Preventive Screenings

Are Key to Your Health

Your health is important — protect it.

Stay ahead of potential health roadblocks by keeping up with screenings such as mammograms and colorectal cancer tests. These and other screenings, along with your annual exam, can help you:

- Prevent serious health conditions.
- Detect conditions early.
- Treat conditions in the early stages.

Breast Cancer

Breast cancer begins when cells in the breast abnormally grow, commonly displayed by a new lump or mass. Other possible symptoms can include swelling, skin irritation or
dimpling, and pain or redness. Screenings for breast cancer include a clinical breast exam and a mammogram, which is a low dose X-ray that detects changes in breast tissue. Mammograms don’t prove whether an abnormal area is cancer but can help doctors decide if more testing is needed.

**Colorectal Cancer**

Colorectal cancer is cancer of the large intestine, which is the lower part of your digestive system and rectum. Some common symptoms can include diarrhea, constipation lasting longer than a few days, bleeding, pain, and cramping. There are several screenings for colorectal cancer, including a colonoscopy, in-home Cologuard® test, immunochemical fecal occult blood test, and CT colonography.

As a member of the Trust, these and many other important screenings are part of your preventive benefits. Talk to your primary care physician to find out which screenings are best for you, and make sure you’re getting your screenings on time. If you don’t have a primary care physician, or would like more information, call the number on the back of your medical ID card or visit uawtrust.org/healthplancarriers for contact information.

**TIPS FOR NEW AND CURRENT MEDICARE MEMBERS**

**New Medicare ID Cards Are Coming**

To help protect people’s identity, the Centers for Medicare and Medicaid Services (CMS) is removing Social Security
numbers from Medicare cards and issuing new cards for all enrollees. Here is what you need to know:

- **No action is required** to get a new Medicare card and Medicare benefits are not changing.

- Medicare cards will feature a randomly assigned 11-character Medicare Beneficiary Identifier (MBI).

- Once you receive your new Medicare card, properly shred or cut up your old card.

- This does not affect your Trust health care benefits.

- If you are enrolled in a Medicare Advantage (MA) plan, you will keep your new Medicare card safely stored at home with other important documents (you do not present this card when obtaining services, rather, you only present your MA plan card).

- If you are enrolled in the Traditional Care Network (TCN) plan, keep your new Medicare card with your medical health plan ID card (you present both when obtaining services).

- All cards issued after **April 2018** will be in the new format. If you are an existing Medicare enrolled member, you will receive your new card over a 12-month period beginning **April 2018**.

- You may not receive your card until next year. The distribution of cards will take place in waves beginning with Alaska, California, Delaware, the District of Columbia, Hawaii, Oregon, Pennsylvania, Virginia and West Virginia. The last states to receive cards will include, Kentucky, Louisiana, Michigan, Mississippi, Missouri, Ohio and Tennessee.
INTERNATIONAL TRAVEL COVERAGE

Whether you are traveling in retirement or chose to live abroad, understanding your health care coverage while traveling internationally is extremely important. Remember, your Trust coverage will only pay for health care claims outside of the United States (including on cruise ships), if the services are urgent or an emergency. There is no coverage for routine care.

If you are planning a long trip outside the United States and believe you may need coverage for routine care, you may consider buying a travel insurance policy for more coverage. An insurance or travel agent can provide you with more information on travel insurance.

If you have a medical emergency out of the country:

- Blue Cross Blue Shield Traditional Care Network and Medicare Advantage (MA) PPO plan members: Contact Global Core at 800-810-2583 or visit bcbsglobalcore.com for assistance with emergencies within 24 hours of admittance.

- Aetna Medicare Advantage (MA) PPO plan members: Contact Aetna at 800-663-0885 or, to download the reimbursement request claim form, visit: aetnamedicare.com/uawtrust/en/contact-us/print-forms.html.

- Other plan options: Contact your health plan carrier for more information.

MA PPO VALUABLE EXTRA

SilverSneakers

If you’re enrolled in a Medicare Advantage (MA) PPO plan, don’t forget to take advantage of an extra benefit available to you—SilverSneakers.

SilverSneakers gives you access to more than 14,000 fitness locations across the United States, with unrestricted access to every location. Take advantage of weights, pools, fitness classes, and other amenities by using this benefit included with your MA plan.

Learn more by visiting silversneakers.com or contacting your health plan provider:

Aetna: 800-663-0885
BCBS: 888-322-5616