

TRUST CONNECT

Stay in tune with your health & wellness

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Get the Care You Need

Has your health been top of mind lately? Nearly one-third of Americans over age 50 delayed health care because of COVID-19, according to recent findings from the University of Michigan's National Poll on Healthy Aging. Delayed care can have lasting implications on your health.

Our mission is to provide every member with health benefits and the opportunity to achieve the best quality of life—we want you to take advantage of your benefits and to stay healthy. We now have clearer understanding of how to navigate COVID-19, and now is the time to talk to your doctors to ensure you are safely getting the care you need.

DON'T
Wait

Inside this issue, you will find helpful information and reminders on your health care benefits, and more, designed to further support your health care journey.

Visit healthyagingpoll.org for more information on the national poll.



Be Sure to Watch Your Mail

Be on the lookout—this summer Medicare-eligible Trust members will receive information on a new Medicare Advantage (MA) PPO plan for 2023. Be sure to open all mail with the Trust logo.

As always, Benefit Highlights will be mailed in the fall. Benefit Highlights is the annual document announcing updates or changes to health plans and outlines cost share information for the following year.

New Over-the-Counter (OTC) Benefit

Take Full Advantage of Your 2022 OTC Benefit

New this year, each individual eligible Trust member has an annual allowance to order approved non-prescription medications and health-related items—such as bandages, aspirin, cold and sinus medicine, and vitamins—up to twice per calendar year.

Health Care Plans	Annual Allowance
Medicare Advantage (MA) PPO Medicare Advantage (MA) HMO Enhanced Care PPO (ECP)	\$150
Traditional Care Network (TCN)	\$50
Non-Medicare HMO	Not eligible

The dollar value of each individual's allowance depends on which health plan they are enrolled in—reference the chart above. If you are eligible, you are automatically enrolled.

Place an Order Conveniently

To order products, simply either call **877-218-9951**, mail the order form you received with the product catalog in January, visit uawtrust.org/otcbenefit or download and use the Nations OTC mobile app. Your selections will be mailed to your home.

Important Info

- You must use your full allowance in two orders placed at any point in the year.
- The OTC allowance will reset annually, and any remaining balance will not carry over.
- Products may not be purchased elsewhere and submitted for reimbursement.

Remember!

The Trust OTC logo will be on all materials about this benefit.





Is this benefit for just the contract holder or everyone in the household?

All members on the health care contract are eligible for an allowance based on the health plan in which they are enrolled. For example, if a household has a member in the ECP plan and another in TCN, the ECP member has a \$150 allowance and the TCN member has \$50.

Can I buy things at the drug store like CVS or Walgreens?

This program is through home delivery only.

Are all the products generic brands?

There are many brand-name products and generic brand options.

Are there plans to expand this benefit to include use at retail store locations, include grocery items, etc.?

This is the first year offering an OTC benefit. We are closely evaluating the program, and looking for potential improvements for future years.

Is the two-day delivery guaranteed?

Once an order is placed, it is fulfilled immediately, and most packages arrive on time. The OTC carrier has five distribution facilities across the U.S. to ensure fast delivery. However, as with anything unforeseen circumstances like unpredictable weather, labor issues, and increased capacity with delivery services can affect package arrival times.

What if my product arrives damaged?

If you receive a defective or faulty product, contact **877-218-9951**. You can discard the product and either get a credit or an identical replacement at no additional charge.

An item I want is out of stock—how often are items replenished?

Generally, restocking of items or similar alternatives happens quickly. As items become unavailable, the website and mobile app are updated in real-time. However, because the printed catalog includes a list of all eligible products, you may find some items in the catalog that are out of stock when you call to order by phone.



Prescription Drug Take Back Day 4/30

Do you have expired or unused medications in your home? Keeping these medications around or improperly disposing of them can be dangerous or harmful to the environment.

Take part in the Drug Enforcement Administration's (DEA) National Prescription Drug Take Back Day on April 30!

Visit dea.gov/takebackday for more information.

Schedule Your Annual Check-Up Today

Get a head start on your health this year by scheduling an annual exam with your primary care physician (PCP) early. The relationship with your PCP is important and during your visit, your doctor can:



- Conduct a physical exam.
- Review any mental health concerns.
- Review your current medication list.
- Recommend immunizations.
- Discuss your health goals, concerns, and much more.

It's always good to come into your visit prepared. Be sure to bring a list of questions you have, a list of your current medications, and any other health-related information you think is important.

Under your Trust benefits, your annual visit is covered. If you do not have a PCP, call the number on the back of your medical ID for assistance finding one.



Video Education Series: Aging Into Medicare

Enrolling in Medicare can be confusing, and your Trust health care options change when you become Medicare eligible. If you or your spouse are approaching 65 or becoming Medicare eligible due to disability, there is a lot of information to understand. We know it can be overwhelming. To help we've created videos on topics including:

- Medicare Enrollment
- Special Situations: Working Spouse
- Paying More for Medicare
- Contacting the Trust
- Additional Tips
- Transition Info

Have Ideas?

Are there other health-related topics you'd like covered in this newsletter?

We'd love to hear from you, email us at uawtrust@rhac.com with your ideas.

Visit uawtrust.org/TrustCoverageAndMedicare to watch now!