



News and Information for SHBP Employee Benefit Coordinators - 2017 New Hire Wait Periods and Wellness Benefits

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.

SHBP 2017 First Work Day Calendar for New Hire Wait Periods for Coverage

The 'New Hire Wait Period for Coverage' is the first month following 'one full calendar month' of employment unless the hire date is concurrent with the first of the month. If the date is concurrent, then the coverage is effective the first of the month following the hire date. Please note new hires starting work after the First Work day of the Month must wait until the following month to have their first health care deduction taken from their paycheck. If no enrollment election is made within thirty-one (31) calendar days of the hire date, the new hire will be defaulted to No Coverage. See Calendar Chart example below:

First Work Day	First Deduction Month	Coverage Effective Date	First Work Day = Official Holiday/Weekend
January 3, 2017	January 2017	February 1, 2017	January 1, 2017 Sunday New Year's day (Weekend) January 2, 2017 (Official Holiday)
February 1, 2017	February 2017	March 1, 2017	N/A
March 1, 2017	March 2017	April 1, 2017	N/A
April 3, 2017	April 2017	May 1, 2017	April 1 - 2, 2017 (Weekend)
May 1, 2017	May 2017	June 1, 2017	N/A
June 1, 2017	June 2017	July 1, 2017	N/A
July 3, 2017	July 2017	August 1, 2017	July 1 - 2, 2017 (Weekend)
August 1, 2017	August 2017	September 1, 2017	N/A
September 1, 2017	September 2017	October 1, 2017	N/A
October 2, 2017	October 2017	November 1, 2017	October 1, 2017 (Weekend)
November 1, 2017	November 2017	December 1, 2017	N/A
December 1, 2017	December 2017	January 1, 2018	N/A

BlueCross BlueShield of Georgia (BCBSGA)

LiveHealth Online

Health problems can certainly have an impact on our busy schedules. At BlueCross and BlueShield of Georgia (BCBSGA), we are here to help any time you are not feeling well, even if it is in the middle of the night. With LiveHealth Online, you can connect to a doctor from the comfort of your own home via your computer, tablet or smartphone with a webcam. Providers can address non-emergency health issues, answer questions, make a diagnosis and even prescribe basic medications when needed. Doctors are available 24 hours a day, 365 days a year. Psychologists and therapists are available by appointment from 7 a.m. to 11 p.m. in all time zones, seven days a week. To register, visit livehealthonline.com or download the free mobile app (available on iTunes and Google Play). Do it today, so you will be ready any time you need to speak with a doctor.

UnitedHealthcare Members

January Health Topics

What Every Woman Can Do to Help Prevent Birth Defects

Like all pregnant women, your main concern is having a healthy baby. Help prevent birth defects by taking extra care throughout your pregnancy.

Cervical Cancer Basics

Learn about the link between HPV and cervical cancer, how to recognize the symptoms, and how Pap tests can help prevent it.

How Is Glaucoma Diagnosed?

Find out how glaucoma is diagnosed. Early detection can prevent blindness in most cases.

Thyroid Disease in Women: Know the Symptoms

Thyroid disorders are much more common in women than in men, but they are often missed or confused with other conditions. Do you know the symptoms?

To read the full article and learn more about signs and symptoms of these and what steps are required to prevent or alleviate them [click here](#).

If you have questions about how to enroll in our clinical programs or questions about your benefits, please call UHC Customer Care 1.888.364.6352 and speak with one of our Care Advocates.

Kaiser Permanente (KP) Members



Happy New Year!
Start 2017 with a fitness program or class!

Kaiser Permanente is excited to encourage members to start on the path to improved health in 2017. We offer fitness classes and health programs as described in the **2017 Healthy Living**

Catalog available for [download here](#).

We've also put together a handy exercise guide: **Stretch Your Limits**. It provides easy-to-follow resistance band instructions to stay active at home, at work or on the go. [Get it now](#). We hope you and our members will use these resources to help make 2017 your healthiest year yet!

Announcing the 2017 Wellness Program Earn up to \$1,000 per household!*

During the year, Kaiser Permanente will promote its 2017 Wellness Program. Kaiser Permanente members and covered spouse can each earn \$500 for completing four (4) simple wellness activities. [Get the details now](#).

We will also be providing information on scheduling and receiving a biometric screening. Our biometric screening measures blood pressure, cholesterol, Hemoglobin A1C, and BMI (body mass index). Read more about [Knowing Your Numbers](#).

* You and your covered spouse



What is Exercise Good For? EVERYTHING!

Being active helps you be healthier and stronger - and feel your best - at every age. Getting 30 minutes of moderate exercise at least 5 days a week helps to lower your risk of serious illness and improve your mood.

[Here are some tips to get you started >](#)



Urging Members to Get Their Flu Shot

The flu is more serious than the common cold, so do everything you can to prevent it. Since a flu shot is the best defense, Kaiser Permanente continues to urge members to schedule theirs today. Flu shots are available at no charge to our members when received at a Kaiser

Permanent medical facility. For the most up-to-date information, including vaccine availability, call **404-365-0966**.

[Get more information>](#)

January Fit Tip

Working out works wonders

- Exercise builds muscle, boosts your metabolism and immune system, and benefits the mind.
- It takes 21 days to form a habit - exercise 21 days in a row and it'll be second nature.
- Every hour you walk adds 2 hours to your life expectancy.
- Sneak in a workout while you watch TV.

Beat The Winter Blues

Keeping spirits high

The winter blues can lead to symptoms of unhappiness, restlessness, and general discomfort, caused by being inside for too long. Change your diet to keep your spirits high during the winter chill. Foods with proteins and omega-3 fatty acids have been linked to improved moods, and many of these foods-like lean beef and wild salmon-are also high in B12 and vitamin D, nutrients important for emotional regulation.

Looking for some inspiration on some new food choices? Check out Kaiser Permanente's [Food for Health website](#) for some great, healthful recipes.

Keeping active when it's cold outside

If you are feeling a little "cooped up" and craving a little fresh air, put on your coat, hat and mittens and venture outside to enjoy the outdoors. There are plenty of ways to be active in winter. You can stay in shape and have fun while you are at it. [Here is some tips!](#)



Urgent Care Hours & Locations

Kaiser Permanente Urgent Care is Open Every Day

- Gwinnett Comprehensive Medical Center 10 a.m. to 10 p.m.
- Southwood Comprehensive Medical Center 24/7
- TownPark Comprehensive Medical Center 24/7

And, there are more than 40 additional affiliated community urgent care locations throughout metro Atlanta.

- [Urgent Care locations and contact information](#)

Healthways - Be Well SHBP Members

The 2017 Well-Being Program year has begun

January 1st kicked off a new program year for Be Well SHBP. Here are the highlights of what is going on for January:

2017 Be Well SHBP Program Overview Flyer

Here is the link to the 2017 Be Well SHBP Program Overview Flyer.

- [2017 Be Well SHBP Program Overview Flyer](#)

2017 Be Well SHBP Calendar

All Be Well SHBP members will receive a 2017 Be Well SHBP calendar mailed to their home in mid-January.

SHBP-Sponsored Onsite Biometric Screenings

- Members and spouses covered under non-Medicare Advantage BlueCross and BlueShield or UnitedHealthcare can book their 2017 SHBP-sponsored onsite biometric screening appointment starting mid-January 2017. The link to the scheduling tool is located at www.BeWellSHBP.com/biometric-screenings/. A list of the event locations and dates is also available on this page.
- Onsite biometrics screenings begin in February and continue through September.
- **Did you schedule?** Last minute payroll location requests to schedule a 2017 SHBP-sponsored screening events are still being accommodated. To request an event at your location you need to do so now. [Click here](#) to complete the Healthways online registration. For questions, email BeWellSHBP.events@Healthways.com.

Get to Know Your Onsite Health Promotion Team

To kick-off 2017 you may want to consider scheduling an onsite presentation for your worksite. Click [here](#) to learn about the services of the onsite health promotion team in your area.

DEPARTMENT OF COMMUNITY HEALTH ON SOCIAL MEDIA

Did you know you can access the latest SHBP news and updates via Facebook and Twitter?

The Georgia Department of Community Health (DCH) frequently posts agency news and updates, including news on SHBP and the Be Well SHBP wellness incentive program, on its social media channels. Be sure to join the conversation!

Follow DCH on Facebook at <https://www.facebook.com/gadepthcommunityhealth> and Twitter at [@GADCH](#) for the latest SHBP news and updates today.

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
VENDOR	MEMBER SERVICES	WEBSITE
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, not ExpressScripts. Contact UnitedHealthcare at 877-246-4190.</i>	www.express-scripts.com/GeorgiaSHBP
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