

# 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!*

- **SIMNSA Urgent Care in Brawley:** Did you know that SIMNSA members have access to an urgent care facility in Brawley, CA? SIMNSA is affiliated with the Brawley Open Access Clinic located at 283 Main St., Ste. 102, Brawley, CA 92227. You can reach them at (760) 351-2000. They are open Monday-Friday from 11:30 AM to Midnight, and Saturday & Sunday from 7:30 AM to 8:00 PM.

- **Walkadoo:** Last month we completed the first contest with Walkadoo and what a success it was! We had 583 total participants sign up and \$5,600 won by engaged participants! There were 200 members that received small rewards and 12 members that received large awards. What's great is that 31.2% of participants have won one or more times, since there is no limit to the number of times a person can win. As we gear up for our second Walkadoo contest coming in late April into May, keep in mind that \$5,350 have been missed out by unengaged participants during the program! So please make sure that you are enrolled, ready to go, and engaged – so you can claim you part! Members on both the stateside Plan options, as well as, SIMNSA members, will have to register to participate and get their free Fitbit device at [www.mywellvolution.com](http://www.mywellvolution.com). Eligible ICSVEBA employees have a chance to win either a \$10 or \$300 gift card each week through four weekly drawings. Dependents are not eligible to participate. If you win a cash prize, you'll receive an Amazon.com Gift Card on the last day of the program.

- **Saving with Generic Rx:** Have you any idea how much the actual cost of a brand name medication is? By switching to a generic brand, you could greatly reduce the cost of your next pharmacy visit. Generic drugs can be as much as 80 to 85 percent less expensive than their brand-name counterparts! Do your part of reduce health care costs, and go generic!

- **Anthem Live Health Online (LHO):** It's the middle of the night and you really need to see a doctor. You could hop in your vehicle, drive to the emergency room and wait for hours before you see a doctor. Or, you can logon to LiveHealthOnline.com from your smart device, mobile phone, or a computer. You'll be connected to a doctor 24/7, 365 days a year in an instant! They can even send in a prescription for you. And the cost of such a visit? You'll pay \$0 out of your pocket! You must be enrolled in a stateside plan to be eligible. Please visit their website to enroll using your medical ID number. If you have any issues, you may contact Anthem LHO at (888) 548-3432.

Website...

[www.icsveba.org](http://www.icsveba.org)

[www.deltahealthsystems.com](http://www.deltahealthsystems.com)

[www.express-scripts.com](http://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