

**EMPLOYEE  
BENEFITS GUIDE  
2025**

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# A MESSAGE FROM HUMAN RESOURCES

*Welcome to Miami County!* 

In the fall of 2024, the Board of Miami County Commissioners approved the first renewal contract with CEBCO, the consortium to which we belong for health insurance. This partnership has allowed the County to continue to provide affordable benefits with a 4.1% health insurance renewal for 2025 during a time in which the national trend is at least 8%.

All benefits listed in this guide are effective January 1, 2025. This guide contains important information about your benefit choices, eligibility, and the enrollment process. I encourage you to review this guide carefully as you make decisions about which plans are best for you and your family. Please contact a member of your Human Resources team with any questions.

I am so incredibly appreciative of the hard work that has been put into the plan renewals by the Commissioners, the Insurance Committee, and our benefits broker, Benefits Analysis Corporation.

On behalf of the Board of Miami County Commissioners and the Miami County Insurance Committee, we wish you and your family continued health and well-being throughout the year.

*Angela Lewis*

**Human Resources Director**  
**Board of Miami County Commissioners**

This packet is intended to provide a brief overview of your employee benefits. If there is a discrepancy between the enclosed documents and the certificate of coverage, the certificate of coverage for each plan will be the final determining document.

Employees within the office of another Elected Official or within a collective bargaining unit should note that some of the information contained herein may not apply to you due to specific conditions included in your individual agreement and/or department policies. Please refer to your Department Head or Collective Bargaining Agreement for specific information.

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# ELIGIBILITY

Rates and plans included in this guide will be effective on January 1, 2025 and remain in effect through December 31, 2025. **You must complete your benefit enrollments within 30 days of your start date with Miami County.**

## ENROLLMENT PERIODS

NEW HIRE ELIGIBILITY	QUALIFYING LIFE EVENTS	OPEN ENROLLMENT
As a newly hired or rehired benefits-eligible employee, you have 30 calendar days to enroll in benefits. After this time, changes can only be made with a qualifying life event.	You have 30 calendar days to make changes to your benefits if you experience a qualifying life event such as marriage, birth/adoption, divorce, or gaining or losing other coverage.	Open Enrollment gives you the opportunity to review and make changes to your benefits and covered dependents.
EFFECTIVE DATE		
First day of the month following 30 calendar days of employment.	Date of Qualifying Life Event	Open Enrollment elections become effective on January 1.

## REQUIRED DOCUMENTATION

If you are enrolling family members in a benefit plan due to a Qualifying Life Event, the following documentation must be uploaded during the UKG enrollment process. Contact HR if you have difficulty uploading the documentation.

### SPOUSE

Social Security card **and** one of the following:

Marriage License

Copy of the first page of your previous year tax return showing “Married Filed Jointly” or “Married Filing Separately”

### CHILD(REN)

Social Security card **and** the following:

Biological Children: Birth Certificate

Adoption/Guardianship: Court documents placing child with you

Step-Children: Legal marriage document & child’s birth certificate

Court-Ordered Dependents: Court order establishing responsibility to provide dependent health insurance coverage

You are eligible to elect the benefits in this guide if you are a full-time employee in a benefits-eligible position or limited benefits if you are a part-time employee in a benefits-eligible position working on average 20 or more hours per week. Employees in temporary or seasonal positions are not eligible for benefits.

Employees who have elected coverage in a benefit plan may enroll their legal spouse and dependent children up to age 26 regardless of marital or student status, including:

- Son, daughter, stepson, or stepdaughter
- Legally adopted child
- Legally placed foster child
- Disabled child age 26 or older upon approval
- Child placed by an authorized agency or by judgement, decree, or other court order

## ELIGIBILITY & WHEN BENEFITS BEGIN AND END

BENEFIT	MINIMUM HOURS / WEEK WORKED TO BE ELIGIBLE	WHO PAYS		BENEFIT BEGINS		CHANGES ACCEPTED		BENEFIT ENDS		
		County	You	Hire Date	1 <sup>st</sup> of Month after 30 Days	Life Event	Open Enrollment	Last Day Worked	End of Month Worked	COBRA Eligible
Medical ( <i>Dependents to age 26</i> )	30 hours	•	•		•	•	•		•	•
HSA Contribution	30 hours	•			•	•	•	•		
Voluntary HSA Contribution	30 hours		•		•	Anytime		•		
Flex Spending: Healthcare	30 hours		•		•	•	•	•		
Flex Spending: Dependent Care	30 hours		•		•	•	•	•		
Dental ( <i>Dependents to age 26</i> )	30 hours		•		•	•	•		•	•
Vision ( <i>Dependents to age 26</i> )	30 hours		•		•	•	•		•	•
Basic Life & AD&D	30 hours	•			•	•	•	•		
Voluntary Life & AD&D	30 hours		•		•	•	•	•		
Employee Assistance Program	N/A	•		•		•	•	•		
OPERS	N/A	•	•	•		•	•	•		
Deferred Compensation	N/A		•	•		•	•	•		
YMCA	N/A	•	•	•		Anytime			•	
Lincoln Community Center	N/A	•		•		Anytime			•	
Aflac	N/A		•		•	Anytime			•	

# MEDICARE

Medicare is health insurance for people 65+, and some people under 65 with certain disabilities or conditions. Enrollment can occur three months prior to your 65<sup>th</sup> birthday or upon loss of other health insurance coverage, such as an employer plan. Medicare only offers individual coverage and does not offer plans for spouses or dependents. If you maintain health insurance through Miami County in addition to Medicare coverage, the County plan will be the primary payer.

When an employee first enrolls in Medicare, there are two primary coverage options:

ORIGINAL MEDICARE	MEDICARE ADVANTAGE (PART C)
<p>Original Medicare includes Part A and Part B. Part A covers inpatient care in hospitals, hospice, home health care, etc. Part B covers services from doctors and other healthcare providers, including outpatient care, preventative services, durable medical equipment, etc.</p>	<p>Medicare Advantage is a Medicare-approved plan from a private company that offers an alternative to Original Medicare for your health and drug coverage. These “bundled” plans include Part A, Part B, and <i>usually</i> Part D.</p>
<p>You can join a separate Medicare drug plan to get Medicare drug coverage (Part D).</p>	<p>In most cases, you will need to use doctors who are in the plan’s network.</p>
<p>You can use any doctor or hospital that takes Medicare, anywhere in the US.</p>	<p>Plans may have lower out-of-pocket costs than Original Medicare.</p>
<p>To help pay your out-of-pocket costs in Original Medicare (like your 20% co-insurance), you can also buy supplemental coverage, like Medicare Supplement Insurance (Medigap), or have coverage from a former employer, union, or Medicaid.</p>	<p>Plans may have some extra benefits that Original Medicare does not cover – like vision, hearing, and dental services.</p>

To learn more or sign-up for Medicare, visit [www.medicare.gov](http://www.medicare.gov) or call 1-800-633-4227.



**Did you know that as a Miami County employee, you have access to no-cost, local resources to help with Medicare?** Miami County’s insurance broker, Benefits Analysis Corporation, is available to provide assistance and guidance with the Medicare process. Contact Michael Dugan at 937-335-5751 to schedule a personalized, one-on-one session.

## CONTINUING COVERAGE UNDER COBRA

To help you continue your health coverage, Congress passed the Consolidated Omnibus Reconciliation Act (COBRA) in 1986. Under COBRA, you are eligible to purchase medical only, dental/vision only, or medical/dental/vision coverage under certain circumstances when your group health plan coverage with Miami County ends. If you are a Miami County employee and have medical, dental and/or vision coverage, you and your covered family members have the right to elect COBRA continuation coverage for up to 18 months if your coverage is lost because of one of these qualifying events:

- Your employment ends for a reason other than gross misconduct *or*
- Your work hours are reduced to the point where you no longer are eligible for benefits

The 18-month COBRA continuation period may be extended to 29 months if you or a family member (who is a qualified beneficiary) is disabled according to Social Security at the time of one of the above qualifying events. This 11-month extension is available to all qualified beneficiaries who lose coverage due to termination of employment or a reduction of hours.

Covered family members have the right to choose COBRA continuation coverage for up to 36 months if coverage is lost for any of these qualifying events:

- Death of the employee
- Divorce or legal separation of the employee and spouse or dissolution of the
- Domestic partnership
- A child loses coverage (turns 26)

The Life and Disability plans have conversion options. Consult your plan documents for more information.

## 2025 PAYROLL DEDUCTIONS

Deductions are taken from the first and second paychecks of each month. There are two months with a third paycheck from which no benefit deductions are taken. These third payrolls are noted in the table below in bold with an asterisk.

Payroll deductions are taken one month in advance for all benefits except Aflac, HSA, and Flex Spending, which are taken for the current month. ***See the end of this guide for a printable 2025 Payroll Calendar.***



### QUESTIONS?

Your HR team is here to help you 24/7 with any questions or concerns you may throughout open enrollment process. Using ASK HR, schedule an appointment to meet with an HR team member individually or submit your question and we will respond within 24 business hours.

Scan/click the QR code or click on the icon at any point in the UKG Open Enrollment module.

# GLOSSARY

## ALLOWED AMOUNT

This is the maximum payment the plan will pay for a covered health service. May also be called “eligible expense”, “payment allowance”, or “negotiated rate.”

## APPEAL

A request that your health insurer or plan review a decision that denies a benefit or payment (either in whole or in part.)

## BALANCE BILLING

When a provider bills you for the balance remaining on the bill that your plan does not cover. This amount is the difference between the actual billed amount and the allowed amount. For example, if the provider’s charge is \$100 and the allowed amount is \$40, the provider may bill you for the remaining \$60. This happens most often when you see an out-of-network provider. A network provider may not balance bill you for covered services.

## COPAY

A flat dollar amount paid for certain services. Your copay does not count toward your deductible or max out of pocket.

## COINSURANCE

The split-cost percentage between the plan and the member for services after the deductible has been met. For example, if you have a 20% coinsurance after meeting your deductible, you will pay \$40 for a covered service that costs \$200.

## DEDUCTIBLE

The amount you pay for covered healthcare services before your insurance plan starts to pay some or all of the covered charges. Deductibles reset on January 1. An overall deductible applies to all or almost all covered items and services. A plan with an overall deductible may also have separate deductibles that apply to specific services or groups of services. A plan may also have only separate deductibles. (For example, if your deductible is \$1,000, your plan will not pay anything until you have met your \$1,000 deductible for covered health services subject to the deductible.)

## DEPENDENT

Plans offered through Miami County allow employees to cover a dependent up to age 26, regardless of marital or student status, through the end of the month in which they turn 26. Children with disabilities who meet certain criteria may continue health coverage past age of 26 with proof of disability.

## DIAGNOSTIC CARE

Diagnostic care given to diagnose or treat existing symptoms.

## EMERGENCY MEDICAL CONDITION

An illness, injury, or symptom (including severe pain), or condition severe enough to risk serious danger to your health if you did not get medical attention right away. If you did not get immediate medical attention you could reasonably expect one of the following: 1) Your health would be put in serious danger; 2) You would have serious problems with bodily functions; or 3) You would have serious damage to any part or organ of your body.

## FORMULARY

A list of drugs your plan covers. A formulary may include how much your share of the cost is for each drug. Your plan may put drugs in different cost-sharing levels or tiers. For example, a formulary may include generic drug and brand name drug tiers and different cost-sharing amount will apply to each tier.

## MEDICALLY NECESSARY

Health care services or supplies needed to prevent, diagnose, or treat an illness, injury, condition, disease, or its symptoms, including habilitation, and that meet accepted standards of medicine.

## NETWORK

Within the medical, dental and vision plans you have the freedom to use any provider. However, when you use an in-network provider, the amount you pay out-of-pocket will be based on a negotiated fee, which is usually lower than the actual charges. If you use a provider who is outside of the network, you may be responsible for paying the difference between the negotiated amount and what the provider originally billed.

## OUT OF POCKET MAXIMUM

The amount of money you could pay during a plan year before insurance pays 100% of all covered services. Coinsurance does count toward your annual out of pocket maximum.

## PLAN

Health coverage issued to you directly (individual plan) or through an employer, union, or other group sponsor (employer group plan) that provides for certain health care costs. Also called “health insurance plan,” “policy,” “health insurance policy,” or “health insurance.”

## PREAUTHORIZATION

A decision by your health insurer or plan that a health care service, treatment plan, prescription drug, or durable medical equipment (DME) is medically necessary. Sometimes called “precertification” or “prior approval.” Your health insurance or plan may require preauthorization for certain services before you receive them, except in an emergency.

## PREMIUM

The amount you pay from your paycheck for your insurance.

## PREVENTATIVE CARE

Routine care, such as an annual physical, intended to keep you healthy. A service is considered preventative if there are no signs of illness and no indication that diagnostic services or treatment are needed.

## PROVIDER

An individual or facility that provides health care services. Some examples of a provider include a doctor, nurse, chiropractor, physician assistant, hospital, surgical center, skilled nursing facility, and rehabilitation center. The plan may require the provider to be licensed, certified, or accredited as required by state law.

## SCREENING

A type of preventative care that includes tests or exams to detect the presence of something, usually performed when you have no symptoms, signs, or prevailing medical history of a disease or condition.

## SPECIALIST

A provider focusing on a specific area of medicine or a group of patients to diagnose, manage, prevent, or treat certain types of symptoms and conditions.

## SPECIALTY DRUG

A type of prescription drug that, in general, requires special handling or ongoing monitoring and assessment by a health care professional, or is relatively difficult to dispense. Generally, specialty drugs are the most expensive drugs on a formulary.

## UCR (Usual, Customary, and Reasonable)

The amount paid for a medical service in a geographic area based on what providers in the area usually charge for the same or similar medical service. The UCR amount sometimes is used to determine the allowed amount.

## URGENT CARE

Care for an illness, injury, or condition serious enough that a reasonable person would seek care right away, but not so severe as to require emergency room care.

# EMPLOYEE BENEFITS SELF-SERVICE

The UKG site and application are available from any location. You do not need to be on Miami County's system. If you have not recently logged into UKG you will be prompted to set up your Two-Factor Authentication options.

**STEP 1.** Log into UKG with your login credentials. Scan the QR code to the right or navigate to <https://secure6.saashr.com/ta/6163172.login?rnd=ZUW&%40rtm=1>

As a reminder, your User Name is your **First Initial + Last Initial + Last 4 Digits of Your Social Security Number**. Example: *Susie Hire 110-02-2023 = SH2023*

If you have forgotten your password, click **FORGOT PASSWORD** to reset it.



**STEP 2.** On the main page you will see **MY BENEFITS** on the left side of the screen.

Click on **START NEW EMPLOYEE ENROLLMENT** to begin the enrollment process,

New employee enrollment

Welcome to your new job! Begin choosing your benefits.

[Start new employee enrollment](#)

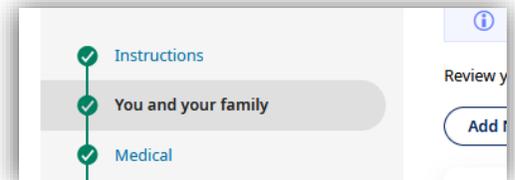
**STEP 3.** Next, review your contacts, dependents, and beneficiaries by clicking on **YOU AND YOUR FAMILY** is the place to update your contacts, dependents, and beneficiaries.

## CONTACT TYPES

Each contact must have at least one box checked.

Contact type

Emergency  Dependent  Beneficiary



**EMERGENCY** Contact in case of an emergency

**DEPENDENT** This individual will be listed as a possible enrollee on your benefit plans

**BENEFICIARY** This individual will be listed as a possible beneficiary for life insurance and AD&D products

The following information must be included on all contacts:

- Birthdate
- Address
- Social Security Number
- Relationship
- Student Status

**STEP 4.** Review your benefit selections. You will have the option to keep all of your current elections.

# **HOW YOUR ANTHEM PLAN COVERS MEDICAL PROCEDURES**

## TAKE THE GUESSWORK OUT OF USING YOUR HEALTH PLAN THROUGH MIAMI COUNTY & CEBCO

If you're having a medical procedure done, Anthem can help you prepare. Knowing how your health plan benefits work and what's covered can help you save money and use your plan with confidence. Here's how.

### TYPES OF CARE

How your health plan covers your procedure depends on why you're having it:

**PREVENTATIVE CARE** includes routine screening procedures, such as annual mammograms or colonoscopies. They're meant to catch issues early, before they become more serious. Your plan covers preventive procedures at 100% when you go to a care provider (doctor or other healthcare professional) in your plan's network. *You may also have out-of-pocket costs if the visit is to diagnose any issues and set a plan for treatment or more tests.*

**DIAGNOSTIC CARE** is when a doctor or specialist has suggested a procedure after they've diagnosed a health issue, such as a hip replacement or kidney stone removal. You are responsible for your share of the costs (coinsurance) and your deductible for this type of care.



Anthem's **SMART SHOPPER** is a free tool that not only can help you save money on your procedure but it can also put money in your pocket! From the Sydney app on your phone or Anthem's website, go to **PROGRAMS** and then click on **SMART SHOPPER**. Once you click on **LEARN MORE**, you will be taken to the page with instructions on how to get started! You can also call them direct at 844-328-1582.

Smart Shopper is like your own personal assistant! They will help you understand your options and schedule your appointment. When you choose a provider that is known for high-quality outcomes, you can earn cash rewards! Once Anthem pays your claim, you will receive a check in the mail in about 6 – 8 weeks.

### HOW YOUR PLAN WORKS WHEN YOU RECEIVE CARE

**Some medical procedures require Anthem's preapproval first.** Your doctor or specialist will take care of requesting the preapproval for you. You can follow up with your specialist or Anthem before your appointment to make sure approval was granted.

**If your plan uses copays (the PPO plan),** you'll pay a copay at the doctor's office or healthcare facility.

**If your plan has a deductible and coinsurance (High-Deductible plan),** you will have to meet your deductible before your health plan kicks in. Once you do, you and your plan will share costs of care.

**After the procedure, you will get a bill from your care provider** for your share of costs (coinsurance) – if there are any.

**Once you reach your out-of-pocket maximum,** your plan will cover 100% of the costs of care.

If you ever have cause to question the way a claim was paid, your first stop will be the insurance company. Anthem's claim processing team members are well-equipped to explain why a service was paid in a particular manner. The Anthem representatives have the most complete information regarding your claim. You also have the CEBCO team available for further review and clarification on difficult claims as well as the right to appeal how a claim was paid.



# HEALTH INSURANCE PLANS



Miami County employees have a choice between a traditional embedded PPO plan and an embedded high deductible plan in 2025.

Both health insurance plans are offered through Anthem, through the county's partnership with CEBCO. Spouses are eligible for coverage, regardless of insurance available to them elsewhere.

The table to the right provides an overview of the in-network benefits available under the PPO and high deductible plan. Please see the plan documents or the following pages for more information on these plans, including out of network coverages.

The family deductibles and out-of-pocket maximums are embedded meaning the cost shares of one family member will be applied to both the individual deductible and individual out-of-pocket maximum; in addition, amounts for all covered family members apply to both the family deductible and family out-of-pocket maximum.

BENEFITS	PPO	HIGH DEDUCTIBLE
<b>SINGLE</b>		
Deductible	\$500	\$3,500
Max Out of Pocket	\$2,500	\$3,500
<b>FAMILY</b>		
Deductible	\$1,000	\$7,000
Max Out of Pocket	\$5,000	\$7,000
<b>SERVICES</b>		
Preventative Care	Covered in Full	Covered in Full
Primary Care	\$20 Copay	Deductible then 0%
Specialist Care	\$40 Copay	Deductible then 0%
Telehealth - Medical	Covered in Full	\$59
Telehealth - Behavioral	Covered in Full	\$80
Urgent Care	\$50 Copay	Deductible then 0%
Emergency Room	\$250	Deductible then 0%
Hospital	Deductible then 20%	Deductible then 0%
<b>PRESCRIPTIONS</b>		
30 Day		
Tier 1	\$10	Deductible then 0%
Tier 2	\$20	Deductible then 0%
Tier 3	\$40	Deductible then 0%
90 Day		
Tier 1	\$20	Deductible then 0%
Tier 2	\$40	Deductible then 0%
Tier 3	\$80	Deductible then 0%
Preventative Rx List	Not Applicable	Applicable

**No one member will pay more than the individual deductible and individual out-of-pocket maximum.**

**Biweekly pre-tax payroll deductions are shown to the right for each plan and coverage tier available.**

The Board of Miami County Commissioners pays approximately 86% of the monthly premiums for the high deductible plan and approximately 75% of the monthly premiums for the PPO plan. Payroll deductions for this benefit are taken only from the first and second payrolls of each month.

	PPO	HSA
<b>Rate per Check</b>	<b>You Pay</b>	<b>You Pay</b>
Employee	\$94.23	\$50.08
Employee + Child(ren)	\$169.26	\$89.97
Employee + Spouse	\$207.58	\$110.29
Family	\$282.56	\$150.20

# Your summary of benefits



## HIGH-DEDUCTIBLE ("HSA") PLAN

CEBCO

Anthem® Blue Cross and Blue Shield

Your Plan: Anthem Blue Access CEBCO Miami County PPO HSA Plan E1

Your Network: Blue Access

Effective Date: 1/1/2025

Visits with Virtual Care-Only Providers	Cost through our mobile app and website	
Primary Care, and medical services for urgent/acute care	No charge after deductible is met	
Mental Health & Substance Use Disorder Services	No charge after deductible is met	
Specialist care	0% coinsurance after deductible is met	
Covered Medical Benefits	Cost if you use an In-Network Provider	Cost if you use an Out-of-Network Provider
<b>Overall Deductible</b>	\$3,500 person / \$7,000 family	\$7,000 person / \$14,000 family
<b>Overall Out-of-Pocket Limit</b>	\$3,500 person / \$7,000 family	\$14,000 person / \$28,000 family
<p>EMBEDDED: The family deductible and out-of-pocket limit are embedded, meaning the cost shares of one family member will be applied to the per person deductible and per person out-of-pocket limit; in addition, amounts for all covered family members apply to both the family deductible and family out-of-pocket limit. No one member will pay more than the per person deductible or per person out-of-pocket limit.</p> <p>All medical deductibles, copayments and coinsurance apply to the out-of-pocket limit (excluding Out-of-Network Human Organ and Tissue Transplant (HOTT), Cellular and Gene Therapy services).</p> <p>In-Network and Out-of-Network deductibles and out-of-pocket limit amounts are separate and do not accumulate toward each other.</p>		
<p><b>Doctor Visits (virtual and office)</b> <i>You are encouraged to select a Primary Care Physician (PCP).</i></p>		
<b>Primary Care (PCP) and Mental Health and Substance Use Disorder Services</b> <i>virtual and office</i>	0% coinsurance after deductible is met	20% coinsurance after deductible is met
<b>Specialist Care</b> <i>virtual and office</i>	0% coinsurance after deductible is met	20% coinsurance after deductible is met
<b>Other Practitioner Visits</b>	0% coinsurance after deductible is met	20% coinsurance after deductible is met
<b>Maternity Doctor services</b> (prenatal/postnatal care and delivery)	0% coinsurance after deductible is met	20% coinsurance after deductible is met

Covered Medical Benefits	Cost if you use an In-Network Provider	Cost if you use an Out-of-Network Provider
<b>Retail Health Clinic</b> <i>for routine care and treatment of common illnesses; usually found in major pharmacies or retail stores.</i>	0% coinsurance after deductible is met	20% coinsurance after deductible is met
<u><b>Other Services in an Office</b></u>  <b>Allergy Testing</b>  <b>Prescription Drugs</b> <i>Dispensed in the office</i>  <b>Surgery</b>	0% coinsurance after deductible is met  0% coinsurance after deductible is met  0% coinsurance after deductible is met	20% coinsurance after deductible is met  20% coinsurance after deductible is met  20% coinsurance after deductible is met
<b>Preventive care / screenings / immunizations</b>	No charge	20% coinsurance after deductible is met
<b>Preventive Care for Chronic Conditions</b> <i>per IRS guidelines</i>	No charge	20% coinsurance after deductible is met
<u><b>Diagnostic Services</b></u>  <b>Lab</b> Office  Outpatient Hospital	0% coinsurance after deductible is met  0% coinsurance after deductible is met	20% coinsurance after deductible is met  20% coinsurance after deductible is met
<b>X-Ray</b>  Office  Outpatient Hospital	0% coinsurance after deductible is met  0% coinsurance after deductible is met	20% coinsurance after deductible is met  20% coinsurance after deductible is met
<b>Advanced Diagnostic Imaging</b> <i>for example: MRI, PET and CAT scans</i> Office  Outpatient Hospital	0% coinsurance after deductible is met  0% coinsurance after deductible is met	20% coinsurance after deductible is met  20% coinsurance after deductible is met
<u><b>Emergency and Urgent Care</b></u>  <b>Urgent Care</b>  <b>Emergency Room Facility Services</b>	0% coinsurance after deductible is met  0% coinsurance after deductible is met	20% coinsurance after deductible is met  Covered as In-Network

Covered Medical Benefits	Cost if you use an In-Network Provider	Cost if you use an Out-of-Network Provider
<b>Emergency Room Doctor and Other Services</b>  <b>Ambulance</b>	0% coinsurance after deductible is met  0% coinsurance after deductible is met	Covered as In-Network  Covered as In-network
<b>Outpatient Mental Health and Substance Use Disorder Services at a Facility</b>  Facility Fees  Doctor Services	0% coinsurance after deductible is met  0% coinsurance after deductible is met	20% coinsurance after deductible is met  20% coinsurance after deductible is met
<u><b>Outpatient Surgery</b></u>  <b>Facility Fees</b> Hospital  <b>Physician and other services including surgeon fees</b> Hospital	0% coinsurance after deductible is met  0% coinsurance after deductible is met	20% coinsurance after deductible is met  20% coinsurance after deductible is met
<u><b>Hospital (Including Maternity, Mental Health and Substance Use Disorder Services)</b></u>  <b>Facility Fees</b>  <b>Human Organ and Tissue Transplants</b> <i>Cornea transplants are treated the same as any other illness and subject to the medical benefits.</i>  <b>Physician and other services including surgeon fees</b>	0% coinsurance after deductible is met  0% coinsurance after deductible is met  0% coinsurance after deductible is met	20% coinsurance after deductible is met  20% coinsurance after deductible is met  20% coinsurance after deductible is met
<b>Home Health Care</b> <i>Coverage is limited to 100 visits per benefit period. Limits are combined for all home health services.</i>	0% coinsurance after deductible is met	20% coinsurance after deductible is met
<b>Rehabilitation and Habilitation services including physical, occupational and speech therapies.</b> <i>Coverage for occupational therapy is limited to 30 visits per benefit period, physical therapy is limited to 30 visits per benefit period and speech therapy is limited to 20 visits per benefit period.</i>  Office	0% coinsurance after deductible is met	20% coinsurance after deductible is met

Covered Medical Benefits	Cost if you use an In-Network Provider	Cost if you use an Out-of-Network Provider
<p>Outpatient Hospital</p>	<p>0% coinsurance after deductible is met</p>	<p>20% coinsurance after deductible is met</p>
<p><b>Manipulation Therapy</b> <i>office and outpatient hospital</i> Coverage is limited to 20 visits per benefit period.</p>	<p>0% coinsurance after deductible is met</p>	<p>20% coinsurance after deductible is met</p>
<p><b>Pulmonary rehabilitation</b> <i>office and outpatient hospital</i> Coverage is limited to 20 visits per benefit period.</p>	<p>0% coinsurance after deductible is met</p>	<p>20% coinsurance after deductible is met</p>
<p><b>Cardiac rehabilitation</b> <i>office and outpatient hospital</i> Coverage is limited to 36 visits per benefit period.</p>	<p>0% coinsurance after deductible is met</p>	<p>20% coinsurance after deductible is met</p>
<p><b>Dialysis/Hemodialysis</b> <i>office and outpatient hospital</i></p>	<p>0% coinsurance after deductible is met</p>	<p>20% coinsurance after deductible is met</p>
<p><b>Chemo/Radiation Therapy</b> <i>office and outpatient hospital</i></p>	<p>0% coinsurance after deductible is met</p>	<p>20% coinsurance after deductible is met</p>
<p><b>Skilled Nursing Care (facility)</b> <i>Coverage for Skilled Nursing and Inpatient Rehabilitation facility (includes services in an outpatient day rehabilitation program) is limited to 100 days combined per benefit period.</i></p>	<p>0% coinsurance after deductible is met</p>	<p>20% coinsurance after deductible is met</p>
<p><b>Inpatient Hospice</b></p>	<p>0% coinsurance after deductible is met</p>	<p>20% coinsurance after deductible is met</p>
<p><b>Durable Medical Equipment</b></p>	<p>0% coinsurance after deductible is met</p>	<p>20% coinsurance after deductible is met</p>
<p><b>Prosthetic Devices</b> <i>Coverage for wigs is limited to 1 item after cancer treatment per benefit period.</i></p>	<p>0% coinsurance after deductible is met</p>	<p>20% coinsurance after deductible is met</p>

Covered Medical Benefits	Cost if you use an In-Network Provider	Cost if you use an Out-of-Network Provider
<b>Pharmacy Deductible</b>	Combined with In-Network medical deductible	Combined with Out-of-Network medical deductible
<b>Pharmacy Out-of-Pocket Limit</b>	Combined with In-Network medical out-of-pocket limit	Combined with Out-of-Network medical out-of-pocket limit
<b>Prescription Drug Coverage</b> <b>Network: <i>Base Network</i></b> <b>Drug List: <i>National</i></b> <i>Drugs not included on the drug list will not be covered.</i>		
<b>Day Supply Limits:</b> <b>Retail Pharmacy</b> <i>30 day supply (cost shares noted below)</i> <b>Rx Maintenance 90 Pharmacy</b> <i>90 day supply (after 2 courtesy 30-day fills you will be required to purchase maintenance medications in 90-day fills at a M90 pharmacy or home delivery).</i> <b>Home Delivery Pharmacy</b> <i>90 day supply (maximum cost shares noted below). Maintenance medications are available through our home delivery pharmacy. You will need to call us on the number on your ID card to sign up when you first use the service.</i> <b>Specialty Pharmacy</b> <i>30 day supply (cost shares noted below for retail and home delivery apply). We may require certain drugs with special handling, provider coordination or patient education be filled by our designated specialty pharmacy. Drug cost share assistance programs may be available for certain specialty drugs.</i>		
<b>Tier 1 - Typically Generic</b>	0% coinsurance after deductible is met (retail and home delivery)	Not applicable
<b>Tier 2 - Typically Preferred Brand</b>	0% coinsurance after deductible is met (retail and home delivery)	Not applicable
<b>Tier 3 - Typically Non-Preferred Brand</b>	0% coinsurance after deductible is met (retail and home delivery)	Not applicable
<b>Specialty Medications (brand and generic)</b>	0% coinsurance after deductible is met (retail and home delivery)	No coverage

**Notes:**

- Dependent Age Limit: to the end of the month in which the child attains age 26.
- Members are encouraged to always obtain prior approval when using Out-of-Network Providers. Precertification will help the member know if the services are considered not medically necessary.
- No charge means no deductible/copayment/coinsurance up to the maximum allowable amount. 0% means no coinsurance up to the maximum allowable amount. However, when choosing an Out-of-Network Provider, the member is responsible for any balance due after the plan payment.
- If you have an office visit with your Primary Care Physician or Specialist at an Outpatient Facility (e.g., Hospital or Ambulatory Surgical Facility), benefits for Covered Services will be paid under "Outpatient Facility Services".
- Costs may vary by the site of service. Other cost shares may apply depending on services provided. Check your Certificate of Coverage for details.
- The limits for physical, occupational, and speech therapy, if any apply to this plan, will not apply if you get care as part of the Mental Health and Substance Use Disorder benefit.
- Ohio's House Bill 388 and the Federal No Surprises Act establish patient protections including from Out-of-Network Providers' surprise bills ("balance billing") for Emergency Care and other specified items or services. We will comply with these new state and federal requirements including how we process claims from certain Out-of-Network Providers.
- The representations of benefits in this document are subject to Ohio Department of Insurance (ODI) approval and are subject to change.

*This summary of benefits is a brief outline of coverage, designed to help you with the selection process. This summary does not reflect each and every benefit, exclusion and limitation which may apply to the coverage. For more details, important limitations and exclusions, please review the formal Evidence of Coverage (EOC). If there is a difference between this summary and the Evidence of Coverage (EOC), the Evidence of Coverage (EOC), will prevail.*

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# Your summary of benefits



## PPO PLAN

**CEBCO**

**Anthem® Blue Cross and Blue Shield**

**Your Plan: Anthem Blue Access CEBCO Miami County PPO Plan 1D/1D Med/Rx**

**Your Network: Blue Access**

**Effective Date: 1/1/2025**

Visits with Virtual Care-Only Providers		Cost through our mobile app and website	
Primary Care, and medical services for urgent/acute care	No charge medical deductible does not apply		
Mental Health & Substance Use Disorder Services	No charge medical deductible does not apply		
Specialist care	\$40 copay per visit medical deductible does not apply		
Covered Medical Benefits	Cost if you use an In-Network Provider	Cost if you use an Out-of-Network Provider	
Overall Deductible	\$500 person / \$1,000 family	\$1,000 person / \$2,000 family	
Overall Out-of-Pocket Limit	\$2,500 person / \$5,000 family	\$5,000 person / \$10,000 family	
<p>EMBEDDED: The family deductible and out-of-pocket limit are embedded, meaning the cost shares of one family member will be applied to the per person deductible and per person out-of-pocket limit; in addition, amounts for all covered family members apply to both the family deductible and family out-of-pocket limit. No one member will pay more than the per person deductible or per person out-of-pocket limit.</p> <p>All medical deductibles, copayments and coinsurance apply to the out-of-pocket limit(s).</p> <p>In-Network and Out-of-Network deductibles and out-of-pocket limit amounts are separate and do not accumulate toward each other.</p>			
<b>Doctor Visits (virtual and office)</b> <i>You are encouraged to select a Primary Care Physician (PCP).</i>			
Primary Care (PCP) and Mental Health and Substance Use Disorder Services <i>virtual and office</i>	\$20 copay per visit medical deductible does not apply	40% coinsurance after medical deductible is met	
Specialist Care <i>virtual and office</i>	\$40 copay per visit medical deductible does not apply	40% coinsurance after medical deductible is met	
<b>Other Practitioner Visits</b>			
Maternity Doctor services (prenatal/postnatal care and delivery)	20% coinsurance after medical deductible is met	40% coinsurance after medical deductible is met	

Covered Medical Benefits	Cost if you use an In-Network Provider	Cost if you use an Out-of-Network Provider
<b>Retail Health Clinic</b> for routine care and treatment of common illnesses; usually found in major pharmacies or retail stores.	\$20 copay per visit medical deductible does not apply	40% coinsurance after medical deductible is met
<p><b><u>Other Services in an Office</u></b></p> <p><b>Allergy Testing</b> When Allergy injections are billed separately by network providers, the member is responsible for a \$5 copay. When billed as part of an office visit, there is no additional cost to the member for the injection.</p> <p><b>Prescription Drugs</b> Dispensed in the office</p> <p><b>Surgery</b></p>	<p>20% coinsurance after medical deductible is met</p> <p>20% coinsurance after medical deductible is met</p> <p>\$40 copay per visit medical deductible does not apply*</p>	<p>40% coinsurance after medical deductible is met</p> <p>40% coinsurance after medical deductible is met</p> <p>40% coinsurance after medical deductible is met</p>
<b>Preventive care / screenings / immunizations</b>	No charge	40% coinsurance after medical deductible is met
<b>Preventive Care for Chronic Conditions</b> per IRS guidelines	No charge	40% coinsurance after deductible is met
<p><b><u>Diagnostic Services</u></b></p> <p><b>Lab</b></p> <p>Office</p> <p>Outpatient Hospital</p>	<p>No charge</p> <p>20% coinsurance after medical deductible is met</p>	<p>40% coinsurance after medical deductible is met</p> <p>40% coinsurance after medical deductible is met</p>
<p><b>X-Ray</b></p> <p>Office</p> <p>Outpatient Hospital</p>	<p>No charge</p> <p>20% coinsurance after medical deductible is met</p>	<p>40% coinsurance after medical deductible is met</p> <p>40% coinsurance after medical deductible is met</p>
<b>Advanced Diagnostic Imaging</b> for example: MRI, PET and CAT scans Office	20% coinsurance after medical deductible is met	40% coinsurance after medical deductible is met

Covered Medical Benefits	Cost if you use an In-Network Provider	Cost if you use an Out-of-Network Provider
Outpatient Hospital	20% coinsurance after medical deductible is met	40% coinsurance after medical deductible is met
<p><b><u>Emergency and Urgent Care</u></b></p> <p><b>Urgent Care</b> includes doctor services. Additional charges may apply depending on the care provided.</p> <p><b>Emergency Room Facility Services</b> Your copay will be waived if admitted.</p> <p><b>Emergency Room Doctor and Other Services</b></p> <p><b>Ambulance</b></p>	<p>\$50 copay per visit medical deductible does not apply</p> <p>\$250 copay per visit and 0% coinsurance medical deductible does not apply</p> <p>0% coinsurance medical deductible does not apply</p> <p>20% coinsurance after medical deductible is met</p>	<p>40% coinsurance after medical deductible is met</p> <p>Covered as In-Network</p> <p>Covered as In-Network</p> <p>Covered as In-Network</p>
<p><b>Outpatient Mental Health and Substance Use Disorder Services at a Facility</b></p> <p>Facility Fees</p> <p>Doctor Services</p>	<p>20% coinsurance after medical deductible is met</p> <p>20% coinsurance after medical deductible is met</p>	<p>40% coinsurance after medical deductible is met</p> <p>40% coinsurance after medical deductible is met</p>
<p><b><u>Outpatient Surgery</u></b></p> <p><b>Facility Fees</b></p> <p>Hospital</p> <p><b>Physician and other services</b> including surgeon fees</p> <p>Hospital</p>	<p>20% coinsurance after medical deductible is met</p> <p>20% coinsurance after medical deductible is met</p>	<p>40% coinsurance after medical deductible is met</p> <p>40% coinsurance after medical deductible is met</p>

Covered Medical Benefits	Cost if you use an In-Network Provider	Cost if you use an Out-of-Network Provider
<p><b><u>Hospital (Including Maternity, Mental Health and Substance Use Disorder Services)</u></b></p> <p><b>Facility Fees</b></p> <p><b>Human Organ and Tissue Transplants</b> <i>Cornea transplants are treated the same as any other illness and subject to the medical benefits.</i></p> <p><b>Physician and other services</b> <i>including surgeon fees</i></p>	<p>20% coinsurance after medical deductible is met</p> <p>20% coinsurance after medical deductible is met</p> <p>20% coinsurance after medical deductible is met</p>	<p>40% coinsurance after medical deductible is met</p> <p>40% coinsurance after medical deductible is met</p> <p>40% coinsurance after medical deductible is met</p>
<p><b>Home Health Care</b> <i>Coverage is limited to 100 visits per benefit period. Limits are combined for all home health services.</i></p>	<p>20% coinsurance after medical deductible is met</p>	<p>40% coinsurance after medical deductible is met</p>
<p><b>Rehabilitation and Habilitation services</b> <i>including physical, occupational and speech therapies.</i> <i>Coverage for occupational therapy is limited to 30 visits per benefit period, physical therapy is limited to 30 visits per benefit period and speech therapy is limited to 20 visits per benefit period.</i></p> <p>Office</p> <p>Outpatient Hospital</p> <p><b>Manipulation Therapy</b> <i>Coverage is limited to 12 visits per benefit period.</i></p> <p>Office</p> <p>Outpatient Hospital</p>	<p>\$40 copay per visit medical deductible does not apply</p> <p>20% coinsurance after medical deductible is met</p> <p>\$40 copay per visit medical deductible does not apply</p> <p>20% coinsurance after medical deductible is met</p>	<p>40% coinsurance after medical deductible is met</p>
<p><b>Pulmonary rehabilitation</b> <i>Coverage is limited to 20 visits per benefit period.</i></p> <p>Office</p>	<p>\$40 copay per visit medical deductible does not apply</p>	<p>40% coinsurance after medical deductible is met</p>

Covered Medical Benefits	Cost if you use an In-Network Provider	Cost if you use an Out-of-Network Provider
Outpatient Hospital	20% coinsurance after medical deductible is met	40% coinsurance after medical deductible is met
<p><b>Cardiac rehabilitation</b> <i>Coverage is limited to 36 visits per benefit period.</i></p> <p>Office</p> <p>Outpatient Hospital</p>	<p>\$40 copay per visit medical deductible does not apply</p> <p>20% coinsurance after medical deductible is met</p>	<p>40% coinsurance after medical deductible is met</p> <p>40% coinsurance after medical deductible is met</p>
<p><b>Dialysis/Hemodialysis</b></p> <p>Office</p> <p>Outpatient Hospital</p>	<p>\$40 copay per visit medical deductible does not apply</p> <p>20% coinsurance after medical deductible is met</p>	<p>40% coinsurance after medical deductible is met</p> <p>40% coinsurance after medical deductible is met</p>
<p><b>Chemo/Radiation Therapy</b></p> <p>Office</p> <p>Outpatient Hospital</p>	<p>\$40 copay per visit medical deductible does not apply<sup>‡</sup></p> <p>20% coinsurance after medical deductible is met</p>	<p>40% coinsurance after medical deductible is met</p> <p>40% coinsurance after medical deductible is met</p>
<p><b>Skilled Nursing Care (facility)</b> <i>Coverage for Skilled Nursing and Inpatient Rehabilitation facility (includes services in an outpatient day rehabilitation program) is limited to 90 days combined per benefit period.</i></p>	20% coinsurance after medical deductible is met	40% coinsurance after medical deductible is met
<b>Inpatient Hospice</b>	20% coinsurance after medical deductible is met	40% coinsurance after medical deductible is met
<b>Durable Medical Equipment</b>	20% coinsurance after medical deductible is met	40% coinsurance after medical deductible is met
<p><b>Prosthetic Devices</b> <i>Coverage for wigs is limited to 1 item after cancer treatment per benefit period.</i></p>	20% coinsurance after medical deductible is met	40% coinsurance after medical deductible is met

Covered Medical Benefits	Cost if you use an In-Network Provider	Cost if you use an Out-of-Network Provider
<b>Pharmacy Out-of-Pocket Limit</b>	\$2,500 Person \$5,000 Family	Not applicable
<b>Prescription Drug Coverage</b> <b>Network: <i>Base Network</i></b> <b>Drug List: <i>National</i></b> <i>Drugs not included on the drug list will not be covered.</i>		
<b>Day Supply Limits:</b> <b>Retail Pharmacy</b> <i>30 day supply (cost shares noted below)</i> <b>Rx Maintenance 90 Pharmacy</b> <i>90 day supply (after 2 courtesy 30-day fills you will be required to purchase maintenance medications in 90-day fills at a M90 pharmacy or home delivery).</i> <b>Home Delivery Pharmacy</b> <i>90 day supply (maximum cost shares noted below). Maintenance medications are available through our home delivery pharmacy. You will need to call us on the number on your ID card to sign up when you first use the service.</i> <b>Specialty Pharmacy</b> <i>30 day supply (cost shares noted below for retail and home delivery apply). We may require certain drugs with special handling, provider coordination or patient education be filled by our designated specialty pharmacy. Drug cost share assistance programs may be available for certain specialty drugs.</i>		
<b>Tier 1 - Typically Generic</b>	\$10 copay per prescription (retail) and \$20 copay per prescription (home delivery)	Not applicable
<b>Tier 2 - Typically Preferred Brand</b>	\$20 copay per prescription (retail) and \$40 copay per prescription (home delivery)	Not applicable
<b>Tier 3 - Typically Non-Preferred Brand</b>	\$40 copay per prescription (retail) and \$80 copay per prescription (home delivery)	Not applicable
<b>Specialty Medications (brand and generic)</b>	\$40 copay per prescription	No coverage

**Notes:**

- Dependent Age Limit: to the end of the month in which the child attains age 26.
- Members are encouraged to always obtain prior approval when using Out-of-Network Providers. Precertification will help the member know if the services are considered not medically necessary.
- No charge means no deductible/copayment/coinsurance up to the maximum allowable amount. 0% means no coinsurance up to the maximum allowable amount. However, when choosing an Out-of-Network Provider, the member is responsible for any balance due after the plan payment.
- The Primary Care Physician and Specialist office visit copay applies to both office and facility based office visits for evaluation and management services only.
- Costs may vary by the site of service. Other cost shares may apply depending on services provided. Check your Certificate of Coverage for details.
- The limits for physical, occupational, and speech therapy, if any apply to this plan, will not apply if you get care as part of the Mental Health and Substance Use Disorder benefit.
- ‡ You will pay the PCP's office visit copay when services are provided in their office.
- If you have received Urgent Care at an Outpatient Facility (e.g., Hospital or Ambulatory Surgical Facility), benefits for Covered Services will be paid under "Outpatient Facility Services" which is generally coinsurance or coinsurance after your deductible is met.
- Ohio's House Bill 388 and the Federal No Surprises Act establish patient protections including from Out-of-Network Providers' surprise bills ("balance billing") for Emergency Care and other specified items or services. We will comply with these new state and federal requirements including how we process claims from certain Out-of-Network Providers.
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*This summary of benefits is a brief outline of coverage, designed to help you with the selection process. This summary does not reflect each and every benefit, exclusion and limitation which may apply to the coverage. For more details, important limitations and exclusions, please review the formal Evidence of Coverage (EOC). If there is a difference between this summary and the Evidence of Coverage (EOC), the Evidence of Coverage (EOC), will prevail.*

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# PREVENTIVE RX DRUG LIST

(For High Deductible Plan Enrollees Only)

QUESTIONS? Contact  
Anthem at 833.930.1772

## PreventiveRx<sup>SM</sup> Drug List: Enhanced Plan (National Drug List)



PreventiveRx covers drugs that may keep you healthy because they may prevent illness and other health conditions. You can get the products on this list at low or no cost to you depending on your benefit.

This list includes only prescription products. Brand-name drugs are listed with a first capital letter. Non-brand drugs (generics) are in lowercase letters.

Brand-name drugs that have a generic equivalent available are not covered under this Preventive Rx benefit.

Not all drugs on this list may be covered by your plan. Some drugs, such as those used for cosmetic purposes, may be excluded from your benefits. Please refer to your Certificate or Evidence of Coverage for coverage limitations and exclusions.

### ASTHMA

Advair HFA  
albuterol sulfate hfa  
albuterol sulfate  
nebulization soln, syrup,  
tabs  
Arnuity Ellipta  
Breo Ellipta  
budesonide/formoterol  
aerosol  
budesonide inhalation  
suspension  
cromolyn sodium  
nebulization soln  
elixophyllin  
Flovent Diskus  
Flovent HFA  
fluticasone salmeterol blistr  
powder for inhalation  
levalbuterol nebulization  
soln  
levalbuterol tartrate HFA  
metaproterenol sulfate  
syrup, tabs  
montelukast  
Perforomist  
ProAir HFA  
ProAir RespiClick  
QVAR  
Serevent Diskus  
Spiriva Respimat  
Symbicort  
terbutaline sulfate injection,  
tabs  
Theo-24  
theochron  
theophylline, ER, CR  
Ventolin HFA  
wixela inhub  
zafirlukast

### BLOOD CLOTS

Brilinta

Eliquis  
heparin  
jantoven  
warfarin  
Xarelto

### DIABETES

*Diabetic supplies including blood glucose meters, test strips and lancets require a prescription to be covered by this plan. Only blood glucose meters & blood glucose test strips by Lifescan & Roche will be covered by this benefit.*

acarbose  
ActoPlusMet XR  
alogliptin  
alogliptin/metformin  
alogliptin/pioglitazone  
chlorpropamide  
Farxiga  
glimepiride  
glipizide  
glipizide er/xl  
glipizide with metformin hcl  
glyburide  
glyburide with metformin  
hcl  
glyburide, micronized  
Humalog  
Humalog KwikPen  
Humulin  
Humulin KwikPen  
Insulin Lispro  
Insulin Lispro Junior  
Insulin Lispro Pen  
Insulin Lispro Protamin  
Janumet  
Janumet XR  
Januvia  
Jardiance

Lantus  
Lantus Solostar  
Levemir  
Levemir Flexpen  
Levemir FlexTouch  
metformin hcl  
metformin hcl er (Generic  
for Glucophage XR)  
miglitol  
nateglinide  
Ozempic  
pioglitazone  
pioglitazone- glimepiride  
pioglitazone- metformin  
repaglinide  
repaglinide- metformin  
Rybelsus  
Symlin  
Synjardy  
Synjardy XR  
tolazamide  
tolbutamide  
Toujeo  
Tresiba  
Tresiba Flextouch  
Trulicity  
Victoza  
Xigduo XR

### HEART HEALTH AND HIGH BLOOD PRESSURE

acebutolol hcl  
acetazolamide  
afeditab cr  
amiloride hcl  
amiloride/ hctz  
amlodipine besylate  
amlodipine/ benazepril  
amlodipine/ olmesartan  
amlodipine/ valsartan  
amlodipine/ valsartan/ hctz  
atenolol  
atenolol/ chlorthalidone

benazepril hcl  
benazepril hcl/ hctz  
betaxolol hcl  
Bidil  
bisoprolol fumarate  
bisoprolol fumarate/ hctz  
bumetanide  
candesartan  
candesartan/ hctz  
captopril  
captopril/ hctz  
cartia XT  
carvedilol  
carvedilol er  
chlorothiazide  
chlorthalidone  
clonidine tabs, patches  
digitek  
digox  
digoxin  
Dilatrate SR  
diltiazem cd  
diltiazem hcl  
diltiazem hcl er  
doxazosin mesylate  
enalapril maleate  
enalapril/ hctz  
epplerenone  
eprosartan  
ethacrynic acid tabs  
ezetimibe  
ezetimibe/simvastatin  
felodipine er  
fosinopril sodium  
fosinopril/ hctz  
furosemide  
guanfacine hcl  
hydralazine hcl  
hydrochlorothiazide  
indapamide  
irbesartan  
irbesartan/ hctz

## PreventiveRx<sup>SM</sup> Drug List: Enhanced Plan (National Drug List)



isosorbide dinitrate  
isosorbide dinitrate er  
isosorbide mononitrate  
isosorbide mononitrate er  
isradipine  
labetalol hcl  
lisinopril  
lisinopril/ hctz  
losartan  
losartan/ hctz  
matzim la  
methazolamide  
methylothiazide  
methyldopa  
methyldopa/ hctz  
metolazone  
metoprolol succinate er  
metoprolol tartrate  
metoprolol tart/ hctz  
minitran  
minoxidil  
moexipril hcl  
moexipril/ hctz  
nadolol  
nadolol/  
  bendroflumethiazide  
nicardipine hcl  
nifedipine  
nifedipine er  
nimodipine  
nisoldipine er  
Nitro-Dur 0.3, 0.8mg/ hr  
nitroglycerin  
nitroglycerin 400 mcg spray  
nitroglycerin er  
nitroglycerin lingual  
nitroglycerin sl tabs  
olmesartan  
olmesartan/ hctz  
olmesartan/amlodipine/  
  hctz  
perindopril  
pindolol  
prazosin hcl  
propranolol hcl  
propranolol hcl er  
propranolol/ hctz  
quinapril hcl  
quinapril/ hctz  
ramipril  
ranolazine er  
sorine

sotalol hcl  
sotalol hcl af  
spironolactone  
spironolactone/ hctz  
taztia xt  
telmisartan  
telmisartan/ amlodipine  
telmisartan/ hctz  
terazosin hcl  
tiadylt  
timolol maleate tablet  
torsemide  
trandolapril  
trandolapril/ verapamil  
triamterene/ hctz  
valsartan  
valsartan/ hctz  
verapamil hcl  
verapamil hcl er

### HEART RATE AND RHYTHM

amiodarone  
disopyromide  
flecainide  
mexiletine  
Norpace CR  
pacerone  
propafenone  
propafenone ER  
quinadine  
quinidine ER, CR

### HIGH CHOLESTEROL

atorvastatin  
atorvastatin/ amlodipine  
cholestyramine  
cholestyramine light  
colesevelam  
colestipol hcl  
ezetimibe  
ezetimibe-simvastatin  
fenofibrate (43, 50, 67, 130,  
  134, 150, 200 mg capsules  
  & 40, 48, 54, 120, 145,  
  160mg tablets)  
fenofibric acid  
fluvastatin  
fluvastatin ER  
gemfibrozil  
lovastatin  
niacin ER

pravastatin  
prevalite  
rosuvastatin  
simvastatin

### MALARIA

atovaquone/proguanil  
chloroquine  
mefloquine  
primaquine

### MENTAL HEALTH

amitriptyline  
amoxapine  
aripiprazole  
aripiprazole ODT  
bupropion  
bupropion SR  
bupropion XL  
carbamazepine  
carbamazepine ER  
chlorpromazine  
citalopram  
clomipramine  
clozapine  
clozapine ODT  
desipramine  
desvenlafaxine ER  
Dilantin  
divalproex sodium DR, ER  
Doxepin  
duloxetine  
Epitol  
escitalopram  
ethosuximide  
felbamate  
fluoxetine tablets 10 mg, 20  
  mg  
fluoxetine capsules, solution  
fluoxetine DR  
fluphenazine  
fluvoxamine  
fluvoxamine ER  
gabapentin  
haloperidol tablets  
Imipram  
imipramine tablets,  
  capsules  
lamotrigine  
lamotrigine ER  
lamotrigine ODT  
levetiracetam

levetiracetam ER  
lithium  
lithium ER  
loxapine  
maprotiline  
mirtazapine  
mirtazapine ODT  
molindone  
nefazodone  
nortriptyline  
olanzapine  
olanzapine ODT  
oxcarbazepine  
paliperidone ER  
paroxetine  
paroxetine ER  
perphenazine  
phenelzine  
phenytoin  
phenytoin ER  
pregabalin  
primidone  
prochlorperazine  
protriptylin  
quetiapine  
quetiapine ER  
risperidone  
risperidone ODT  
roweepra  
sertraline  
subvenite  
thioridazine  
thiothixene  
tiagabine  
topiramate  
topiramate ER  
tranlycypromine  
trazodone  
trifluoperazine  
trimipramine  
TrokenDI XR  
valproic acid  
venlafaxine  
venlafaxine ER  
ziprasidone  
zonisamide

Combipatch  
dotti  
estradiol tab, patch  
estradiol/  
  norethindrone  
  acetate  
estropiate  
Fosamax Plus D  
ibandronate sodium  
  tablets  
Jevantique  
jinteli  
medroxyprogesterone  
  acetate  
Menest  
norethindrone-ethinyl  
  estradiol  
Premarin tablets  
Premphase  
Prempo  
raloxifene  
risedronate

### STROKE

aspirin- dipyridamole  
  ER  
cilostazol  
clopidogrel bisulfate  
dipyridamole  
prasugrel

*This list may change without notice which may affect your benefit coverage. To be sure your medication is covered under the PreventiveRx benefit, call the member services number located on your ID card.*

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. Copies of Colorado network access plans are available on request from member services or can be obtained by going to [anthem.com/co/networkaccess](http://anthem.com/co/networkaccess). In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE<sup>SM</sup> Managed Care, Inc. (RIT), Healthy Alliance<sup>SM</sup> Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), underwrites or administers PPO and indemnity policies and underwrites the out-of-network benefits in POS policies offered by CompCare Health Services Insurance Corporation (CompCare) or Wisconsin Collaborative Insurance Corporation (WCIC). CompCare underwrites or administers HMO or POS policies; WCIC underwrites or administers Well Priority HMO or POS policies. Independent licensees of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

A00526ANMENABS Rev. 4/1/2021

# CHOOSING A PLAN WISELY

To determine the maximum potential cost of each plan, you must consider all factors including your payroll deductions, out of pocket expenses and, for those enrolled in the high deductible plan, Miami County’s HSA contribution. It is also critical that you understand the difference between the high deductible and PPO plans.

## EXAMPLE

The graphic below is an illustrative example of how the deductibles and out-of-pocket maximums compare among the two different plans for employee-only coverage. The deductibles and max out of pocket amounts for the two plans are as follow:

	<u>PPO PLAN</u>	<u>HDHP</u>
Annual Deductible	\$500	\$3,500
Max Out of Pocket (MOOP)	\$2,500	\$3,500
Co-Insurance	20%	N/A

### Example 1

Abigail goes to the emergency room in January for chest pains. The physicians determine that she does not need to be admitted through a series of tests. She has had no claims submitted to insurance so far this year.

She has received \$250 toward her HSA account from the County.

The hospital bills Abigail’s insurance for \$7,441 and the insurance company determines that **\$2,432** is the allowable amount per the contract.

		<u>PPO</u>	<u>HDHP</u>
<b>DEDUCTIBLE</b>	Applied	\$500	\$2,432
	Met	Yes	No
	Remaining	\$0	\$1,068
<b>PPO CO-INSURANCE</b> <i>20% of balance after deductible</i>		\$386	N/A
<b>HSA CONTRIBUTION</b>		N/A	\$250
<b>EMPLOYEE OUT OF POCKET COST</b> <i>Deductible + Co-Insurance - HSA</i>		\$886	\$2,182
<b>MAX OUT OF POCKET</b>	Applied	\$886	\$2,432
	Met	No	No
	Remaining	\$1,614	\$1,068

### Example 2

Abigail has a procedure done in May. She had no other claims submitted between her January ER visit and this procedure.

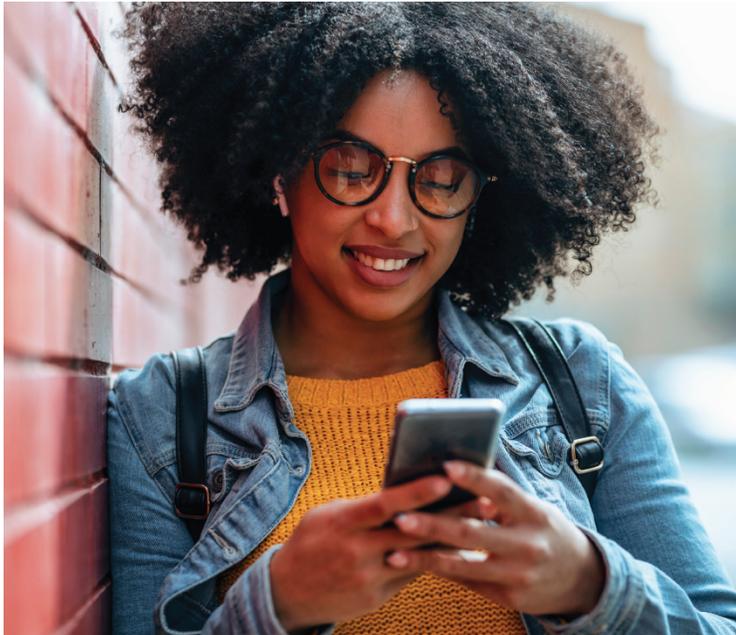
She received a second HSA deposit of \$250 in April. Only the PPO deductible has been met. Neither max out of pocket has been reached.

The provider bills Abigail’s insurance for \$2,836 and the insurance company determines that **\$1,245** is the allowable amount per the contract.

		<u>PPO</u>	<u>HDHP</u>
<b>DEDUCTIBLE</b>	Applied	\$0	\$1,068
	Met	Yes	Yes
	Remaining	\$0	\$0
<b>PPO CO-INSURANCE</b> <i>20% of balance after deductible</i>		\$249	N/A
<b>HSA CONTRIBUTION</b>		N/A	\$250
<b>EMPLOYEE OUT OF POCKET COST</b> <i>Deductible + Co-Insurance - HSA</i>		\$249	\$818
<b>MAX OUT OF POCKET</b>	Applied	\$249	\$3,500
	Met	No	Yes
	Remaining	\$1,365	\$0

It is also important to keep in mind that Abigail would pay \$44.15 more per pay (or \$1,059.60 annually) to be on the PPO plan. However, she will also receive another \$250 HSA deposit from the County in July and another in October.

# SYDNEY HEALTH APP



Anthem.



## The Sydney Health mobile app makes healthcare easier

Access personalized health and wellness information wherever you are

Use Sydney<sup>SM</sup> Health to keep track of your health and benefits — all in one place. With a few taps, you can quickly access your plan details, Member Services, virtual care, and wellness resources. Sydney Health stays one step ahead — moving your health forward by building a world of wellness around you.

### Find Care

Search for doctors, hospitals, and other healthcare professionals in your plan's network and compare costs. You can filter providers by what is most important to you, such as gender, languages spoken, or location. You'll be matched with the best results based on your personal needs.

### My Health Dashboard

Use My Health Dashboard to find news on health topics that interest you, health and wellness tips, and personalized action plans that can help you reach your goals. It also offers a customized experience just for you, such as syncing your fitness tracker and scanning and tracking your meals.

### Chat

If you have questions about your benefits or need information, Sydney Health can help you quickly find what you're looking for and connect you to an Anthem representative.

### Virtual Care

Connect directly to care from the convenience of home. Assess your symptoms quickly using the Symptom Checker or talk to a doctor via chat or video session.

### Community Resources

This resource center helps you connect with organizations offering no-cost and reduced-cost programs to help with challenges such as food, transportation, and child care.

### My Health Records

See a full picture of your family's health in one secure place. Use a single profile to view, download, and share information such as health histories and electronic medical records directly from your smartphone or computer.



## Download the Sydney Health app today

Use the app anytime to:

- Find care and compare costs.
- See what's covered and check claims.
- View and use digital ID cards.
- Check your plan progress.
- Fill prescriptions.



Scan the QR code to download the Sydney Health app.

You can also set up an account at [anthem.com/register](https://anthem.com/register) to access most of the same features from your computer.

**For technical support call:**  
866-755-2680

In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare professional in your plan's network. If you receive care from a doctor or healthcare professional not in your plan's network, your share of the costs may be higher. You may also receive a bill for any charges not covered by your health plan.

Sydney Health is offered through an arrangement with Carlon Digital Platforms, a separate company offering mobile application services on behalf of your health plan. ©2020-2022 The Virtual Primary Care experience is offered through an arrangement with Hydrogen Health. Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. Copies of Colorado network access plans are available on request from member services or can be obtained by going to [anthem.com/az/networkaccess](https://anthem.com/az/networkaccess). In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE<sup>SM</sup> Managed Care, Inc. (RMC), Healthy Alliance<sup>SM</sup> Life Insurance Company (HALIC), and HMO Missouri, Inc. R1 and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. R17 and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. aka HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 122. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI) underwrites or administers PPO and indemnity policies and underwrites the out of network benefits in POS policies offered by Compare Health Services Insurance Corporation (Compare) or Wisconsin Collaborative Insurance Corporation (WCIC). Compare underwrites or administers HMO or POS policies, WCIC underwrites or administers Well Priority HMO or POS policies. Independent licensees of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.



## Support your health and well-being with the Sydney Health mobile app

For personalized support and health topics that interest you, Sydney<sup>SM</sup> Health offers useful health and wellness tips and individualized action plans that can help you reach your goals. You can also find and connect with clinical and well-being programs for a variety of topics, ranging from pregnancy to heart disease.

- **Set goals** - Answer ten questions about your health goals and Sydney Health will personalize your dashboard and show where you may be able to improve.
- **Learn about healthy living** - Find videos and online articles with tips on healthy living, including nutritionist-approved recipes and meal plans.
- **Track nutrition** - Scan food and labels with your smartphone camera for quick logging or use voice commands. Customize your nutrition goals based on your preferences, such as keto.
- **Keep moving** - Stay motivated with support throughout your journey that includes rewards, profile badges, and points to help you stay on track.
- **Personalize your action plan** - Work toward your health goals and make healthy choices that fit your lifestyle. Plans include getting active, eating healthier, losing weight, reducing stress, and sleeping better. You can even sync your wearable fitness device to the app for easy activity tracking.

Check out these features today by downloading the **Sydney Health app** and visiting **My Health Dashboard**.

### Download the Sydney Health app

Scan the QR code using the camera on your smartphone.



## You can sync your wearable device

To start tracking your activity\*:

- Log in to Sydney Health.
- Select **My Health Dashboard** and go to **Activity Tracking**.
- Select **Manage Devices/Apps**
  - If syncing an Apple® or Google™ device, use the Sydney Health app to connect and manage.
  - For other wearables, select from the list on the screen and follow the prompts and instructions.

### Earn rewards by making healthier choices

Your healthy choices deserve recognition. Find support on the Sydney Health app where you can access your benefit information and wellness rewards all in one place. Log in today to see if you're eligible to earn rewards by participating in activities such as tracking your steps, and completing a wellness exam, and reading educational articles.

### We're here to help

If you have questions, Sydney Health can help you quickly find what you're looking for and connect you to an Anthem representative.



\* The experience may vary for older devices.

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan. ©2020-2022.

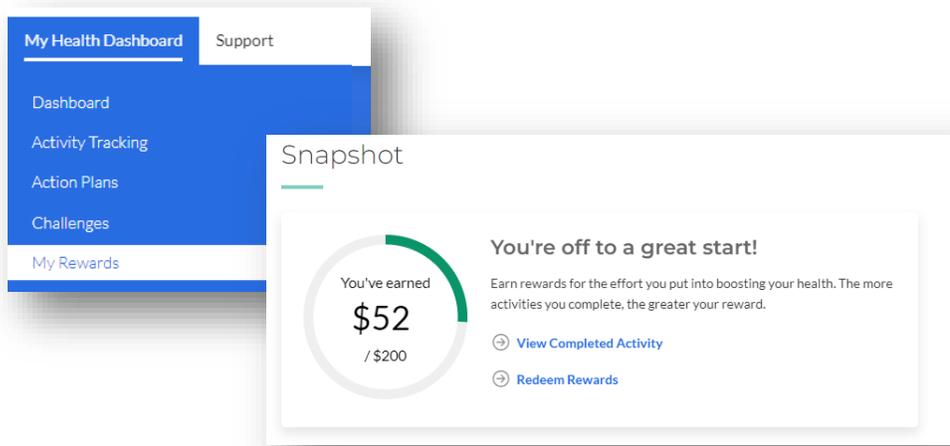
Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. Copies of Colorado network access plans are available on request from member services or can be obtained by going to [anthem.com/colnetworkaccess](http://anthem.com/colnetworkaccess). In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company, Inc. Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSW), underwrites or administers PPO and indemnity policies and underwrites the out-of-network benefits in POS policies offered by Comcare Health Services Insurance Corporation (Comcare) or Wisconsin Collaborative Insurance Corporation (WCIC). Comcare underwrites or administers HMO or POS policies; WCIC underwrites or administers Well Priority HMO or POS policies. Independent licensees of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

# WELLNESS AT MIAMI COUNTY

*EARN MONEY BY COMPLETING THESE HEALTHY ACTIVITIES!*

Employees and their covered spouses can each earn up to **\$200** for completing a number of rewardable activities between August 15, 2024 and August 14, 2025.

All activities and rewards are tracked and redeemed through the Sydney app or online at **Anthem.com** > MY HEALTH DASHBOARD > MY REWARDS.



*Redeem for Gift Cards*

**\$50**

Wellness Exam  
Log Daily Activity  
(\$2/50k Steps, up to \$50)

**\$25**

Cholesterol Test  
Colorectal Cancer Screening  
Complete a Team Challenge Goal  
ConditionCare Program  
Diabetic A1c Lab Test  
Health Profile  
Login to Sydney App  
Mammogram  
Prostate Exam  
Skin Cancer Screening



Amazon.com eGift Card



Apple Gift Card



GAP Options eGift Card



Home Depot eGift



Mastercard® Virtual



T.J.Maxx | Marshalls |



Target eGiftCard



Uber eGift

# SMARTSHOPPER

## Save money on health tests and procedures

SmartShopper helps you find the best value for high-quality care

We understand that medical procedures can be costly and can sometimes seem unpredictable. In fact, the same test or procedure can vary by hundreds or even thousands of dollars, depending on where you go. SmartShopper makes it easy to compare cost information about common health procedures. You can even earn cash\* rewards when you choose a health care provider known for high-quality outcomes.

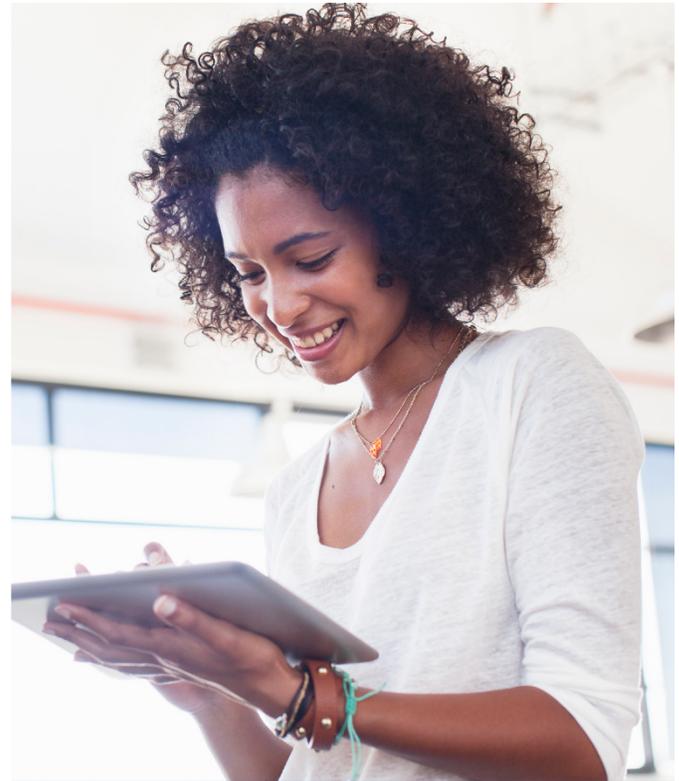
### Shop on your own or with a Personal Assistant

It's easy to use SmartShopper. Shop online at [smartshopper.com](https://smartshopper.com) or call the SmartShopper Personal Assistant Team. Your Personal Assistant will help you understand your options and schedule your appointment. You can reach a Personal Assistant by calling **1-866-285-7078** Monday to Thursday, 8 a.m. to 8 p.m. Eastern and Friday 8 a.m. to 6 p.m. Eastern.

### SmartShopper is easy to use

- 1 When your health care provider suggests a test or procedure, visit [smartshopper.com](https://smartshopper.com) or call the SmartShopper Personal Assistant Team at **1-866-285-7078**.
- 2 Choose where you would like to have your test or procedure. All of the SmartShopper options are in your plan's network.
- 3 After Anthem pays your claim, SmartShopper will mail you a reward check. Your check should arrive in about six weeks.

We are happy to offer you SmartShopper as part of your Anthem benefit plan. It's one more way that we can help you to save money and receive high-quality health care. To sign up, go to [smartshopper.com](https://smartshopper.com) or call the Personal Assistant Team at **1-866-285-7078**, Monday to Thursday, 8 a.m. to 8 p.m. Eastern and Friday 8 a.m. to 6 p.m. Eastern.



Earn cash rewards for choosing health care providers known for high-quality, lower-cost care.

Sample procedures and rewards

Test or procedure	Reward up to:
ACL repair by arthroscopy	\$250
Colonoscopy	\$250
Mammogram	\$50
Ultrasound	\$50
Physical therapy	\$150

For a full list of procedures and rewards, call the Personal Assistant team at **1-866-285-7078** or visit [smartshopper.com](https://smartshopper.com).



\* Reward payments may be taxable.

The SmartShopper program is provided by Sapphire Digital an independent company. Incentives available for select procedures only. Payments are a taxable form of income. Rewards may be delivered by check or an alternative form of payment. Members with coverage under Medicaid or Medicare are not eligible to receive incentive rewards under the SmartShopper program. Rewards are for select procedures only and reward payments may be taxable.

Anthem Blue Cross and Blue Shield is the trade name of Community Insurance Company, Independent licensee of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

# SWORD: A BETTER WAY TO FEEL BETTER.



LiveHealth Online  
Healthy Back & Joints  
sword



## Free for you

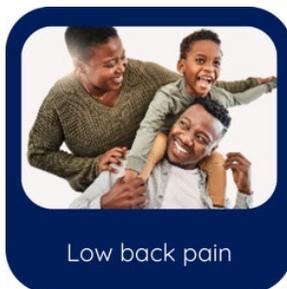
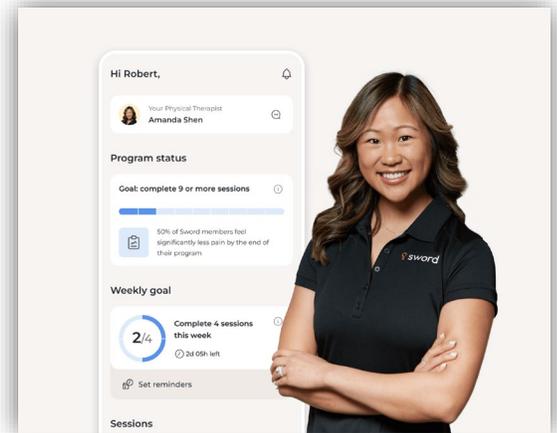
No cost to employees and their family members who are enrolled in one of Miami County's health insurance plans.

## Personalized programs

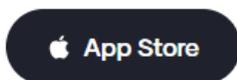
Every Sword program is tailored to your needs and adjusts as you progress.

## Anytime, anywhere

The care you need, from the comfort of home, or anywhere else that works for you.



Download the app and start today.



# LIVEHEALTH ONLINE: SEE A DOCTOR 24/7



## Connect with a doctor anytime, anywhere with LiveHealth Online

When you're not feeling well, you have access to virtual care visits using LiveHealth Online. Whether you have a cold, you're feeling anxious, or need help managing your medication, you can have face-to-face visits with a board-certified doctor, psychiatrist, or licensed therapist from your smartphone, tablet, or computer.

**Medical doctors are available 24/7 – no appointment needed.<sup>1</sup>**

Doctors can assess symptoms, provide a treatment plan, and prescribe or refill medications.<sup>2</sup> Care is available for health issues such as cold and flu symptoms, allergies, and sinus infections.

**Visit a licensed therapist in four days or less.<sup>3</sup>**

For help with mental health concerns such as anxiety, stress, and grief, you can connect to a licensed therapist or psychologist in four days or less and within two weeks with a psychiatrist.<sup>4,5</sup>

### What's the cost of a LiveHealth Online visit?

PPO plans are covered in full, H.S.A. plans pay:

- \$55 per visit with a medical doctor
- \$95 per visit with a dermatologist
- \$80 per visit with a licensed therapist
- \$95 per visit with a psychologist
- \$175 for an initial evaluation by a psychiatrist and \$75 for a follow-up visit

### Start using LiveHealth Online.

To register, go to [livehealthonline.com](https://livehealthonline.com) or download the free app. For a medical visit, log on, choose a doctor, and your visit will begin in minutes. For mental health visits, choose from the available dates to schedule your appointment. LiveHealth Online is secure and confidential.<sup>6</sup>

**Sign up for LiveHealth Online today  
and be ready when you need it.**

Go to [livehealthonline.com](https://livehealthonline.com) or download the free mobile app from the App Store® or Google Play™.



<sup>1</sup> Appointments may be needed for certain specialists.

<sup>2</sup> Prescription availability is defined by physician judgment.

<sup>3</sup> Appointments subject to availability of a therapist. Online counseling is not appropriate for all kinds of problems. If someone is in crisis or has suicidal thoughts, it's important that they seek help immediately by calling 800-764-2433 (National Suicide Prevention Lifeline) or 911. LiveHealth Online does not offer emergency services.

<sup>4</sup> Prescriptions determined to be a "controlled substance" (as defined by the Controlled Substances Act under federal law) cannot be prescribed using LiveHealth Online.

<sup>5</sup> Psychiatrists on LiveHealth Online will not offer counseling or talk therapy.

<sup>6</sup> LiveHealth Online is a HIPAA-compliant confidential video service.

LiveHealth Online is the trade name of Health Management Corporation, a separate company, providing telehealth services on behalf of Anthem Blue Cross and Blue Shield. Anthem Blue Cross and Blue Shield is the trade name of Community Insurance Company, Independent licensee of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.



# LARK: DIABETES PREVENTION



## A program focused on helping you improve your health Introducing digital diabetes prevention coaching

Roughly 88 million Americans are living with prediabetes but 84% aren't even aware they have it.<sup>1</sup> Prediabetes often doesn't cause symptoms, but it does increase the risk of developing type 2 diabetes, heart disease, and stroke. That's why Anthem has partnered with Lark to offer a diabetes prevention program that can help you determine if you're at risk for prediabetes and if needed, take steps to address it.

### This program can help you:



Lose  
weight



Eat  
healthier



Increase  
activity



Sleep  
better



Manage  
stress

### Better health is within your reach

You can participate in this program at no extra cost as part of your health plan. Track your progress, check in with your coach, and learn more about prediabetes right in Lark's free mobile app. This program is flexible, convenient, and follows guidelines from the Centers for Disease Control and Prevention (CDC) to help you make small changes that can improve your health and decrease your risk over time.



## Weight loss with Lark

Losing weight can make a big difference in lowering your risk for type 2 diabetes. Lark members lose an average of 4.2% of their body weight in 12 months on the diabetes prevention program.<sup>2</sup> As part of the program, you receive a wireless scale at no extra cost to help you track your weight loss progress. Your scale also syncs with the Lark app so you can share updates with your coach.

## 24/7 coaching support

Losing weight and making lifestyle changes can feel intimidating even if you know it can lead to better health. Your coach can help you stay motivated. Send your coach a message anytime from anywhere and receive an immediate response and extra support when you need it most. During the course of the program, your coach will:

- Be available 24/7 through the Lark mobile app to provide personalized coaching.
- Customize your program based on your food preferences and lifestyle.
- Provide educational information on prediabetes and preventing type 2 diabetes.
- Help you learn about how stress affects your health and how to cope with it.

1 Centers for Disease Control and Prevention website: *Prediabetes – Your Chance to Prevent Type 2 Diabetes* (accessed October 2020): [cdc.gov](http://cdc.gov).

2 Lark internal data

Diabetes Prevention Program is provided by Lark, an independent company.

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. Copies of Colorado network access plans are available on request from member services or can be obtained by going to [anthem.com/co/networkaccess](http://anthem.com/co/networkaccess). In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), underwrites or administers PPO and indemnity policies and underwrites the out of network benefits in PDS policies offered by Compare Health Services Insurance Corporation (Compare) or Wisconsin Collaborative Insurance Corporation (WCIC). Compare underwrites or administers HMO or PDS policies; WCIC underwrites or administers Well Priority HMO or PDS policies. Independent licensees of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

Learn if you are at risk for prediabetes. Go to [lark.com/anthem](http://lark.com/anthem) and take a quick one-minute survey to see if you could benefit from Lark's diabetes prevention program.



You are in control of your health. Prevent diabetes and start improving your overall health and well-being today.

# CEBCO DIABETIC SUPPLY BENEFIT



Coverage for diabetic supplies for Durable Medical Equipment (DME) to control diabetes can be difficult to navigate. Some items are covered through prescription benefits while others are covered through medical benefits. To access benefits for diabetic supplies, you must have a prescription. The items listed below are covered at the levels indicated with a prescription through your benefit with **Anthem Rx** when purchased through a pharmacy.

### NO EXPENSE TO YOU

Lancets  
Test Strips  
Needles  
Syringes  
Ketone Strips

### COINSURANCE RESPONSIBILITY

Meters  
Alcohol Swabs  
Freestyle Libre  
Freestyle Libre 2  
Dexcom G6  
Omnipod  
Omnipod Dash

### DEDUCTIBLE & COINSURANCE

Infusion Sets  
Reservoirs  
Insulin Pump  
Tubing  
Pump Supplies

*These are considered supplies to equip Durable Medical Equipment (DME).*

*CEBCO's benefits for diabetic supplies follow accepted insurance guidelines*

# PROTECTING YOUR PRIVACY



## Protecting your privacy

### How we keep your information safe and secure

As a member, you have the right to expect us to protect your personal health information. We take this responsibility very seriously, following all state and federal laws, as well as our own policies.

You also have certain rights and responsibilities when receiving your healthcare. To understand how we protect your privacy, your rights and responsibilities when receiving healthcare, and your rights under the Women's Health and Cancer Rights Act, go to [anthem.com/privacy](https://www.anthem.com/privacy). For a printed copy, please contact your Benefits Administrator or Human Resources representative.

### How we help manage your care

To see if your health benefits will cover a treatment, procedure, hospital stay, or medicine, we use a process called utilization management (UM). Our UM team is made up of doctors and pharmacists who want to be sure you receive the best treatments for certain health conditions. They review the information your doctor sends us before, during, or after your treatment. We also use case managers. They're licensed healthcare professionals who work with you and your doctor to help you manage your health conditions. They also help you better understand your health benefits.

For additional information about how we help manage your care, go to [anthem.com/memberrights](https://www.anthem.com/memberrights). To request a printed copy, please contact your Benefits Administrator or Human Resources representative.

### Special enrollment rights

Open enrollment usually happens once a year. That's the time you can choose a plan, enroll in it, or make changes to it. If you choose not to enroll, there are special cases when you're allowed to enroll during other times of the year.

- **If you had another health plan that was canceled.** If you, your dependents, or your spouse are no longer eligible for benefits with another health plan (or if the employer stops contributing to that health plan), you may be able to enroll with us. You must enroll within 31 days after the other health plan ends (or after the employer stops paying for the plan). For example: You and your family are enrolled through your spouse's health plan at work. Your spouse's employer stops paying for health coverage. In this case, you and your spouse, as well as other dependents, may be able to enroll in one of our plans.

- **If you have a new dependent.** You gain new dependents from a life event, such as marriage, birth, adoption, or if you have custody of a minor and an adoption is pending. You must enroll within 31 days after the event. For example: If you marry, your new spouse and any new children may be able to enroll in a plan.
- **If your eligibility for Medicaid or SCHIP changes.** You have a special period of 60 days to enroll after:
  - You (or your eligible dependents) lose Medicaid or the State Children's Health Insurance Program (SCHIP) benefits because you're no longer eligible.
  - You (or eligible dependents) become eligible to receive help from Medicaid or SCHIP for paying part of the cost of a health plan with us.

### It's important we treat you fairly

We follow federal civil rights laws in our health programs and activities. By calling Member Services, our members can get free in-language support, and free aids and services if you have a disability. We don't discriminate, exclude people, or treat them differently on the basis of race, color, national origin, sex, age or disability. For people whose primary language isn't English, we offer free language assistance services through interpreters and other written languages. Interested in these services?

Call the Member Services number on your ID card for help (TTY/TDD: 711). If you think we failed in any of these areas, you can mail a complaint to: Compliance Coordinator, P.O. Box 27401, Mail Drop VA2002-N160, Richmond, VA 23279, or directly to the U.S. Department of Health and Human Services, Office for Civil Rights at 200 Independence Avenue, SW; Room 509F, HHH Building; Washington, D.C. 20201. You can also call 1-800-368-1019 (TDD: 1-800-537-7697) or visit <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>.

For full details, read your plan document, which has all the details about your plan. You can find it on [anthem.com](https://www.anthem.com).



# HEALTH SAVINGS ACCOUNT

[www.parknationalbank.com](http://www.parknationalbank.com) 1.888.474.7275

**IMPORTANT: This account can only be paired with the high-deductible health plan. If you are enrolled in the PPO plan, you are not eligible for this account.**

A Health Savings Account (HSA) helps you pay for out-of-pocket medical expenses and save for future costs. The funds can be spent on a variety of things, including trips to the chiropractor, purchasing eyeglasses, and paying for your prescription medications - giving you the flexibility on how and where you spend your money. These accounts are tax-advantaged and the balances roll over from year to year.

## MIAMI COUNTY'S CONTRIBUTION TO YOUR HSA ACCOUNT

Miami County's quarterly contributions will be made in equal installments on the 10<sup>th</sup> (or the first business day following) of January, April, July, and October.

Miami County contributes money into a health savings account for employees enrolled in the high-deductible health plan. The Board has elected to continue to provide the following contribution amounts for the 2025 Plan Year.

To be eligible for an HSA contribution, you must:

- Be in an active payroll status with Miami County
- Be enrolled a high-deductible health plan through Miami County; and
- Have an HSA account set up with Park National Bank.

## MAXIMUM CONTRIBUTION AMOUNTS

The County contributions and any individual contributions you choose to make cannot exceed the limits set forth by the IRS. The limits, along with the amount you can also contribute, for 2025 are listed below.

ENROLLMENT LEVEL	IRS LIMIT	COUNTY CONTRIBUTION	MAX EMPLOYEE CONTRIBUTION
Individual	\$4,300	\$1,000	\$3,300
Family	\$8,550	\$2,000	\$6,550
Catch-Up Contributions ( <i>Age 55+</i> )	\$1,000	-	\$1,000

## SETTING UP YOUR ACCOUNT

Miami County partners with Park National Bank for HSA accounts. Simply visit your local Park National Bank to set up your account. If you are unable to go to a location during regular business hours, contact your HR team for assistance.

**Troy**  
1314 W. Main Street  
937.339.6626

**Piqua – West**  
1603 Covington Ave.  
937.778.4617

**Piqua – Downtown**  
215 N. Wayne Street  
937.615.1042

**Tipp City**  
1176 W. Main Street  
937.667.4888

## IMPORTANT NOTE REGARDING MEDICARE AND HSA PLANS

If your spouse is covered by Medicare and Miami County's plan, your annual maximum contribution will equal that of the individual instead of family because Medicare enrollees are not permitted to contribute to an HSA plan. Additionally, per IRS regulations, individuals must cease HSA contributions six-months prior to their Medicare effective date.

# FLEXIBLE SPENDING ACCOUNTS



[www.naviabenefits.com](http://www.naviabenefits.com)

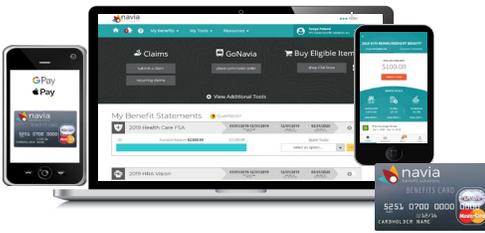
1.800.247.4695

Account Code: MUO

With a Flexible Spending Account (FSA), you can save money pretax for healthcare expenses, including medical, dental, and vision, that are either not covered or only partially covered by your insurance plan. These expenses can be for you, your spouse, or child(ren) even if they are not enrolled in a health insurance plan with you.

Claims can be submitted between January 1, 2025 and March 15, 2026. You will lose any amounts remaining after the run-out period so it is important to plan your contributions carefully.

## ACCESSING YOUR ACCOUNT



Download the MyNavia mobile app by searching for “Navia Benefits” in the Google Play or Apple App Store. If you have not previously created an online account, you can do so within the app by clicking on “Register Online”. Use the account code **MUO** when prompted.

You can also access your account online at <https://www.naviabenefits.com>

## DEPENDENT CARE FLEXIBLE SPENDING ACCOUNT

Dependent care expenses can be paid for from this FSA account, including daycare or after-school care for children under 13 years of age, an elderly person or a person with disabilities as long as they are claimed as a dependent on your tax return. Unused funds are forfeited after a run-out period following the end of the plan year.

Your contributions to the Dependent Care account cannot exceed the limit of \$5,000 set forth by the IRS. Unlike a Healthcare FSA, a Dependent Care FSA is not pre-funded. This means your total annual election is not immediately available at the beginning of the plan year.

In addition to the standard [Life Event](#) list, you can also make the following mid-year changes to your Dependent Care FSA if you experience any of the following events:

- A change in your day care costs, such as a rate decrease or increase, or receiving free day care.
- A change in your need for day care (e.g., your spouse loses employment or has a change in work schedule).
- Your dependent ceases to satisfy the eligibility requirements.

## HEALTHCARE FLEXIBLE SPENDING ACCOUNT

**The Healthcare Flexible Spending Account cannot be utilized in conjunction with a high-deductible health plan.**

A Healthcare FSA is a personal expense account that allows you to set aside a portion of your salary pre-tax to pay for qualified medical expenses.

Healthcare FSAs can be used to pay for eligible expenses, including medical, prescription drugs, dental, and vision. Copays, co-insurance, and deductibles can be paid from these accounts. Healthcare FSA account balances can carry-over up to \$660 annually for 2025 enrollments. This option is limited only to individuals not enrolled in a High-Deductible Health Plan or contributing to an HSA account.

Your contributions to the Health Care account cannot exceed the annual limit set by the IRS, which for 2025 is \$3,300.

Visit Miami County’s HR page for a listing of eligible expenses under a Healthcare Flexible Spending Account.



# VISION PLANS

[www.vsp.com](http://www.vsp.com) 1.800.877.7195

Refer to plan document in UKG for out of network coverages.

	PLAN A (005)		PLAN B (006)	
<b>VISION EXAM</b>	\$10 Copay			
<b>CONTACT LENS EXAM</b>	Covered in full after copay, <b>Receive 15% off contact lens exam services;</b> Copay will never exceed \$60			
<b>FREQUENCY</b>	Exam, Lenses, Frame: Every other calendar year		Exam & Lenses: Every calendar year Frames: Every other calendar year	
<b>CONTACT LENS COVERAGE</b>	Necessary Contact Lenses Elective Contact Lenses			
	Covered in full after copay up to allowance \$130 Allowance			
<b>FRAME COVERAGE</b>	\$15 Copay; \$200 Frame allowance; <b>+20% off any amount above the allowance</b>			
<b>PRESCRIPTION LENSES</b>	Single Vision, Lined Bifocal, Lined Trifocal, Lenticular: Covered in full after copay up to allowance			
<b>LENS ENHANCEMENTS</b>	<b>SINGLE VISION</b>	<b>MULTIFOCAL</b>	<b>SINGLE VISION</b>	<b>MULTIFOCAL</b>
Standard Anti-Glare Coating	\$37 after copay	\$37 after copay	\$37 after copay	\$37 after copay
All Other Anti-Glare Coating	\$51-\$75 after copay	\$51-\$75 after copay	\$51-\$75 after copay	\$51-\$75 after copay
Impact-Resistant for Children	Covered in full after copay		Covered in full after copay	
Impact-Resistant for Adults	\$23 after copay	\$28 after copay	\$23 after copay	\$28 after copay
Standard Progressives	N/A	Covered in full after copay	N/A	Covered in full after copay
Premium & Custom Progressives	N/A	Covered in full after copay	N/A	Covered in full after copay
Tints/Light-Reactive Lenses	\$70 after copay		\$70 after copay	
Scratch-Resistant Coating	\$15 after copay		\$15 after copay	
<b>LIGHTCARE</b>	Covered in full after copay <i>Allows you to use frame allowance toward non-Rx blue light filtering glasses/sunglasses from the doctor's frame board or Eyeconic. Exhausts both lens &amp; frame eligibility.</i>			



Find a provider, order online, or find out how much your glasses will cost by using the cost estimator available on your VSP account at [VSP.com](http://VSP.com)

	PLAN A (005)	PLAN B (006)
<b>Rate per Check</b>	<b>You Pay</b>	<b>You Pay</b>
Employee	\$4.20	\$5.78
Employee + 1	\$8.42	\$11.58
Family	\$12.75	\$17.57

# DENTAL PLANS


[www.principal.com](http://www.principal.com)

1.800.247.4695

CHOICE POINT NETWORK	PLAN A (LOW)	PLAN B (HIGH)
<b>BASIC &amp; MAJOR DEDUCTIBLE</b>	\$50/Single \$150/Family	\$50/Single \$150/Family
<b>ANNUAL MAXIMUM BENEFIT</b>	\$1,000 per Person	\$1,500 per Person
<b>PREVENTATIVE SERVICES</b> Exams, cleanings, x-rays, fluoride treatment for children, ER treatment, sealants for children, space maintainers	Covered in Full	Covered in Full
<b>BASIC SERVICES</b> Fillings, simple extractions, root canal therapy, oral surgery, repairs and recommendations, periodontal treatment	80% after Deductible	80% after Deductible
<b>MAJOR SERVICES</b>	Not Covered	50% after Deductible
<b>ORTHODONTIC SERVICES</b>	Not Covered	50% up to \$1,000

	PLAN A (Low)	PLAN B (High)
<b>Rate per Check</b>	<b>You Pay</b>	<b>You Pay</b>
Employee	\$13.80	\$21.45
Employee + Child(ren)	\$28.60	\$44.84
Employee + Spouse	\$25.59	\$40.57
Family	\$47.20	\$74.32

## PRINCIPAL DENTAL ROLLOVER BENEFIT

### QUICK TIPS

Simply by getting your preventive dental appointment done annually, you could be eligible to roll a portion of your unused, annual maximum over to the next year!

Members who incur 50% or less of their annual maximum benefit will be eligible to roll over 25% of their annual maximum benefit to the following year, up to 100% of the annual maximum.

Following are illustrative examples of how this benefit could work for each plan level. You can see that in year 2, where benefits paid were more than the yearly claim limit—which is 50% of the maximum—there was no rollover. And in year 4, where there were no claims at all, your accumulated amount went back down to zero. That is why it pays to visit the dentist regularly for preventive care.

ROLLOVER EXAMPLE FOR LOW PLAN (\$1,000 ANNUAL MAXIMUM)					ROLLOVER EXAMPLE FOR HIGH PLAN (\$1,500 ANNUAL MAXIMUM)				
Year	Annual Max + Rollover	Benefits Paid	Eligible	Rollover 25% of Max	Year	Annual Max + Rollover	Benefits Paid	Eligible	Rollover 25% of Max
1	\$1,000	\$450	Yes	\$250	1	\$1,500	\$450	Yes	\$375
2	\$1,250	\$850	No	\$0	2	\$1,875	\$850	No	\$0
3	\$1,250	\$450	Yes	\$250	3	\$1,875	\$450	Yes	\$375
4	\$1,500	\$0	No	\$0	4	\$2,250	\$0	No	\$0
5	\$1,000	\$450	Yes	\$250	5	\$1,500	\$450	Yes	\$375

## PRINCIPAL DENTAL OUT OF NETWORK CHARGES

Employees can maximize their dental benefits and reduce their out-of-pocket expenses by using network providers.

The example below shows the payment difference when an employee uses an in-network dentist versus a non-network dentist for a root canal on a molar. The non-network columns show possible charges with a prevailing fee percentile of 99. Principal uses these prevailing dentals fees to ensure claims reimbursements are aligned with current dentist charges. To calculate the prevailing fees, Principal Dental looks at dentist charges within a defined geographic region based on ZIP codes. The prevailing fee is the maximum dollar amount reimbursed for each service.

### CLAIM PAYMENT EXAMPLE

	In-Network Charges	Non-Network Charges (99th Percentile)
Fee Charged	\$985	\$985
Maximum Reimbursement Allowance <i>Fee schedule amount for in-network; Prevailing fee for non-network</i>	\$650	\$830
Dental Benefit Coinsurance at 80%	\$520	\$664
Employee Coinsurance at 20%	\$130	\$166
Difference employee pays between fee charged and maximum reimbursement allowance	NA	\$155

*This example is for illustrative purposes only and is not intended as a comprehensive representation of circumstances surrounding the claims displayed, an inclusive representation of all claims, or a promise to pay specific claims.*

## ADDED DENTAL SERVICES

All members are eligible for second opinions from dental providers at 100%. This helps you make sure you get the best advice to make an informed decision about your care. Certain health conditions can put you or your covered dependents at risk for dental problems. That's why these extra dental benefits are available.

HEALTH CONDITION	EXTRA SERVICES
<ul style="list-style-type: none"> <li>Diabetes</li> <li>Heart Disease</li> <li>Pregnancy</li> </ul>	<ul style="list-style-type: none"> <li>Additional cleaning (routine or periodontal), or</li> <li>Scaling or root planning covered at 100% (if dentally necessary)</li> </ul>
<ul style="list-style-type: none"> <li>Cancer – undergoing chemotherapy or head/neck radiation</li> </ul>	<ul style="list-style-type: none"> <li>Fluoride treatment (up to 3 every 12 months) covered at 100%, and</li> <li>Additional cleaning (routine)</li> </ul>
<ul style="list-style-type: none"> <li>Autism</li> <li>Down syndrome</li> <li>Cerebral palsy</li> <li>Muscular dystrophy</li> <li>Spina bifida</li> </ul>	<ul style="list-style-type: none"> <li>General anesthesia or intravenous sedation coverage for the removal of impacted teeth, removal of dental cyst and tumors, multiple restorative services for dependents under the age of five, periodontal osseous surgery, bone grafting, surgical removal of four third molars on the same date of services.</li> </ul>

# EMPLOYEE ASSISTANCE PROGRAM

COMPSYCH



**Services provided through Miami County's partnership with CEBCO and ComPsych are provided to all Miami County employees and their household members for FREE.**

Personal issues, planning for life events or simply managing daily life can affect your work, health and family. ComPsych® GuidanceResources® provides support, resources and information for personal and work-life issues.

## FREE, CONFIDENTIAL COUNSELING

ComPsych provides **five free confidential counseling sessions for employees and all household members per presenting issue**. This no-cost counseling service helps you address stress, relationship and other personal issues you and your family may face. It is staffed by Guidance Consultants—highly trained Master- and Doctoral-level clinicians who will listen to your concerns and quickly refer you to in-person counseling and other resources for:

- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationships/marital conflicts

## WORKLIFE SOLUTIONS

Delegate your “to-do” list. Our Work-Life Specialists will do the research for you, providing qualified referrals and customized resources for:

- Finding child and elder care
- Hiring movers or home repairs contractors
- Planning events
- Locating pet care

## LEGAL GUIDANCE

Talk to an attorney by phone. If you require representation, you will be referred to a qualified attorney in your area for a free 30-minute consultation with a 25% reduction in customary legal fees thereafter.

- Divorce & family law
- Debt & bankruptcy
- Real estate transactions
- Civil & criminal actions contracts
- Landlord/tenant issues

## FINANCIAL RESOURCES

Discover your best options. Speak by phone with our Certified Public Accountants and Certified Financial Planners on a wide range of financial issues, including:

- Retirement and estate planning, taxes
- Relocation, mortgages, insurance
- Budgeting, getting out of debt, bankruptcy and more

## ACCESSING COMPSYCH RESOURCES 24/7



877.327.4452 Phone

800.697.0353 TTY

[ComPsych Online](#)

**ORGANIZATION ID: EAPCEB**

# MENTAL HEALTH RESOURCES

HELP IS AVAILABLE WHEN AND WHERE YOU NEED IT.



## EMERGENCY RESOURCES

Call or text 911 if you or someone you know is in immediate danger.

## LIVEHEALTH ONLINE PSYCHOLOGY

Available for anyone enrolled on an Anthem health plan

Virtual therapy sessions available for employees and their family members who are enrolled in one of the Anthem health insurance plan.

LiveHealth offers short wait times that are typically scheduled within 7 days.

Connect through your Sydney app under CARE or call **844-784-8409**

## 988 LIFELINE

Available for anyone

Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, caring counselors are here for you. You are not alone.

988 - Call. Text.

988lifeline.org - Chat. ASL Now.

## 24-HOUR TRI-COUNTY CRISIS HOTLINE

Available for anyone living in Darke, Miami & Shelby counties

If someone you know is in crisis and needs help, please call the Tri-County CRISIS Hotline at **800-351-7347**.

Can't Call? Text "4hope" to 741 741

## EMPLOYEE ASSISTANCE PROGRAM

Free for all employees & their household members

ComPsych offers employees and their household members 5 free in-person or virtual counseling sessions per per issue per person every year.

You must call to initiate this service.

**877-327-4452 (Organization ID: EAPCEB)**

## LIVEHEALTH ONLINE PSYCHIATRY

Available for anyone enrolled on an Anthem health plan

Visit LiveHealth online to access virtual sessions with a board-certified psychiatrist for medication management.

Connect through your Sydney app under CARE or call **888-548-3432**

## BEHAVIORAL HEALTH RESOURCE CENTER

Available for anyone enrolled on an Anthem health plan

Access to case managers who will work with you to understand your condition, develop personalized goals, connect you with local and online resources, and help ensure you're getting all the benefits available under your health plan.

Case managers are licensed mental health professionals.

Connect through your Sydney app under MY HEALTH DASHBOARD > PROGRAMS for live chat or call **844-451-1576**

# LIFE & AD&D INSURANCE



[www.mutualofomaha.com](http://www.mutualofomaha.com) 1.888.525.0787

Life insurance can be a key component of your financial plan. Learn about plan types, how the plans work, and which option is the right fit for you and your family by visiting Mutual of Omaha's [online resources](#).

Evidence of Insurability (EOI) is required by Mutual of Omaha for requested coverage above specific amounts and for specific changes. You will receive instructions on how to complete the EOI [online](#), if required. If you are required to submit an EOI for approval, your new deductions will not begin until notification of approval has been received from Mutual of Omaha.

ENROLLMENT OPPORTUNITY	EOI REQUIREMENT
New Hire	EOI will be requested in you are requesting coverage greater than ten times your annual salary or \$100,000, whichever is less
Qualifying Life Event	EOI requested for all changes
Open Enrollment – Increases Existing Coverage	EOI requested for increases greater than \$10,000
Open Enrollment – New Enrollment	EOI requested for enrollment if you previously declined additional coverage

You are required to list at least one primary beneficiary for your life benefits during enrollment. You are also strongly encouraged to list at least one contingent beneficiary.

## COUNTY-PAID COVERAGE

Beginning January 1, 2025 Miami County will increase the amount of the **FREE** Life and Accidental Death and Dismemberment (“AD&D”) policy to \$50,000 for all eligible employees. The county-paid amount is subject to a reduction of 35% at age 75 and 70% at age 80.

## VOLUNTARY LIFE & AD&D INSURANCE

Miami County employees can purchase additional life and AD&D insurance for themselves and their spouses, in addition to their County-paid policy. You may elect AD&D coverage for your spouse if you have also elected additional coverage for yourself. The amount you elect for your spouse cannot exceed the amount you elected.

### RATES

AD&D coverage, regardless of age, is \$0.01 per month per \$1,000 of coverage elected. Life insurance rates are shown in the table to below by age group. Life insurance rates are based on the individual's age. To calculate your payroll deduction, find the rate based on your age group (or your spouse's age group, if applicable) as of January 1, 2025. Divide the amount of life insurance you are requesting by \$1,000 and multiply this number by the age rate.

AGE	RATE/\$1,000 OF COVERAGE
<29	\$0.04
30 – 34	\$0.05
35 – 39	\$0.07
40 – 44	\$0.11
45 – 49	\$0.17
50 – 54	\$0.26

AGE	RATE/\$1,000 OF COVERAGE
55 – 59	\$0.41
60 – 64	\$0.55
65 – 69	\$0.92
70 – 74	\$1.46
75 – 79	\$3.08
80+	\$6.84

RATE CALCULATION EXAMPLE

Age	Rate/\$1,000 of Coverage
<29	\$0.04
30 – 34	\$0.05
35 – 39	\$0.07
40 – 44	\$0.11
45 – 49	\$0.17
50 – 54	\$0.26
55 – 59	\$0.41
60 – 64	\$0.55
65 – 69	\$0.92
70 – 74	\$1.46
75 – 79	\$3.08
80+	\$6.84

**Amelia is 48 years old & applies for \$150,000 in life insurance.**

A. Divide the amount of life insurance by \$1,000.

$$\frac{150,000}{1,000} = 150$$

B. Multiply Amelia’s age rate by the answer from A.

$$150 \times \$0.17 = \$25.55$$

**If approved, Amelia will have a deduction of \$25.55 per check.**

**Amelia also wants to apply for \$50,000 of life insurance for her husband who is 55.**

A. Divide the amount of life insurance by \$1,000.

$$\frac{50,000}{1,000} = 50$$

B. Multiply spouse’s age rate by the answer from A.

$$50 \times \$0.41 = \$20.50$$

C. Add the amount from the first example and the amount from this example for the total payroll deduction.

**If approved, Amelia will add \$20.50 to her original deduction for her spouse’s life insurance, for a total \$46.05 per check.**

GUARANTEE ISSUE AND MAXIMUM AMOUNTS

The guarantee issue (GI) amounts shown below with an asterisk are the maximum amounts new hires may request without completing an EOI form for approval.

Employee Incremental Amount	\$10,000
Employee Guarantee Issue *	10 times your annual earnings or \$100,000, whichever is less.
Employee Maximum Amount	\$230,000
Spouse Incremental Amount	\$5,000
Spouse Guarantee Issue *	Up to \$25,000
Spouse Maximum Amount	\$200,000 (Cannot exceed 100% of employee benefit)
Reduction Schedule	Age 65 – 35% * Age 70 – 60% * Age 75 – 75% * Age 80 – 85%

VOLUNTARY CHILD LIFE

Miami County employees can also purchase a child policy in increments of \$2,500 up to \$10,000.

INSURED AMOUNT	\$2,500	\$5,000	\$7,500	\$10,000
PAYROLL DEDUCTION	\$0.21	\$0.42	\$0.63	\$0.84

# RETIREMENT RESOURCES

## OHIO PUBLIC EMPLOYEE RETIREMENT SYSTEM (OPERS)



All full-time Miami County employees are required to contribute to the Ohio Public Employee Retirement System (OPERS).

EMPLOYEE TYPE	EMPLOYEE CONTRIBUTION	COUNTY CONTRIBUTION
SHERIFF DEPUTIES	13.0%	18.1%
ALL OTHER COUNTY EMPLOYEES	10.0%	14.0%

Employees have 180 days from their start date to select one of the two retirement plans offered through OPERS.

OPERS offers phone, virtual, and in-house counseling options to provide guidance to employees preparing to receive their pension. Visit <http://www.opers.org> or call 1-800-222-7377 to learn about enrollment, counseling, retirement, refunds, and more.



The OPERS Member Handbook is a great place to start learning about your benefits with OPERS. It is a comprehensive overview of the benefits of membership with OPERS. Scan or click to review.

### Retiring from Public Employment



As you begin to consider retirement and make the transition from active member to retiree, you need to have a full understanding of the retirement application process under your chosen retirement plan. This includes documents required to process your application and important dates and deadlines. Scan or click the codes to find out more about this process with your chosen plan.

### Returning to Work After Retirement

Once you retire under any of the OPERS retirement plans, re-employment in a job that is covered by OPERS, including service in an elected position, may affect continuing receipt of benefits. Retirees who become re-employed must notify the employer that they are receiving an OPERS retirement benefit. Scan or click to learn more.

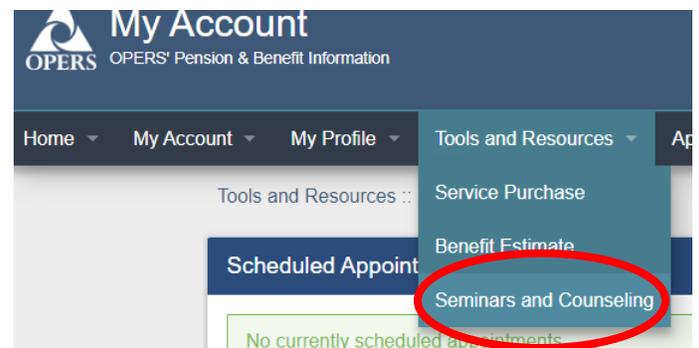


### Scheduling an Appointment with OPERS

Members have three options to schedule an appointment with OPERS:

- In-House Counseling
- Phone Counseling
- Virtual Counseling (Zoom)

To schedule one of these appointments, log into your OPERS account at [opers.org](http://opers.org), then go to Tools and Resources > Seminars and Counseling.



## DEFERRED COMPENSATION (457 PLAN)



Any public employee who is eligible for OPERS membership is also eligible to enroll in a 457(b) deferred compensation plan. A governmental 457(b) deferred compensation plan is a voluntary retirement savings plan that allows participants to supplement existing retirement/pension benefits by saving and investing pre-tax dollars through payroll contributions. Contributions are tax-deferred (both federal and state income taxes) until money is withdrawn.

With a 457(b) plan, employees can put some of their taxes on hold by reducing the amount of taxes withheld from their pay. Withdrawals are taxed as ordinary income. These plans also have an option to automatically increase annual contributions, rollover options from other retirement/pension plans, flexible withdrawal options for unforeseeable emergencies, and more.



Scan or click the code to the left for the OPERS Saving for Retirement guide to learn more about OPERS and deferred compensation with the OPERS Guide to Saving for Retirement.

Employees have the option to choose from two plans, both of which are listed below. There are differences between the plans and you are encouraged to reach out to the contacts listed for more information. Once enrolled, the plans communicate directly with Miami County payroll to initiate deductions.

### Ohio Deferred Compensation

Steve Schmittauer, Account Executive  
937.284.1212 | [Schmits3@nationwide.com](mailto:Schmits3@nationwide.com)  
[www.ohio457.org](http://www.ohio457.org)

### Ohio County Employees Retirement Plan (OCERP)

*(formerly known as CCAO457 Deferred Compensation)*  
Matt Hambrick, Retirement Plan Advisor  
380.239.7768 | [matt.hambrick@empower.com](mailto:matt.hambrick@empower.com)  
<https://cao457.empower-retirement.com/>

## EDUCATION RESOURCES

### PUBLIC SERVICE LOAN FORGIVENESS (PSLF)

The PSLF Program forgives the remaining balance on Direct Loans after an employee has made 120 qualifying monthly payments under a qualifying repayment plan while working full-time for a qualifying employer.

To qualify for PSLF, you must be employed full-time by a U.S. federal, state, local, or tribal government or not-for-profit organization (this qualification includes U.S. military service), have Direct Loans (or consolidate other federal student loans into a Direct Loan), repay loans under an income-driven repayment plan, and make 120 qualifying payments.

Employment with Miami County may qualify you for participation in this program. Visit <https://studentaid.gov/manage-loans/forgiveness-cancellation/public-service> for more information.

### FRANKLIN UNIVERSITY TUITION DISCOUNT



Miami County employees and their dependents are eligible for a 20% discount on tuition and free books through the County's partnership with the Troy Area Chamber of Commerce.

Visit <https://www.franklin.edu/admissions/partnership-students> for more information.

# FITNESS CENTER MEMBERSHIPS



## LINCOLN COMMUNITY CENTER - FREE

All Miami County employees and their spouses are eligible for **free memberships** to the Lincoln Community Center. Dependents 21 and under receive free memberships automatically from LCC.

When you join the Lincoln Community Center, you have access to:

- Weight room
- Heated pool
- Walking track
- Gym
- Outdoor basketball courts
- Basketball leagues
- Pickleball
- Sports training & conditioning
- Volleyball
- Vibe Fitness (additional fee)
- Yoga
- Plus much more!

Visit Lincoln Community Center at 110 Ash Street in Troy today to sign up for your free membership!



## MIAMI COUNTY YMCA - DISCOUNT

### IMPORTANT NOTICE ABOUT MEMBERSHIP USAGE:

Employees who do not use their membership for three consecutive months will lose their membership discount. This program is available only for monthly memberships.

All Miami County employees and their families receive a **30% discount off membership fees** with the Miami County YMCA. 2025 rates will be released in December 2024. The rates shows below reflect the current rates.

The Miami County YMCA has two conveniently located branches:

#### Piqua Branch

223 West High Street, Piqua, OH 45356  
937.773.9622

#### Robinson Branch

3060 South County Road 25A, Troy, OH 45373  
937.440.9622

Membership includes:

- Unlimited access to both branches
- Free child watch and family fun nights
- Open swim for adults and families
- Open gym
- Program guides delivered to your home
- Member classes and program rates
- Priority registration for all programs
- AWAY privileges (Always Welcome at YMCAs)

Membership Type	Enrollment Fee	Monthly Fee*
Youth	\$16.05	\$10.86
Adult	\$37.45	\$26.96
Senior Adult	\$37.45	\$24.34
Single Parent Family / Couple / Household	\$53.50	\$36.01
Senior Couple	\$53.50	\$32.49
Family	\$53.50	\$43.82
Health Center Membership (Single Adult)	No additional enrollment fee	\$32.19
Health Center Membership (Senior Adult)		\$28.98
Health Center Membership (Couple)		\$41.46
Health Center Membership (Senior Couple)		\$37.27

\*Monthly fees are applicable to Bank Draft only.

# AFLAC



Miami County offers four supplemental insurance plans through a partnership with Aflac, as listed below. All Aflac plan details and rates are explained in detail with individual brochures in UKG.

## ACCIDENT

The Accident Plan covers items such as:

- Ambulance rides
- Emergency room visits
- Surgery and anesthesia
- Prescriptions
- Major Diagnostic Testing
- Burns

Benefits are paid directly to you, unless otherwise assigned. Coverage is guaranteed-issue (you may qualify for coverage without having to answer health questions.)

## CRITICAL ILLNESS

This plan can help with the treatment costs of covered critical illnesses, such as a heart attack or stroke. With the Critical Illness plan, you receive cash benefits directly (unless otherwise assigned.)

## HOSPITAL INDEMNITY

The Aflac Group Hospital Indemnity plan benefits include the following:

- Hospital Confinement Benefit
- Hospital Admission Benefit
- Hospital Intensive Care Benefit
- Successor Insured Benefit

## SHORT TERM DISABILITY

This plan is for off-job claims (i.e., non-Workers Compensation claims) and includes:

- Up to 60% of your salary when you are sick/hurt and unable to work
- Minimum and Maximum Total Monthly Benefit – \$300 to \$6,000
- Premium payments waivers after 90 days of total disability
- Partial Disability Benefit

Deductions for this benefit begin after the additional evidence of insurability paperwork has been reviewed and approved.

## A NOTE FROM AFLAC REGARDING COVERAGE

Aflac always strives to put their customers' best interests first. Therefore, as part of each open enrollment, you are encouraged to conduct an annual audit of your insurance policies. Important things to consider are:

- Understanding the benefits of all your policies and ensuring you are not enrolling in duplicate coverage
- Ensuring your dependent and beneficiary information is up to date
- Verifying your contact information is accurate

For more information, contact:

Susan Svarda, AFLAC Associate

PH: 937.730.0067 / F: 937.730.0068

[susan\\_svarda@us.aflac.com](mailto:susan_svarda@us.aflac.com)

# ANNUAL NOTICES

FOR MORE INFORMATION ABOUT THESE NOTICES, PLEASE CONTACT HUMAN RESOURCES AT 937.440.5996.

## WOMEN'S HEALTH AND CANCER RIGHTS ACT (WHCRA)

If you have had or are going to have a mastectomy, you may be entitled to certain benefits under the Women's Health and Cancer Rights Act of 1998 (WHCRA). For an individual receiving mastectomy-related benefits, coverage will be provided in a manner determined by consultation with the attending physician and the patient for:

- All stages of reconstruction of the breast on which the mastectomy was performed;
- Surgery and reconstruction of the other breast to produce an asymmetrical appearance;
- Prostheses; and
- Treatment of physical complications of the mastectomy, including lymphedemas.

These benefits will be provided subject to the same deductibles and coinsurance applicable to other medical and surgical benefits provided under this plan. Therefore, the deductibles and coinsurances described on pages 13 - 25 apply.

## NEWBORNS' AND MOTHERS' HEALTH PROTECTION ACT

Group health plans and health insurance issuers generally may not, under federal law, restrict benefits for any hospital length of stay in connection with childbirth for the mother or newborn child to less than 48 hours following a vaginal delivery, or less than 96 hours following a cesarean section. However, federal law generally does not prohibit the mother's or newborn's attending provider, after consulting with the mother, from discharging the mother or her newborn earlier than 48 hours (or 96 hours as applicable). In any case, plans and issuers may not, under federal law, require that a provider obtain authorization from the plan or the issuer for prescribing a length of stay not in excess of 48 hours (or 96 hours).

## SPECIAL ENROLLMENT

If you are declining enrollment for you or your dependents (including your spouse) because of other health insurance coverage, you may, in the future, be able to enroll you or your dependents in the plan, provided that your request enrollment within 30 days after your other coverage ends (COBRA or state continuation coverage ends, divorce, legal separation, death, termination of employment or reduction in hours worked; or because the employer contributions cease).

In addition, if you have a new dependent as a result of marriage, birth, adoption or placement for adoption, you may be able to enroll you and your dependents, provided you request enrollment within 30 days after the marriage, birth, adoption or placement for adoption.

## PREMIUM ASSISTANCE UNDER MEDICAID & THE CHILDREN'S HEALTH INSURANCE PROGRAM (CHIP)

If you or your children are eligible for Medicaid or CHIP and you're eligible for health coverage from your employer, your state may have a premium assistance program that can help pay for coverage, using funds from their Medicaid or CHIP programs. If you or your children aren't eligible for Medicaid or CHIP, you won't be eligible for these premium assistance programs but you may be able to buy individual insurance coverage through the Health Insurance Marketplace. For more information, visit [www.healthcare.gov](http://www.healthcare.gov).

If you or your dependents are already enrolled in Medicaid or CHIP and you live in a State listed below, contact your State Medicaid or CHIP office to find out if premium assistance is available.

If you or your dependents are NOT currently enrolled in Medicaid or CHIP, and you think you or any of your dependents might be eligible for either of these programs, contact your State Medicaid or CHIP office or dial 1-877-KIDS NOW or [www.insurekidsnow.gov](http://www.insurekidsnow.gov) to find out how to apply. If you qualify, ask your state if it has a program that might help you pay the premiums for an employer-sponsored plan.

If you or your dependents are eligible for premium assistance under Medicaid or CHIP, as well as eligible under your employer plan, your employer must allow you to enroll in your employer plan if you are not already enrolled. This is called a "special enrollment" opportunity, and you must request coverage within 60 days of being determined eligible for premium assistance. If you have questions about enrolling in your employer plan, contact the DOL at [www.askebsa.dol.gov](http://www.askebsa.dol.gov) or call 1-866-444-EBSA (3272). To see if any other states have added a premium assistance program since 07/31/21, or for more information on special enrollment rights, contact either:

### U.S. Department of Labor

Employee Benefits Security Administration

[www.dol.gov/agencies/ebsa](http://www.dol.gov/agencies/ebsa)

866-444-3272

### U.S. Department of Health and Human Services

Centers for Medicare & Medicaid Services

[www.cms.hhs.gov](http://www.cms.hhs.gov)

877-267-2323, Menu Option 4, Ext. 61565

# 2025 PAYROLL CALENDAR

PAY PERIOD	PAY DATE
12/21/2024 - 1/3/2025	1/10/2025
1/4/2025 - 1/17/2025	1/24/2025
1/18/2025 - 1/31/2025	2/7/2025
2/1/2025 - 2/14/2025	2/21/2025
2/15/2025 - 2/28/2025	3/7/2025
3/1/2025 - 3/14/2025	3/21/2025
3/15/2025 - 3/28/2025	4/4/2025
3/29/2025 - 4/11/2025	4/18/2025
4/12/2025 - 4/25/2025	5/2/2025
4/26/2025 - 5/9/2025	5/16/2025
5/10/2025 - 5/23/2025	5/30/2025*
5/24/2025 - 6/6/2025	6/13/2025
6/7/2025 - 6/20/2025	6/27/2025
6/21/2025 - 7/4/2025	7/11/2025
7/5/2025 - 7/18/2025	7/25/2025
7/19/2025 - 8/1/2025	8/8/2025
8/2/2025 - 8/15/2025	8/22/2025
8/16/2025 - 8/29/2025	9/5/2025
8/30/2025 - 9/12/2025	9/19/2025
9/13/2025 - 9/26/2025	10/3/2025
9/27/2025 - 10/10/2025	10/17/2025
10/11/2025 - 10/24/2025	10/31/2025*
10/25/2025 - 11/7/2025	11/14/2025
11/8/2025 - 11/21/2025	11/28/2025
11/22/2025 - 12/5/2025	12/12/2025
12/6/2025 - 12/19/2025	12/26/2025





EMPLOYEE

**BENEFITS**

AT MIAMI COUNTY