

PLEASE SEE BELOW FOR IMPORTANT MEA BENEFITS TRUST PLAN DOCUMENTS AND OPEN ENROLLMENT INFORMATION

It's Open Enrollment Time; Explore Health and Wellness Benefits That Fit Your Life

Open enrollment runs from May 1 through May 24 and is the time each year for you to review your benefits and make changes. Even if you aren't planning on making changes this year, the **Care and Support That Match Your Life** booklet will provide you with detailed information regarding your health plan options as well as all the valuable programs and services that accompany your health insurance benefits. You can find a digital version of the **Care and Support That Match Your Life** booklet by clicking on the following link.

<https://editiondigital.net/view/anthemcc/meabt-benefits-booklet-/1064088memenabs-meabt-2024-benefit-booklet>

The **Care and Support That Match Your Life** booklet provides details on programs and services available through your plan, as well as the benefit changes effective July 1, 2024. Below are some highlights:

- **Member Cost Share Increases for All Plans:** The PCP and specialist copayments will increase by \$5 each, the member coinsurance responsibility will increase by 5%, the coinsurance limit will increase by \$500 and the emergency room copayment will increase from \$200 to \$300.
- **Fertility Benefits:** Coverage is included for medically necessary fertility services. Medically necessary covered services include procedures to determine an individual's fertility and services such as artificial insemination, egg retrieval and cryopreservation, and in vitro fertilization. Please call Anthem Customer Service at the number on the back of your health plan ID card for additional information.
- **Coverage for Recreational Prosthetics:** Coverage is included for one prosthetic device that meets the medical needs of a participant under age 18 for recreational purposes.
- **Aspire365:** A long-term in-home treatment program that provides primary mental health, primary substance use, and co-occurring disorder treatment. Services can be coordinated with your schedule including in-person and telehealth sessions.
- **Lark Diabetes Prevention Program:** A personal diabetes prevention coaching program that can help you determine if you're at risk for prediabetes

and, if needed, take steps to address it. Access Lark on the Sydney Health app.

- **Virgin Pulse Wellbeing Program:** Our Wellbeing program where you can track your steps, workouts, sleep and healthy habits, and quickly earn \$62.50 each quarter and up to \$250 after completing four quarters
- **Building Healthy Families:** All-in-one program that supports growing families whether you're trying to conceive, expecting a child, or raising young children. Call **833-812-1776** for more information on the program.

Important Health Plan Documents For Members:

- The MEABT's **Summary Plan Description (SPD)** can be found on the MEABT's website: [Documents | MEA Benefits Trust \(meabt.org\)](https://www.meabt.org/Documents-|MEA-Benefits-Trust). Once on this page, you can find the SPD under the Central Office section of the page. This plan document wraps around your Certificates of Coverage. (Members may request a free, paper copy of the SPD, by contacting Sharon Beaulieu, Benefits Manager, at sbeaulieu@meabt.org or (207) 622-4418.) Plan participants are entitled to a comprehensive description of your rights and obligations under the plan. In order to ensure that you fully understand the benefits available to you and your obligations as a plan participant, it is imperative that you familiarize yourself with the information contained within the SPD and Certificate of Coverage.
- The **Certificates of Coverage** (the official health plan contract for members) can be found on the MEABT's website: [Documents | MEA Benefits Trust \(meabt.org\)](https://www.meabt.org/Documents-|MEA-Benefits-Trust). Once on this page, you can find the Certificates of Coverage for each of our plans under the Central Office section of the page. Please note that the Certificate of Coverage will be updated July 1 for the upcoming July 1, 2024 – June 30, 2025 plan year. (Members can request a free paper copy of the Certificate of Coverage by calling the Member Services phone number on the back of your ID card, 833-990-3607, and requesting a copy.)
- The **Summary of Benefits and Coverage** documents can also be found of the MEABT's website: [Documents | MEA Benefits Trust \(meabt.org\)](https://www.meabt.org/Documents-|MEA-Benefits-Trust). Once on this page, you can find the SBCs for each plan under the Central Office section of the page. (You may also request a free, paper copy of the SBC, by contacting Sharon Beaulieu, Benefits Manager, at sbeaulieu@meabt.org or (207) 622-4418.)

Explore your health and wellness benefits and take advantage of all the programs and services available to you.