

Highlights



The Trustees of the ICSVEBA understand the importance of keeping members informed of plan updates and changes and are excited to provide you with this month's Highlights newsletter to keep you informed of essential plan information. Please see the updates and "highlights" below and contact your Human Resources Department with any questions!

- Flu Shots:** It's the most wonderful time of the year! Unfortunately, it's also the season for colds and the flu. Did you know that ICSVEBA members can get their flu shots covered at 100% under the Plan? Please visit www.icsveba.org, and click on 'Wellness' to get a list of the participating pharmacies that you can visit to get your fly shot today!
- Wellvolution:** It's now easier than ever for ICSVEBA members to be more active with Walkadoo through the Wellvolution Program. You can earn points when you track your activity with a wireless activity tracker. Members on both the stateside Plan options, as well as, SIMNSA members, will have to register to participate and get their Fitbit at www.mywellvolution.com. Remember, the first incentive rewards program is from January 26th - February 23rd. Each time you earn at least 500 points in a week, you have a 1-in-5 chance of winning \$10 or a 1-in-100 chance of winning \$300 each week in Amazon gift cards. You can win more than once and more participants mean more winners! Your odds of winning do not go down if more people participate. Dependents are not eligible to participate. Please note that drawings are held every Friday for four weeks. We currently have 437 members enrolled in the program and the first contest is fast approaching – so visit www.mywellvolution.com today to enroll!
- Wellness Visit:** We can certainly be creatures of habit right? Let's make good habits each year by getting your Wellness Exam. Remember that when you visit an in-network provider for your exam you will have no copays or out of pocket amounts. This service will be covered at 100% by your Plan. Make getting your Wellness Exam your annual good habit. You're worth it!
- IDT Identity Theft Enrollment:** Have you enrolled in the identity theft program with IDT yet? As an ICSVEBA member you have access to a monthly score tracker, credit monitoring, and more! Through your employer you are able to purchase an individual membership for \$8.95 a month, or a family membership for \$17.95 a month. Please note that once you sign up, you'll only receive a welcome email. No further correspondence will follow unless you receive a notification from IDT. See your Human Resources Department if you are interested in signing up for this program.

Website...	www.icsveba.org	www.deltahealthsystems.com	www.express-scripts.com
Access this site for...	An array of information about your Health & Welfare Plans	Up-to-date Medical claims information	Ordering and tracking your maintenance medications