



## INFORMATION FOR VEBA MEMBERS

### Introducing Express Scripts Vaccine Program

Express Scripts members now have access to a vaccine program as part of their prescription benefits.

You can receive vaccinations conveniently administered at a participating retail pharmacy. These immunizations are covered with no copay or coinsurance cost to you when using an in-network pharmacy. In-network pharmacies include Costco, Ralphs, Target, CVS, Kmart, Rite Aid, Vons and Walgreens.

The following list of vaccines are covered at no cost to you through an in-network pharmacy:

- Flu (seasonal influenza)
- Meningitis
- Travel Vaccines (rabies, typhoid, yellow fever, etc.)
- Tetanus/Diphtheria/Pertussis
- Pneumonia
- Childhood Vaccines (MMR, etc.)
- Hepatitis
- Shingles/Zoster
- Human Papillomavirus (HPV)

Ask your pharmacist or licensed health care provider which vaccines are right for you.

### Locate a Pharmacy

To locate a participating pharmacy near you, log in at [express-scripts.com](https://www.express-scripts.com) and click "Prescriptions" then "Find a Pharmacy." You'll want to register using your Express Scripts member ID number if you're a first time visitor to the website.

Contact your network pharmacy in advance to inquire about vaccine availability, age restrictions and current vaccine schedules. Present your Express Scripts member ID card at the time of service. You can print an ID card from [express-scripts.com](https://www.express-scripts.com) or call Express Scripts Member Services at **800-918-8011**.

### 2019 Optum Bank HRA Reimbursement Reminder

Did you have an HRA through Optum Bank in 2019 (offered with either the UHC Alliance or PPO plans)? If you switched to a non-HRA plan or Journey HRA plan this year, you receive a 120-day grace period to submit claims for payment.

Be sure to submit claims before April 29, 2020. New claims will not be processed for payment if submitted after this timeframe.

Optum HRA funds are non-transferrable and will not roll over to the new Journey HRA plans.



## Follow VEBA Resource Center on Social Media

The VEBA Resource Center has helpful resource guides on Facebook and Instagram, such as coping with stress, dealing with job loss and accessing benefits. Follow us on Facebook, Instagram and LinkedIn for well-being tools and news.

Our own Dr. Sondoozi will be conducting well-being talks each week on Facebook Live. She is happy to answer any well-being Join us every Thursday from noon-1 p.m. Videos of the chat will be shared on our social media channels.

## Member Well-being Resources

Here are some virtual well-being resources to help keep you healthy this month:

### General health & well-being libraries

Read well-being articles, explore tools like fitness calculators and watch videos on a variety of health topics.

UHC: <https://www.uhc.com/health-and-wellness/health-topics>

Kaiser: <https://healthy.kaiserpermanente.org/health-wellness>

Cigna: <https://www.cigna.com/individuals-families/health-wellness/>

### Physical health

- Free YMCA online fitness classes: <https://ymca360.org/>
- Free daily live-streamed at-home workouts from Planet Fitness at 4 p.m. PT [on its Facebook page](#)
- Free online yoga classes: <https://www.corepoweryogaondemand.com/keep-up-your-practice>
- **Fooducate app.** Not sure if that last box of food on the store shelves is healthy? Download the Fooducate app and get instant feedback, including nutrition information and an overall grade. Available for both iOS and Android devices.
- **Food Network Kitchen app.** Enjoy live and on-demand cooking classes and more than 80,000 recipes. Available across Android and iOS devices.
- **Calm app.** Maintain healthy sleep by relaxing before bedtime. Listen to sleep stories, relaxing nature sounds or music, meditate or set a sleep timer. Download from either Google Play or Apple App Store.

### Mental health

- Optum April e-newsletter on [reducing stress and anxiety](#)
- UHC is offering all VEBA members free premium access to digital mental health care through Sanvello Health. Sanvello's app offers meditation, peer support, guided lessons and assessments. It is available to all, including non-members, and on both



Apple and Google platforms. Search the app store for “Sanvello” to download the free app.

- Kaiser is offering the myStrength app free to adult members 18 and older. It provides personalized programs with interactive activities, in-the-moment coping tools, inspirational resources and community support. The app also has new features specifically designed to help you cope with fear or anxiety about the coronavirus. KP members can download digital self-care support resources to their desktop or mobile device at no cost. Get started at [kp.org/selfcare](https://kp.org/selfcare).
- Cigna has a number of specific resources to COVID-19 stress including a [webinar on managing fear and anxiety](#), a [handout on coping with fear](#) and [mindfulness podcasts](#).
- The Optum Emotional Support line is available to all VEBA members free of charge. Call **866-342-6892** to speak to a professionally trained mental health expert 24 hours, 7 days a week. It is open to family and friends as well.