

# Benefit Me

Save the Date!

Tuesday, September 17, 2019

Benefit-eligible faculty and non-faculty staff are invited to attend the annual Benefits Vendor Forum hosted by HR Benefit Services.

Time, location and other information will be announced in mid-August.

We hope to see you there!

## New Employee Benefits Orientation Schedule

### Dates

- May 6, 2019 – In-Person
- May 13, 2019 – Zoom Only
- May 20, 2019 – In-Person
- May 29, 2019 – Zoom Only
- June 3, 2019 – In-Person
- June 17, 2019 – In-Person
- June 24, 2019 – Zoom Only

### Time

- 8:30 – 10:00 a.m. (PST) – In-Person Mtgs
- 1:00 – 2:00 p.m. (PST) – Zoom Only Mtgs

### Location

- Human Resources – In-Person Meetings
- Zoom information sent upon registration

### Register Now!

- [uidaho.edu/benefits](http://uidaho.edu/benefits) > Orientation Events

## Has Your Home Address Changed?

Don't miss important notices or communications mailed to your home address. Remember to keep your home address and personal phone number up-to-date.

### Log into VandalWeb:

- Select Personal Information
- Select Update Address and Phone

Please contact Human Resources if you have questions or need additional assistance. Call 208-885-3638 or Email [hr@uidaho.edu](mailto:hr@uidaho.edu)



# Benefit Me

## April – Eating Right for Eye Health

The Academy of Nutrition and Dietetics and the American Optometric Association recommend adding brightly colored fruits and veggies, as well as healthy fats and green tea to your diet to better protect your eyes. Dark green leafy veggies, like kale and spinach, are packed with antioxidants and vitamin A to help protect your eyes from sunlight damage. Strawberries, tomatoes and bell peppers are high in vitamin C that helps prevent cataracts. Healthy fats, like those found in olive oil or salmon, can help you absorb some vitamins, reduce dry eyes and help in healthy development of eye functions.

They say you eat with your eyes first, but you can also eat for your eyes! Looking into the future requires healthy eyes. Try starting your morning off right with a Peach & Blueberry Smoothie with Flaxseeds, which is packed with eye-healthy vitamins and antioxidants. For an extra punch of vitamin A, try adding an extra handful of kale.

### Ingredients:

- ¾ cup blueberries, fresh or frozen
- ½ cup almond milk
- ½ cup nonfat plain Greek yogurt
- 1 tbsp. ground flaxseeds
- 2 tbsps. honey
- 1 small peach OR ½ cup frozen peaches
- Optional: 3 oz. ice cubes (not necessary if using frozen fruit)

Blend all ingredients until pureed and smooth, stirring several times. Serve immediately.

For more great recipes and health tips, visit the Blue Cross of Idaho WellConnected Wellness portal.

## Reminder Dependent Eligibility Verification Audit

The May 3, 2019 deadline is fast approaching. Please submit the required documentation to Morneau Shepell as outlined in the Verification Packet, which was mailed to your home address on file with the university.

You may submit your required documents by uploading them into the myBenefits portal through VandalWeb or mail them directly to Morneau Shepell.

If the eligibility of your dependents is not confirmed by May 3, 2019, coverage will end on June 30, 2019.

Please direct your questions to the University of Idaho Benefits Center at 800-646-6174, Monday – Friday, 8:00am – 5:00pm (Pacific)



# Benefit Me

## Traveling across the country and around the world... healthcare coverage wherever you go!

When you're a member of Blue Cross of Idaho (BCI), you take your healthcare benefits with you – across the country and around the world. The BlueCard Program gives you access to doctors and hospitals almost everywhere, giving you the peace of mind that you'll be able to find the healthcare provider you need.

### Care around the world:

1. Verify your international benefits with BCI before leaving the US. Coverage may be different outside the country.
2. Always carry your current BCI card.
3. In an emergency, go directly to the nearest hospital.
4. To locate a doctor or hospital, or if you need medical assistance services, call the BlueCard Worldwide Service Center at 1-800-810-2583 or call collect at 1-804-673-1177, 24/7. An assistance coordinator, in conjunction with a medical professional, will arrange a physician appointment or hospitalization if necessary.
5. Call the BlueCard Worldwide Service Center at 1-800-810-2583 or collect at 1-804-673-1177 when you need **inpatient care**. In most cases, you should not need to pay upfront for **inpatient care** at participating BlueCard Worldwide hospitals except for the out-of-pocket expenses (non-covered services, deductible, co-payment and cost-share) you normally pay. The hospital should submit your claim on your behalf. In addition to contacting the BlueCard Worldwide Service Center, call BCI for pre-certification or pre-authorization. You can find the phone number on the back of your BCI card.
6. You will need to pay upfront for care received from a doctor and/or non-participating hospital. Then complete a BlueCard Worldwide claim form and send it with the bill(s) to the BlueCard Worldwide Service Center (the address is on the form). You can locate the form at [www.BCBS.com/bluecardworldwide](http://www.BCBS.com/bluecardworldwide).

### Care within the United States

1. Always carry your current BCI card.
2. In an emergency, go directly to the nearest hospital.
3. To find nearby doctors and hospitals, call BlueCard Access at 800-810-2583 or visit the BlueCard Doctor and Hospital Finder at [www.BCBS.com](http://www.BCBS.com)
4. Call BCI for pre-certification or prior authorization, if necessary. Call the number on the back of your BCI card.
5. When you arrive at the participating doctor's office or hospital, show the provider your BCI card. The provider will identify your benefits through the symbol on your card.

### After you receive care, you should:

- Not have to complete any claim forms or pay upfront for medical services, except for the usual out-of-pocket expenses (non-covered services, deductible, co-payment and cost-share).
- Receive an explanation of benefits from BCI.

# Benefit Me



## Skin Cancer Facts:

Skin cancer is the most commonly diagnosed cancer in the United States, and rates have been rising for the past 30 years.<sup>1</sup>

Over 104,300 *invasive* skin cancers will be diagnosed in the US in 2019 and more than 96,400 of these cases will be melanoma, the most serious and deadliest form of skin cancer.<sup>1</sup> Additionally, over 95,800 cases of non-invasive melanomas and millions of cases of basal (BCC) and squamous cell (SCC) skin cancers will also be diagnosed in 2018.<sup>1</sup> In total, over 11,600 men and women are expected to die of skin cancer this year, and over 7,200 of those deaths will be from melanoma.<sup>1</sup>

## Risk Factors for Skin Cancer:

Exposure to ultraviolet (UV) radiation, in any form, can lead to DNA damage to skin. The damage of UV radiation is cumulative over an individual's lifetime.<sup>1</sup> Repeated exposure can result in long-term effects such as premature aging of the skin, wrinkles, solar keratosis (scaly growth on the skin), permanent eye damage, and skin and ocular cancers.<sup>1,2</sup>

## Other risk factors include:<sup>3</sup>

- Use of indoor tanning devices
- Fair skin, freckling, and/or light hair
- Presence of moles
- Personal or family history of skin cancer, especially melanoma
- Older age
- Weakened immune system
- Smoking
- Long-term skin conditions, rare inherited conditions, and certain treatments for some medical conditions.

## Prevention of Skin Cancer

Avoiding exposure to UV light is the best way to prevent skin cancer.<sup>3</sup> This can be done by:

- Avoiding indoor tanning devices.
- Seeking shade when outdoors in the sun, especially between 10 a.m. and 4 p.m.
- Wearing sun-protective clothing, such as long sleeves, pants, hats, and UV protective sunglasses.
- Using broad spectrum sunscreen with a SPF of 30 or greater to exposed skin.

<sup>1</sup> American Cancer Society. *Cancer Facts & Figures* 2019. Atlanta, GA: American Cancer Society; 2019

<sup>2</sup> Guy GP Jr, Machlin SR, Ekwueme DU, Tabroff R. Prevalence and costs of skin cancer treatment in the U.S., 2002-2006 and 2007-2011. *Am J Prev Med*. 2015; 48(2):183-187. Doi:10.1016/j.amepre.2014.08.036.

<sup>3</sup> American Cancer Institute. *Skin cancer prevention*. Updated June 21, 2017. Accessed January 2019.



# Benefit Me

## Local Resources are Available to Assist!

Whether you're struggling with depression, anxiety or other mental health difficulties, the Latah Alliance on Mental Illness (LAMI) is available to assist you. Their mission is to provide hope, support, education and advocacy for individuals affected by mental illness and for those who love them. Their hope is to promote understanding and acceptance by helping to remove the stigma associated with having a mental illness.

**LAMI Family Support Group** is a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others facing similar experiences. The group meets at 7p.m. every second Thursday in the Latah Recovery Center at 521 S. Main – Suite B in Moscow. For more information call Lee or Carol at 208-882-3427.

**Alliance House** is a supportive living environment that provides individuals living with mental illness a safe housing opportunity. Residents are supported and encouraged to reach their full potential by participating within the household, Moscow's community, and employment and social service programs.

**Wellness Recovery Action Plan (WRAP)** is a peer-support group for people who experience mental health challenges and for those who care about them. The group meets at 4p.m. every Wednesday at Friendship Hall 1912 Center, 412 E. Third St. in Moscow. For more information call Zoe at 208-596-4089 or 208-835-3071.

**Education, Outreach and Advocacy** services are provided to the community to support and advance the wellbeing and recovery of persons who have mental illnesses, their families and their communities. LAMI promotes the better understanding of mental illnesses, the needs and abilities of persons with mental illness diagnoses, the impact of those illnesses on their families and the overall value of inclusion in their communities by educating our communities on these issues.

To learn more about Latah Alliance on Mental Illness visit [www.lami.org](http://www.lami.org) or contact them at [lami.advocacy@gmail.com](mailto:lami.advocacy@gmail.com)



## Your Benefits Resources

### University Benefits Center

[uidahobenefits@hroffice.com](mailto:uidahobenefits@hroffice.com)

(800) 646-6174

(208) 885-3697

### University of Idaho Benefits Services Staff

Brandi Terwilliger, Director, Human Resources

[brandit@uidaho.edu](mailto:brandit@uidaho.edu), 208-885-3008

Judy Colbeck, Benefits & Retirement Specialist

[judyc@uidaho.edu](mailto:judyc@uidaho.edu), 208-885-3608

Tasha Haynie, Benefits Specialist

[thaynie@uidaho.edu](mailto:thaynie@uidaho.edu), 208-885-3080

Shelby Hurn, Benefits Specialist

[shelby@uidaho.edu](mailto:shelby@uidaho.edu), 208-885-3012

Arlette Jameson, Benefits Specialist

[ajameson@uidaho.edu](mailto:ajameson@uidaho.edu), 208-885-3100

Kim Ridle, Benefits Specialist

[kridle@uidaho.edu](mailto:kridle@uidaho.edu), 208-885-3616

### Benefits Webpage

[www.uidaho.edu/benefits](http://www.uidaho.edu/benefits)

- Plan Documents for Core Benefits
- UI Education Benefit for Employees, Spouses & Dependents
- Retirement Resources, Information & Links
- Register for Orientation Events
- Access Wellness Program and Employee Assistance Resources
- Understand Leave & Time Away from Work Benefits
- Find Frequently Used Forms

### Lost Insurance Cards?

**Medical** – Blue Cross of Idaho

Go to [www.members.bcidaho.com](http://www.members.bcidaho.com)

You can view and print your ID card or you can request to have a new ID card mailed to you.

**RX Drugs** – CVS Caremark

Go to [www.caremark.com](http://www.caremark.com)

You can print your ID card or contact customer service to request a new card. 888-202-1654

**Dental** – Delta Dental

Go to [www.deltadentalid.com](http://www.deltadentalid.com)

You can print your ID card or contact customer service to request a new card. 800-356-7586

**Dental** – Willamette Dental

ID cards are not provided. Just call 855-433-6825 to schedule an appointment.

**Vision Service Plan (VSP)**

ID cards are provided upon request. Call VSP at 800-877-7195. **Please note: your ID number with VSP is the same as your Vandal ID with a “9” in place of the “V”.**