

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!

- **Wellvolution-How to sign up:** Use the latest version of Internet Explorer, Google Chrome or Firefox to sign up. 1) Go to mywellvolution.com, 2) Click *Create an account*, 3) Complete the information requested and select *Submit*. You will now be registered with mywellvolution. 4) Select *Walkadoo* and follow the steps to register for this program, 5) You will be walked through the process of ordering a **complimentary Fitbit Flex 2** that will be mailed to you. You can also link your own compatible device, such as Apple Watch, Fitbit, Jawbone and Misfit, or use the Moves app or Walkadoo app tracker for iPhone and Android.

- **Anthem Live Health Online (LHO):** For ICSVEBA members who are enrolled on a stateside plan, here are some helpful tips for registering and using Anthem's LHO service as an ICSVEBA member. Please note that your copay should be \$0. If you are asked to pay anything more, please contact Live Health Online to determine what information needs to be updated. They can be reached at (888) 548-3432. Please ensure that you are entering your information accurately by including the "DLU" at the end of your ID number is listed on your card.
- **Plush Care:** If you are enrolled on a stateside plan, as an ICSVEBA member you have access to Plush Care – a telehealth solution that gives you access to board-certified doctors any day of the week, all the while letting you skip the waiting room. Plush Care is a great option for you should you not have access to a smart device or webcam. Give them a call the next time you need medical treatment at (866) 460-6205 and discover how convenient care can be. They are available Monday-Wednesday, 5:00 AM-11:00 PM, Thursday-Friday, 5:00 AM-10:00 PM, and Saturday-Sunday, 6:00 AM-6:00 PM. For more information, please visit www.plushcare.com.
- **REACH Air Ambulance:** Remember that ICSVEBA is in partnership with REACH and pays for your REACH for Life membership in the event you or a household member may ever need emergency medical air transportation and that provider of that transportation is REACH. This includes member and their dependents on any stateside Plan option, as well as, SIMNSA members and their dependents. **So be sure to tell your provider that you always want to request REACH as your primary air ambulance service in order to be covered by the Plan!**
- **Flu Shots / Flu Season:** It's that time of year where the holidays are fast approaching and the cold and flu season comes around. Remember 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 flu shot today!

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