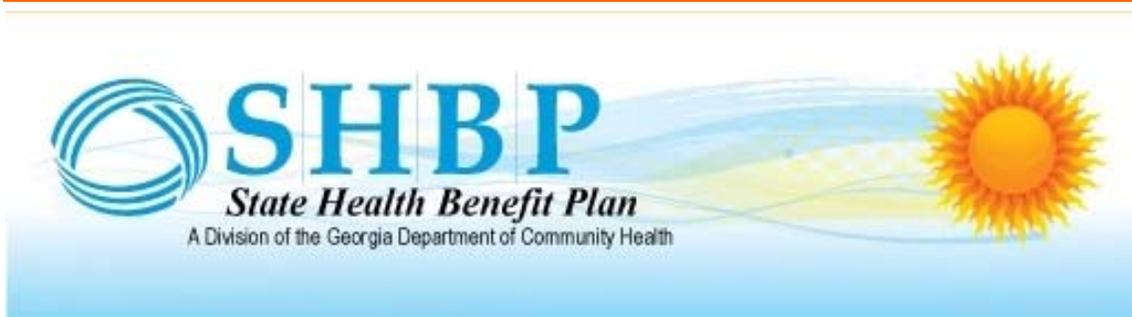


May-June 2015



News and Information for SHBP Employee Benefit Coordinators

Welcome to our e-newsletter for SHBP Benefit Coordinators in payroll locations throughout Georgia. Each month, we'll provide benefit news and information to help you assist SHBP Members in your organization. We welcome your feedback and feel free to send any comments or questions to SHBPnews@dch.ga.gov.

NO MORE PAPER FORMS

With the implementation of the State Health Benefit Plan (SHBP) Enrollment Portal the submission or use of paper forms has been discontinued. All member transactions must be handled through the SHBP Enrollment Portal, www.myshbpga.adp.com. Paper forms, including membership enrollment forms, miscellaneous update forms, forms transmittals, etc., received by SHBP will not be accepted. This includes forms developed by specific agencies or departments for use by their employees. Forms received cannot be returned and will not be manually entered by SHBP staff. Sending paper forms will delay the member transaction, result in incorrect deductions taken and will be reflected on employer error reports.

BLUE CROSS BLUE SHIELD OF GEORGIA (BCBSGa) MEMBERS

Future Moms Program: Having a healthy baby is every mom's goal. And it starts with a healthy pregnancy. You want to make the right choices and take care of yourself, so you can reach that goal. But it's not always easy to do it alone. That's why there's Future Moms. It's a program that can answer your questions, help you make good choices and follow your health care provider's plan of care. Sign up as soon as you know you're pregnant. You can even sign up as late as your 36th week of pregnancy! Just call us toll free at 866-901-0746, option 2. You can also learn more about our Future Moms program by visiting our microsite [HERE](#).

UNITEDHEALTHCARE

High Blood Pressure: How this "silent killer" can harm your body. If you're among the one in three Americans who have high blood pressure (hypertension), take note: it's not something you can afford to ignore. High blood pressure typically has no symptoms and not treating it can have serious consequences.

Do you know how high blood pressure harms your body?

- Heart failure

- Heart attack
- Stroke
- Kidney damage
- Vision problems
- Memory loss

To learn more about the effect of this silent killer and how to reduce your risks, [click here](#).

KAISER PERMANENTE (KP) MEMBERS

Spring into Wellness with Kaiser Permanente

FREE Fitness Classes: It doesn't take a lot to get started and it's not difficult to include healthy activities in your normal daily routine. Just 30 minutes of physical activity five days per week can be beneficial to your overall health and you can include the whole family! Walking with friends, jogging with your pet, or playing with the kids at the park are all good ways to be fit and spend quality time with loved ones.

If you are looking for more fun ways to get active, sign up for a FREE fitness class. Click the link below to find a class that is both exciting and convenient. Classes are held at multiple Kaiser Permanente medical offices conveniently located throughout Metro Atlanta. Find Classes here: [Health Classes-Kaiser Permanente](#)

It's Coming - Are you ready? The 2015 Kaiser Permanente Corporate Run/ Walk

The annual Kaiser Permanente Corporate Run/Walk will take place on Thursday, September 24, 2015. Join 16,000+ individuals as we walk, jog or run our way to the finish line. This exciting event is designed to promote health and fitness among various organizations in the Metro Atlanta area. First time participating in a run/walk? No problem! Sign up early to take advantage of the free eight-week training program. It's an event you don't want to miss! Click the following link, find your team and sign up today. [Kaiser Permanente Corporate Run/Walk](#)

Kaiser Permanente Members Only

PRIZES, PRIZES and more PRIZES! Hundreds of prizes valued at over \$500 are up for grabs!

- Simply click the following link: [GET REWARDS!](#)
- Find the "Log on to Get Rewarded" tab
- Complete a wellness activity.
- Each activity will entitle you to one entry into a drawing to win a prize package containing an iPad® and a FitBit® valued over \$500.

HEALTHWAYS - BE WELL SHBP

How do the Well-Being Incentive Credits Work?

As a reminder, 480 well-being incentive credits are offered to SHBP members and covered spouses in all Blue Cross Blue Shield of Georgia and UnitedHealthcare HRA, HMO and HDHP plan options for participation in the 2015 well-being program. Members and covered spouses are both eligible to earn up to 480 well-being incentive credits for completing well-being actions. Depending on which plan option the member selected, HRA, HMO or HDHP, the credits work a little differently but all work to offset eligible health care

expenses. We have created a simple one-page flyer (broken out by plan type) to explain how credits work with each plan option.

View the "[How Well-being incentive credits work](#)" flyer.

Please share this link or forward the PDF to all your employees.

10K-a-Day Steps Challenge Now Open

Members and covered spouses are invited to join the "[10k-a-Day](#)" steps challenge. Enrollment runs April 20 - May 7, 2015 with the challenge beginning on Monday, May 4, 2015. Healthways will be giving away 5,000 pedometers to the first participants to join the challenge.

Visit BeWellSHBP.com/10k or call Healthways member services with questions at 888-616-6411.

RESOURCES/CONTACT INFORMATION

VENDOR	MEMBER SERVICES	WEBSITE
Medical - Blue Cross Blue Shield of Georgia (BCBSGa) Member Services Hours: 8 a.m. - 8 p.m. ET; Monday - Friday	855-641-4862	www.bcbsga.com/shbp
Medical -- UnitedHealthcare Member Services: Monday through Friday, 8 a.m. to 8 p.m. ET	888-364-6352	www.welcometouhc.com/shbp
Medical - Kaiser Permanente Member Services 24 hours a day/7 days a week (Appointment Scheduling, Prescriptions and Nurse Advice) KP Wellness Program Hours: Monday through Friday, 7 a.m. to 7 p.m. ET	855-512-5997	www.my.kp.org/SHBP
Wellness - Healthways Member Services Hours: 8 a.m. - 8 p.m. ET; Monday - Friday	888-616-6411 <i>Medicare Advantage (MA) plan members are ineligible for participation in Be Well SHBP.</i>	www.BeWellSHBP.com
Pharmacy - ExpressScripts Member Services Hours: 24 hours a day / 7 days a week	877-841-5227 <i>The pharmacy benefit for Medicare Advantage (MA) plan members is provided through UnitedHealthcare,</i>	www.express-scripts.com/GeorgiaSHBP

	<i>not ExpressScripts. Contact UnitedHealthcare at 877-246-4190.</i>	
SHBP Call Center Hours: 8 a.m. - 5 p.m. ET; Monday - Friday	800-610-1863 <i>(listen to the prompts, and choose employer services)</i>	www.mySHBPga.adp.com
ADDITIONAL INFORMATION	MEMBER SERVICES	WEBSITE
Centers for Medicare & Medicaid (CMS) 24 hours a day / 7 days a week	800-633-4227	www.medicare.gov
TRICARE Supplement	866-637-9911	www.asicorporation.com/ga_shbp
PeachCare for Kids®	877-427-3224	www.peachcare.org

[Forward this email](#)



This email was sent to jabrams@dch.ga.gov by shbpinquiries@dch.ga.gov | [Update Profile/Email Address](#) | Rapid removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).



GA Dept of Community Health | 2 Peachtree St. NW | Atlanta | GA | 30303