

Member Benefits

EMPLOYEE MEMBER ASSISTANCE PROGRAM

ANYTIME - ANYWHERE - HELP IS HERE

FREE Services - 24 Hours a day, Seven days a week

For an appointment, call HMC
1-866-269-7357

Whatever the stresses:

Relationships-Work-Alcohol-Drugs-Stress-
Anxiety/Depression-Parenting-Finances-Family
Legal-Aging Parents-Grief....

In addition to counseling services, the EMAP also provides you with access to a host of web-based resources and tools.

Log on to: <https://hmc.personaladvantage.com>

Code: LOCALONE

A program administered by: HMC Companies

NURSE HELPLINE

How Does UFCW Local One Health Coaching BENEFIT YOU?



- Provides you with answers to any health care question you might have, pertaining to you OR your family. FREE 24 hour hotline staffed with Registered Nurses.
- Offers you support between physician visits and medical office hours.
- Helps manage chronic conditions.
- Develops a personalized wellness plan based on your needs and budget.

For a SMART, FREE and EASY way to get answers to all your questions about your health, dial

1-800-348-9786

Please note: If you have a question relating to your Health Care Benefits, please call the Benefit Funds Claims Service Unit at Local One (1-800-959-9497) instead of the Nurse Help Line.

MATERNITY PROGRAM

As soon as the expectant mother finds out she is pregnant, call this toll-free number to register.

1-877-222-1240

ELIGIBILITY: For a FREE infant car seat and other free information... you **MUST** call in YOUR FIRST TRIMESTER.



Please Note: Expectant Mothers must be covered under the UFCW Local One Health Care Plan

If you are uncertain as to your eligibility for this benefit, you should call the Benefit Funds Medical Claims Unit at (800) 959-9497, Press 1, then Option 2



ONE SOURCE - DIABETIC SUPPLIES

Order Your Supplies Today, Call Our Toll-Free Number at

1-877-316-2460

(OR ONLINE AT www.onesourcemg.com)

NO MORE TRIPS TO THE PHARMACY OR WAITING IN LINE.
For your convenience, you can now order your 90 day Diabetic Supplies and have them delivered to your home without a co-pay.

SUPPLIES PROVIDED: (For a complete list, contact the Fund Office at 1-800-959-9497)

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|----------------------|--------------------------|-----------------------|
| • GLUCOMETERS & KITS | • CONTROL SOLUTIONS | • UROLOGICAL SUPPLIES |
| • TESTING STRIPS | • ALCOHOL SWABS | • INSULIN PUMPS |
| • SYRINGES | • BLOOD PRESSURE MONITOR | • LANCING DEVICE |

Please identify yourself as a UFCW Local One Health Care Fund participant and have your prescription drug card # ready.

VISION BENEFITS



To determine your eligibility for service or locate a network provider in your area please contact:

DAVIS VISION
1-800-999-5431 or www.davisvision.com

Benefit Coverage for Members/Dependents

(Every 12 months under the age of 26. Every 24 months over age 26)

- » **EYE EXAMINATION:** In-Network: Covered in Full.
- » **SPECTACLE LENSES:** In-Network: Covered in Full.
Clear plastic lenses in any single vision, bifocal, trifocal or lenticular prescription.
(Contact Davis Vision for more information on additional lens options and coatings)
- » **FRAME:** In-Network: Covered in Full.
Any Fashion, Designer or Premier level frame from Davis Vision Collection (Retail value up to \$195.00) OR Frame Allowance \$32 Credit toward any frame from provider.
- » **CONTACTS:** In-Network: Covered in Full from Davis Vision Collection
Planned Replacement (Two Boxes/Multi-Packs) OR Disposable (Four Boxes/Multi-Packs) OR Contact Lens Allowance: \$84 Credit allowance towards any contacts from Provider's supply. Visually Required Contacts: Covered in full with prior approval.



TELEMEDICINE MD-LIVE

NO CO-PAY

TO SIGN UP: TEXT - [EXCELLUS to 635483](tel:635483) OR Go To: ExcellusBCBS.COM/MEMBER

PHONE: 1-866-692-5045

Participants... 24 Hours a Day - 7 Days a week

Access to a Physician Board-Certified in Emergency Medicine

- ◇ Immediate treatment for common illnesses and medical conditions
- ◇ Care for Children age 3 and older when covered under plan
- ◇ Costs less than a trip to the ER or Urgent Care
- ◇ 24/7 access to our national network of board-certified ER doctors
- ◇ Prescriptions sent right to your pharmacy

TYPES OF MEDICAL CONDITIONS TREATED INCLUDE:

- | | |
|--|---|
| ALLERGIES, SINUS PROBLEMS | RASHES, INSECT BITES, SKIN INFLAMMATION |
| ASTHMA, BRONCHITIS, RESPIRATORY INFECTIONS | SPORTS INJURIES, SPRAINS, STRAINS |
| COLDS, FLU, SORE THROATS | URINARY TRACT INFECTIONS |
| "PINK EYE" OR CONJUNCTIVITIS | OTHER NON-EMERGENCY ILLNESSES |