
 - \$30 copays for each preventative care visit (participating dentist)
- Virtual Care
- Thriving after 60 – wellness community w/events to help you connect members over age 60
- BrainHQ – Online brain health exercises



Questions?



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