



## UFCW Local One Health Care Fund

### Living Well Program 2024

**Avoid being put in the higher deductible plan for 2025 by completing these simple steps!**

### What are the benefits of participating in the Living Well Program?

- By participating in all required actions of the Living Well Program you are eligible to be placed in a lower co-pay group and incur less out of pocket medical expenses.
- If you complete and remain compliant for steps listed in Action 3 (Engagement with Uprise Health Nurse Health Advocates/Wellness Coaches), you will become eligible to receive a \$50.00 quarterly (\$200.00 annual) pharmacy copayment credit. The credit will be available at all UFCW Local One Health Plan in-network pharmacies. The first co-pay credit for 2025 will be applied on **February 15, 2025**.

### Who is eligible?



- Members eligible in the Health Care Fund under Plans R, RD, UU, & U
- Members and Spouses: If your spouse is covered under the plan, both you and your spouse must participate in the actions below to be considered compliant.
- If you don't have a Primary Care Provider, let us help you find one!
  - **Option 1:** Go to [www.excellusbcbs.com/ufcwone](http://www.excellusbcbs.com/ufcwone) and enter prefix UFU to find an Excellus UFCW Local One Health Plan PPO physician. If you have questions call 1-877-223-2993 option #2, then option #5.

(Helpful Hint: when you use an Excellus PPO Network doctor, your out-of-pocket cost will be lower)

## Action 1: Register on the “UFCW One Living Well” Portal

Go to the <http://ufcwonelivingwell.hmchealthworkscs.com> to register or log in. Download the 2024 Living Well Screening Form to take to your Primary Care Physician when you schedule your annual physical and blood work. If you don't have internet access, please call Uprise Health 1-877-739-3956 and they will mail you the form.

## Action 2: Annual Physical, Biometric screening, and Prevention Care Tests

**Step #1:** Call your Primary physician and schedule your annual physical appointment (before October 2024)

**Step #2:** Ask your physician if you need new blood work and then have that completed prior to your appointment.

**Step #3:** Important- Please use the 2024 Living Well Form (you can't reuse prior year's forms) and ask your physician to fully complete the form.

**Step #4:** Mail or Fax the fully completed form:

Fax: **1-561-743-0211**

Mail: **Uprise Health**  
**2 Park Plaza Ste 1200**  
**Irvine, CA 92614**

***A routine physical exam, routine fasting glucose and cholesterol screening performed annually are covered 100% through your medical benefits program.***

## Action 2B: What is Biometric Screening?

- Promotes health and prevents disease: Biometric screenings provide employees with valuable information about their health status. Armed with this knowledge, individuals can take action to address early warning signs of chronic diseases and make improvements.
- Action 2C: What are Preventive Care Tests? Your physician will order the appropriate tests below if they are deemed necessary as part of your 2024 annual physical.

- **Pap Smear:** (for women) within 3 years if 21 or older
- **Mammogram:** (for women) within 1-2 years if 40 or older
- **Prostate Cancer Screening:** (for men) 45 or older with family history
- **Colorectal Screening:** (adults over 50) Fecal Occult Blood Test or Colonoscopy
- **Complete Blood Count with Differential (CBC),** What is CBC?
  - *CBC is a blood test that provides valuable information about your blood and overall health. It helps healthcare providers detect various disorders, conditions, and infections.*
- **Thyroid Stimulating Hormone Screening**

If you are diagnosed with one or more of these conditions, as part the Living Well Program the Uprise Health Nurse Health Advocates and Wellness Coaches are here to support you with quarterly calls!

- Diabetes
- Asthma/COPD
- Lower Back Pain
- Heart Failure
- Coronary Artery Disease
- High Cholesterol
- Hypertension (High BP)
- Out of Range Lab Results

### Action 3: Engagement with Uprise Health Nurse Health Advocate/Wellness Coach

As a reminder, the sooner you set up your first visit with the Uprise Health Nurse Health Advocate, the sooner you can become eligible to receive a \$50.00 quarterly (\$200.00 annual) pharmacy co-payment credit. The first co-payment credit for 2025 will be applied by February 15, 2025.

#### What can I expect when meeting with the Nurse Health Advocate/Wellness Coach?

- Accept & engage in regular calls (average 2-4 calls) from the Nurse Health Advocate or Wellness Coach
- Receive educational mailings

If you have one of the conditions above, call the Living Well program to enroll today at **1-877-739-3956**.



#### Is your privacy protected?

*Any medical information in your biometric screening is considered protected and private Trusted Source under the Health Insurance Portability and Accountability Act (HIPAA) of 1996. This means that your personal information can't be disclosed to your employer or anyone else unless you authorize it.*

***If you have any questions about your current benefit coverage, please click the links below to review your benefit summary, plan information, and insurance information:***

- [www.ufcwone.org/Benefits/Health and Welfare/Your Health Care Benefits](http://www.ufcwone.org/Benefits/Health and Welfare/Your Health Care Benefits)
- <https://ufcwone.org/health-care-plan-and-insurance-information/>

You may also request a Plan Summary from the UFCW Local One Health Fund office at **1-800-959-9407**.

#### We're Here to Help.

Call Uprise Health: **1-800-395-1616**

Web: [uprisehealth.com](http://uprisehealth.com)