



# HEALTH BENEFITS DIGEST

SUMMER 2018

## You'll Want to See This Vision Plan

Choice and Choice Plus members get coverage for eye glasses, contact lenses, and routine eye exams, and access to a large network of providers that includes private practice optometrists and ophthalmologists as well as retail chains such as Costco Optical, Pearle Vision, Rosin Eye Care, Sam's Club, Target Optical, and Walmart.



### What's the difference between an Optometrist and an Ophthalmologist?

An Optometrist performs yearly checkups; prescribes corrected eye glasses or contact lenses, and can also identify the markers for diseases such as hypertension and diabetes. An ophthalmologist specializes in the diagnosis and treatment of eye diseases and performs eye surgery.

It's important to note the vision network does not include the same providers as the Choice and Choice Plus medical network and benefits are different, too. For example, diabetic eye exams and surgeries for eye conditions or disease are covered under the medical plan. The vision plan, on the other hand, covers routine eye exams and refractions to test for vision impairments. There are no out-of-network benefits in the Choice plan. Choice Plus members will need to submit out-of-network vision claims, even if the provider is in UHC's medical PPO network.

Call **1-800-638-3120** or visit **www.myuhcvision.com** to check vision benefits and find out if your eye-doctor is in UHC's nationwide vision network of 85,000 providers.

### UHC Vision Plan Summary

Benefit	In-vision network (Choice and Choice Plus)	Out-of-vision network (Choice Plus only)
<b>Eye exam</b> (once every 12 months)	\$15 copay	\$40 allowance
<b>Frames</b> (once every 24 months)	\$75 allowance; 30% discount for frames that exceed allowance	\$40 allowance
<b>Lenses</b> (once every 12 months)	Standard scratch resistance covered in full, discounts for upgrades	\$40 to \$80 allowance depending on type of lens
<b>Contact lenses</b> (in lieu of eyeglasses, once every 12 months)	Standard 4 boxes of disposable contacts or \$75 allowance	\$75 allowance

Discounts are available for laser vision correction ([uhclasik.com](http://uhclasik.com)) or for additional contacts lenses not covered by the Vision Plan ([uhcontacts.com](http://uhcontacts.com)).

### Ready to get your eyes checked?

When you go to a vision care provider who is in-network, you won't need an ID card to use your UHC Vision Plan. Just tell your vision provider you have UHC insurance and give your last name and date of birth.

Visit [www.cookcountypension.com/visionbenefit](http://www.cookcountypension.com/visionbenefit) for complete coverage details.

## Tools to Help Quit Smoking



Whether age 55 or 85, it's never too late to stop smoking. Your CVS or SilverScript pharmacy plan covers prescription medications and nicotine replacement products to help deal with cravings for cigarettes. Talk to your personal doctor if you are thinking about quitting and ask if these smoking cessation aids are right for you. Call the CVS number on the back of your ID card to find out more about coverage for smoking cessation medications and nicotine patches, gums, and lozenges.

## Health Coverage for Disabled Dependent Children



CCPF has sent a request for re-certification of disabled dependent status to all annuitants who have a disabled dependent child over the age of 26 enrolled in the health plan. The completed **Certification of Disabled Dependent** forms and attached supporting documentation should be returned to the CCPF Health Benefits Department by October 31, 2018. Call **312-603-1200** and select option 2 for more information.

## Emails So You're in the Know Even Sooner



CCPF wants to send you the benefits news you need faster. When you sign up to receive future Health Benefits Digests by email, you'll also be signing up to receive information for this year's Open Enrollment as soon as it's available. Visit [CookCountyPension.com/newsletter](http://CookCountyPension.com/newsletter) to sign up.

## Prescriptions Filled then Delivered to Your Door



Most CVS pharmacies now offer on-demand prescription drug delivery to CVS Caremark customers. For a low additional cost, fill a 30- or 90-day prescription at your local CVS and have it delivered to an address within 10 miles of any CVS pharmacy location. Your delivery will come in confidential, secure and tamper-evident packaging. Ask your local CVS pharmacist about prescription drug delivery.

