

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

It's Open Enrollment Time -- Discover benefits that support your wellbeing

Open enrollment runs from May 1 through May 29 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 **Healthcare That Connects With You** 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 **Healthcare That Connects With You** booklet by clicking on the following link. [MEABT Benefits Booklet • 28702MEMENABS 2026](#)

The **Healthcare That Connects With You** booklet provides details on programs and services available through your plan, as well as the benefit changes effective July 1, 2026. Below are some highlights:

Benefit Changes Impacting All MEA Benefits Trust Health Plans:

- **Removal of the Chiropractic Physical Manipulation Limit:** The chiropractic physical manipulation limit of 40 visits per member per calendar year has been removed.
- **Total Out-of-Pocket cost limit** will increase from \$9,200 to \$10,600 per member.
- **Emergency Room Benefit** will change from a \$300 copayment to coverage with coinsurance after the deductible has been met.
- **SmartShopper:** A new savings and rewards program which allows members to compare care locations in their plan's network for over 100 medical procedures and tests. If the member chooses a high-value, reward-eligible location for care, SmartShopper will send the member a cash reward.

Valuable Programs and Services that Accompany Your Health Insurance Benefits:

- **Personify Health 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.
- **Lin Health:** If you have chronic pain, Lin Health can help you reclaim your life through highly personalized care. Lin Health's holistic approach applies the latest neuroscience and behavioral health research to treat symptoms as diverse as migraines, IBS, and back and joint pain.
- **Virtual care:** Care is available whenever and wherever you need it. Have a virtual visit with a care provider using the SydneySM Health app or LiveHealth Online.
- **Lark:** 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.

- **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.
- **Behavioral Health website:** This online hub provides a centralized and convenient summary of all the mental health programs and services available to you in your health plan and can help connect you to care for a wide range of conditions, including anxiety and depression, substance use disorder, eating disorders, and pediatric mental health. Visit www.anthem.com/ME/behavioralhealth.

Important Health Plan Documents for Members:

- The MEABT's **Summary Plan Description (SPD)** can be found on the MEABT's website under the Resources tab: [Resources | MEA Benefits Trust](#). 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: [Resources | MEA Benefits Trust](#). Once on this page, you can find the Certificates of Coverage for each plan under the Certificates of Coverage section of the page. Please note that the Certificate of Coverage will be updated on July 1 for the upcoming July 1, 2026 – June 30, 2027 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 (SBC)** documents can also be found on the MEABT's website: [Resources | MEA Benefits Trust](#). Once on this page, you can find the SBCs for each plan under the Summary of Benefits and Coverage (SBC) 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.)

Discover benefits that support your wellbeing and take advantage of all the programs and services available to you through the MEA Benefits Trust.