



**CONNECT
TO HEALTH**
For Your Well-Being

Frequently Asked Questions

Updated August 17, 2011

On April 1, the Pension, Hospitalization and Benefit Plan introduced a number of benefit improvements designed to help you get and stay healthy—and to reduce your health care costs.

These improvements include Plan changes as well as a new wellness and health management program, **Connect to Health**. So far, we have received a great reaction from participants about these improvements. We have prepared this document to answer some of the most commonly asked questions we are receiving from participants about these benefits.

Connect to Health and Healthways Questions

Q

What is the Healthways Well-Being Assessment™?

A

The Healthways Well-Being Assessment (“WBA”) is a survey about your overall health that you can complete online. This information, along with your medical claims and prescription drug claims data, is analyzed by Healthways to determine if you are in need of health coaching. If you are, a health professional from Healthways may contact you to participate in a wellness program related to any risk factors that you may have—tobacco use, fitness/exercise, elevated blood pressure, elevated cholesterol and/or stress, anxiety or depression. Or, you may receive a call to introduce you to a program that addresses a chronic illness that you may have or are at risk for—diabetes, asthma, chronic obstructive pulmonary disease, coronary artery disease and/or heart failure. Your participation in any of these programs is on a voluntary basis and there is no cost to you.

If you have a problem but do not wish to work with a Healthways health coach, you will still have access to a lot of valuable health information once you complete the WBA that will enable you to address many issues on your own. By completing your WBA, you and/or your eligible spouse can earn \$50 each. Keeping yourself healthy will also help your Pension, Hospitalization and Benefit Plan (the Plan) remain financially sound, so we urge you to take advantage of the resources that are provided to you when you complete the WBA.

Remember, all of your health information is kept completely confidential at all times.

Q

Is Healthways replacing MagnaCare as the Plan’s network provider?

A

No. MagnaCare remains your Preferred Provider Organization (“PPO”). The **Connect to Health** program offered through Healthways, the Plan’s wellness partner, is *in addition to* your existing Plan benefits.



Does my spouse have to take the WBA too?



No. Neither you nor your covered spouse has to complete a Well-Being Assessment. **The program is confidential, voluntary and offered at no cost to you.**

However, the Plan encourages you and your covered spouse to complete the WBA. The WBA is a first step on your journey to improve your well-being and possibly reduce costs associated with your health care. It will empower you to be proactive and educated regarding your health—and help you get and stay healthy.

The deadline has been extended! When you and/or your covered spouse complete the WBA by December 31, 2011, you will each receive \$50 from the Plan (a check will be sent to the participant).



When will I get my incentive check?



You will receive your check from the Plan by mail during the month following the month that you complete your WBA. For example, if you completed your WBA in April, you'll get your check in May.



How can I enroll in the smoking cessation program?



After completing your WBA, you will have the opportunity to take advantage of “QuitNet,” the **Connect to Health** smoking cessation program. Once you elect to participate in “QuitNet,” you will have access to phone coaching, phone sessions with a trained counselor and email tips to help you quit smoking. **Only participants who are actively enrolled in the “QuitNet” program are eligible for the prescription smoking deterrents as allowed by the Plan.**



How can I become eligible for the new diabetic and nutritional counseling benefits?



You **must** be enrolled in the Healthways coaching program to be eligible for diabetic and nutritional counseling benefits. “Enrolled” means that you must be in regular contact with your Healthways coach. The Plan will cover up to four diabetic and nutritional counseling visits per lifetime.



Are Medicare-eligible participants covered under the **Connect to Health** program?



Medicare-eligible participants are **not** eligible to participate in the **Connect to Health** program. Under Medicare, however, there are a number of wellness benefit opportunities. See www.medicare.gov if someone in your household is enrolled in Medicare.

Q

Do I have to complete the WBA to be eligible for the Plan's annual well-care visit benefit?

A

No. All eligible participants are covered for one well-care visit every year.

Q

I do not have a computer or an email address. Can I still take a Well-Being Assessment?

A

You can take the WBA on any computer with Internet access. It does not have to be your own computer at home. You can use one at a library or at a family member's house.

However, you do need to have an email address. If you do not already have one, there are several free email services available on the Internet (such as Hotmail, Yahoo! or Gmail).

The first time you visit **www.myconnecttohealth.com** you will be asked to register to gain access to the site. Simply follow these steps:

- Click on the "Not Registered? Sign Up Now!" button.
- Enter your First and Last Name, Date of Birth, Gender, and ZIP Code. Then click on the "Next" button.
- Complete your registration by creating a unique user ID and password, entering your email address, and answering the security question.

Pension, Hospitalization and Benefit Plan Questions

Q

Will co-payments apply to the annual physical exam benefit?

A


Yes. A \$25 co-payment will apply to all physician office visits *outside of* the JIB Medical Department, as well as all other applicable co-payments for any other services received. **As always, there is no co-payment for services provided at the JIB Medical Department.** Participants who use the services of an out-of-network provider will be reimbursed according to the Plan's fee schedule minus any applicable co-payments.

Q

What types of adult immunizations are covered?

A

Effective April 1, 2011, covered immunizations include TDAP, Hepatitis A&B, HVP, Influenza, Pneumococcal, Meningococcal, MMR, Zoster and Varicella. If you are not sure if an immunization is covered, please contact the Hospitalization Department at (718) 591-2000, Ext. 1350. Reimbursement for immunizations is based upon the Plan's fee schedule. Co-payments do not apply to immunizations.



Today's the Day to Choose a Healthier Life with *Connect to Health*

"I'll take all the help I can get."

Get support to improve your well-being for a better way of life with *Connect to Health*



[click here to learn more](#)

Log on today to get started!

Step 1: Complete the Healthways Well-Being Assessment™
Step 2: Create your Well-Being Plan
Step 3: Participate in the interactive tools, tips and resources

Incentive to participate: When you and/or your covered spouse complete the Well-Being Assessment (WBA) by June 30, 2011, you will each receive \$50. A check will be sent to the participant from the Pension, Hospitalization and Benefit Plan of the Electrical Industry.

► For more information, call 866-284-1886 or [click here](#).

You can realize your best health and well-being when given the proper support. Healthways meets you where you are and takes you where you want to go, creating better health and a better you.

Copyright © 2011 Healthways, Inc.



CONNECT TO HEALTH
 For Your Well-Being

Connect to Health Online

Check out the interactive tools, resources, information and online programs at www.myconnecttohealth.com. This site was created by the Plan to be your online wellness home. You can complete your Well-Being Assessment and access your personalized Web-based Well-Being Plan, as well as online fitness, nutrition and stress management programs.

Questions?

Go to www.myconnecttohealth.com for more information about the program and to complete your Well-Being Assessment, or contact Healthways at (866) 284-1886.

You can also contact the Plan Office at (718) 591-2000, or visit www.jibei.org.



CONNECT TO HEALTH
 For Your Well-Being

FAQs About Your Wellness and Health Management Program Inside

The deadline has been extended!

You and/or your covered spouse have until **December 31, 2011**, to complete your WBA and be eligible to receive \$50 each. See inside for more information about the WBA and how to complete one.