Summer is Finally Here

The days are longer and warmer. As you continue to spend more time outdoors, it’s important to keep your health top of mind.

To support you, we want to make you aware of key health benefits you have access to, and resources available to better help you understand your benefits.

In this issue, you will find information on your hearing benefits, learn more on safe and convenient ways to get care when you need it wherever you are, and learn about a new series of videos available on the Trust website designed to help you better understand your comprehensive health care benefits.
What’s Covered

TruHearing is your hearing benefit carrier*. In addition to other benefits, every 36 months you have access to:

- **Hearing Exam**
  - $0

- **Hearing Aid Evaluation Test**
  - $0

- **Conformity Evaluation**
  - $0

- **(2) Mid-Level Hearing Aids**
  - $0

To get started, call TruHearing*: 844-394-5420
or go online: truhearing.com/uawtrust/

*Blue KC, BCN, HAP, Health Partners, Humana, and Kaiser do not use TruHearing. Call the number on the back of your medical ID card for information.

Benefit Feature: Hearing

Your health and wellness goes beyond doctor’s visits, eating well, and getting physical activity.

Hearing is also essential to your overall wellbeing. In fact, even mild hearing loss can increase your risk of falling.

Why? According to a Johns Hopkins University study, two factors*:

1. **Spatial awareness.** We take cues from where we are in a room—the sounds of a clock ticking behind us, or traffic out the window. These reference points allow our brains to automatically adjust to manage balance.

2. **Cognitive overload.** When you have a lot to think about and you are deep in thought, it’s much easier to miss your exit on the freeway or cut your finger while preparing dinner. It’s the same with losing hearing function and staying on your feet.

“The health and safety issues linked to hearing loss are well-documented,” said Dr. Austin Singleton, resident Audiologist with TruHearing®.

Maintain Your Hearing Health

As a first step, schedule an appointment with a hearing provider to have your hearing checked.

Learn more: uawtrust.org/dentalhearingvision

*Source: hopkinsmedicine.org/news/media/releases/hearing_loss_linked_to_three_fold_risk_of_falling
Get Care, Use Telemedicine

In the midst of the COVID-19 pandemic, getting routine or other care not related to the virus was and continues to be a new challenge for many—but it doesn’t have to be.

One of the many lessons this pandemic taught us is that care can be accessed remotely, thanks to technology. Whether you have a desktop, laptop, tablet, or smartphone, you have access to care from the comfort and safety of your home through telemedicine.

When to use Telemedicine?
Telemedicine is best used for acute issues like minor burns or rashes, pink eye, sore throat, earache, or flu symptoms. The licensed, U.S. board-certified doctor you select can assess your needs, write a prescription to the pharmacy of your choice, or instruct you where to go if you need additional care.

Your Safety & Security Comes First
Telemedicine appointments through your health plan are subject to HIPAA compliance, which means the technology is secure for transferring health information and conducting your appointment.

Connecting with a physician is simple.
• Create an account.
• Select a physician of your choice.
• Conduct the visit with less than an average 10 minute wait time.

Call the number on the back of your medical ID card for instructions.

Note: Your provider or provider health system may offer telemedicine—to find out more, contact your provider.

New To Telemedicine?
It’s easier than you may think but just like an in-person doctor appointment, being prepared is important.

Visit AARP online at the link listed below for a helpful guide to telemedicine:

bit.ly/30VjwVC
New Videos on Your Healthcare Benefits

The Trust recently designed and published a suite of videos to help you better understand your healthcare benefits.

We know understanding healthcare, your benefits, and all things related can be overwhelming and challenging. We also know reading information isn’t always the easiest or best way to understand it. One of our goals is to make sure you understand your Trust benefits so you can properly use them, and maintain the best health possible. To support you, we developed a series of short videos to provide you with the information you need on your benefits.

Watch now: uawtrust.org/videos

Visit the website listed above to watch the videos on your desktop, laptop, tablet or smartphone!

The new videos cover eight important topics:

1. **Trust Eligibility:** Learn about who is and who is not eligible for Trust healthcare coverage.
2. **Key Terms:** The healthcare industry often uses terms not common to many. Learn what terms like “cost sharing” and “split family” mean.
3. **Non-Medicare Benefits:** If you are not enrolled in Medicare, learn how your coverage works.
4. **Medicare Benefits:** If you are enrolled in Medicare, learn how your coverage works.
5. **Prescription Drug Benefits:** Understand your prescription drug coverage and learn how you can save money with mail-order.
6. **Dental Coverage:** Understand your dental benefits.
7. **Vision Coverage:** Understand your vision benefits.
8. **Hearing Coverage:** Understand your hearing benefits.

We hope you find these videos helpful. Please email us at uawtrust@rhac.com if there are other subjects you’d find helpful in a video format like this.