You have more resources and programs available to you and your covered dependents beginning Jan. 1, 2023. These benefits, designed with you in mind, can help you improve your overall health and wellbeing, and provide financial protection in the event of the unexpected.

<table>
<thead>
<tr>
<th>New Resource</th>
<th>Overview</th>
<th>Where To Go For More Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes Prevention Program (DPP)</td>
<td>Employees and dependents on a university medical plan at high risk of developing diabetes may be eligible to participate in a 12-month, no-cost health program. It kicks off with weekly sessions for the first 16 weeks, and then participants can customize their participation level based on what works best for them. Choose from an array of programs and from online or in-person formats. Most programs include lifestyle health coaching, weekly activities, and a small support group to help participants make lasting lifestyle changes that significantly reduce the risk of developing diabetes.</td>
<td>solera4me.com/bcidaho Complete a short survey to see if you qualify for the program and to learn more.</td>
</tr>
<tr>
<td>Expanded Musculoskeletal Benefits (MSK+)</td>
<td>Get convenient treatment for chronic and acute musculoskeletal conditions as part of a university medical plan. Connect online with a clinician or physical therapist who will guide you through virtual physical therapy and helpful lifestyle changes in the comfort of your home. Through the program, access tools to help manage weight, such as a digital platform and wearable physical activity devices, a certified trainer, and a smoking cessation program. If your condition requires surgery or another in-person intervention, MSK+ will provide referrals and help connect to available resources.</td>
<td>866-685-2258 bcidaho.com</td>
</tr>
</tbody>
</table>
| MASA Medical Transport Solutions                  | This supplemental insurance program covers emergency ground and air ambulance transportation anywhere in the United States or while traveling in Canada. MASA covers out-of-pocket expenses for emergency transportation, hospital-to-hospital transfers, and transfers to a hospital near home if you are hospitalized while traveling — all by any transportation provider, even out-of-network providers.  

*Please note:* If you contribute to a Health Savings Account (HSA) as part of your university High Deductible Health Plan (HDHP), to meet federal requirements you must have met $1,400 of the $1,900 single or $3,800 family deductible before MASA benefits apply. If you have the Standard PPO Plan, or if you have an HDHP but do not contribute to an HSA, MASA benefits apply immediately. | 800-643-9023 masamts.com                         |
## Other Benefit Changes

<table>
<thead>
<tr>
<th>Overview</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Premium rates</strong></td>
</tr>
<tr>
<td><strong>Prescription drug cost-share maximums</strong></td>
</tr>
<tr>
<td><strong>Increases to annual maximum HSA contribution limits</strong></td>
</tr>
<tr>
<td><strong>Health Care and Dependent Care FSA limit increases</strong></td>
</tr>
</tbody>
</table>

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**Reminder! Enroll for your 2023 benefits Oct. 17 - Nov. 1**

- Log in to VandalWeb and click the Employee tab.
- Click myBenefits.
- When you’re ready, select Enroll to complete the enrollment process. On the landing page, you'll see a summary of your current elections to help you decide what to choose for 2023.

Your choices will be effective Jan. 1, 2023.

**Questions?**

If you have questions, please contact UI Benefit Services at 208-885-3697 (within Idaho), 800-646-6174 (outside Idaho), or benefits@uidaho.edu.