Cayuga-Onondaga Area School Employees’

HEALTHCARE PLAN

**1879 West Genesee Street Road**

**Auburn, New York 13021-9430**

**(315) 253-0361**

In an effort to promote the well-being of all Members and Staff, the COASEHP is distributing Wellness Reminders and Tips from Excellus BCBS and ENV Insurance Agency.

We hope you find the information useful.

**Vision Health and Awareness**

**Did you know? Every time you blink,** a thin layer of tears called “tear film” spreads across your eyes. Tear film has three layers: an oily outer layer, a watery middle layer, and an inner mucous layer. All three of these layers work together to help keep your eyes healthy.

More than half of US adults under age 45 wear eyeglasses (or contact lenses) to correct their vision. The prevalence increases to almost 70% for adults 45-54 and almost 80% for adults over 55. Eye injuries, which are largely preventable, and eye diseases also cause vision loss. The risk for eye diseases such as cataracts, diabetic retinopathy, glaucoma, and age-related macular degeneration, increases with age.

Having a comprehensive dilated eye exam is the only way to detect eye diseases, and to detect common vision problems that can be corrected with glasses or contacts. To protect your eyes, it is also important to wear protective eye wear when playing sports or doing activities around the home. Wear sunglasses when the sun is out. Healthy habits can protect your eyes and vision, such as eating healthy, maintaining a healthy weight, not smoking, and, for people with diabetes, maintaining healthy blood sugar levels.

*\*Vision benefits may not be available, please refer to your own personal elected coverage.*

**Preventative Dental Care is also Good Health Care**

**There’s a surprising connection between oral health and overall health! Poor oral health has a proven link to:**

* *Heart Disease:* Oral bacteria can affect the heart when entering the bloodstream, as the bacteria attach to fatty plaques in the blood vessels, helping to form clots.
* *Diabetes:* Periodontal disease can make it harder for diabetics to control their blood sugar levels, among other issues.
* *Pregnancy Problems:* Studies have shown that pregnant women with periodontal disease may be at risk of having a premature, low-birth weight baby.

**In the past year in Upstate New York:**

* Only 67% of adults have visited the dentist or a dental clinic.
* 54% have had at least one tooth extracted due to gum disease or tooth decay.

**Home Dental Care Tips:**

|  |  |
| --- | --- |
| Brush 2x a day for at least 5 minutes | Use a soft brush & replace it promptly when worn |
| Floss daily | See your Dental Hygienist for a cleaning at least 2x annually |

[Excellus BCBS Website – Health & Wellness]

**[Continued on the reverse side]**

**Important COASEHP Information**

For quick access to COASEHP forms and information, log onto the Cayuga-Onondaga BOCES website at [www.cayboces.org](http://www.cayboces.org). Click *“Staff”* at the top, “*Health & Benefits”*, *“Medical & Prescriptions”* , *“Excellus Blue Cross Blue Shield”*, *“Express Scripts”*, “*First Stop Health Telemedicine”*, or any link of interest to you. Access is available 24/7!

**First Stop Health Telemedicine Benefit:**

***First Stop Health*** is the provider for the Telemedicine benefit that is **FREE for COASEHP Members and covered dependents**. You can download the ***First Stop Health*** App from the App Store or Google Play. Add your email address under “Profile / Contact Details (edit)” to get health tips from FSH doctors. Haven’t logged in yet? Select *“Find My Account”* and create your account using your **Excellus ID Number.**

**Excellus BCBS Mobile App and Excellus BCBS Wellframe App:**

The ***Excellus BCBS App*** lets you take your Healthcare Plan with you 24/7, and you can view your benefits, find a doctor or urgent care, access your ID Card, and view claims and track spending! The ***Excellus BCBS Wellframe App*** gives you instant access to a dedicated care manager, dieticians, nurses and other health care professionals to help you meet your health and wellness goals. Download the Apps on Google Play or the App Store.

**Are you aware of the following Excellus procedures?**

The ***Excellus Online Claims Instructions*** *(for Traditional Rx Discount Card Members)*was updated in 11/2022due to slight changes on the Excellus BCBS **online** system.  The instructions are posted on the BOCES website, or contact your District Healthcare Clerk for a copy.

**Members and Retirees** with inquiries about claims or covered services need to call **Excellus Customer Care (1-800-370-5421**, listed on ID Cards). Traditional Rx Discount Card Members with questions on Rx Claims must contact Excellus at this number. If you need to know if a certain prescription is covered, all Members need to call Express Scripts at 1-877-429-8385.

**Diabetic Supplies information – Modified and Traditional Plans:**

**Diabetic supplies** (not the insulin) are considered *Durable Medical Equipment (DME*). DME falls under MEDICAL benefits (not prescription) and cannot be processed at a pharmacy counter. To receive best coverage for purchases of diabetic supplies (insulin pump, etc), Members are encouraged to use participating suppliers (found on the Excellus BCBS website or by calling **Customer Service at 1-800-370-5421**). If you elect to use a Non-Participating supplier, you will pay up-front and need to submit an Excellus **Medical** Claim Form with the receipt, directly to Excellus. DME is subject to a 20% out-of-pocket Co-Insurance expense to Members.

**Cayuga County Residents:** The Cayuga County Health Department has Vaccine Clinics for uninsured *(COASEHP doesn’t have vaccine coverage therefore Members qualify)*. The cost is $18.00 per vaccine. **Call 315-253-1560 to make an appointment.** Clinics are held monthly: 1st Tuesday 9:30am-11:30am / 3rd Tuesday from 2:30pm-4:00pm. *[Other County residents can reach out to their own County Health Dept. to inquire if they offer clinics.]*

**COASEHP Member Personal Changes:**

It’s important to keep your COASEHP coverage up-to-date! Life-changing events may directly affect your health insurance (and other benefits)! Have you moved, gotten married/divorced, added a dependent, death of a dependent, or turning Age 65? Contact your District Healthcare Clerk for information and required paperwork.

**Serving the School Districts of Cato-Meridian, Jordan-Elbridge, Moravia, Port Byron, Skaneateles, Southern Cayuga,**

**Union Springs, Weedsport, and the Board of Cooperative Educational Services.**