

HEALTH BENEFITS DIGEST

SPRING 2019

GOING TO URGENT CARE?

Make sure it is **not** an Emergency Room (ER) or you will pay the \$100 ER copay.

Check with UnitedHealthcare (UHC) to make sure the facility is a UHC in-network urgent care center. If it is a **freestanding emergency care center affiliated with a hospital, you will be charged the \$100 ER copay** even if the name on the door says “urgent care” or “immediate care.” If a health concern does not require an ER visit and you are thinking about a trip to urgent care, avoid a billing surprise later by first calling UHC.

EMERGENCY ROOM (ER)

Designed for people with serious health events. Go to the ER immediately if you have chest pain, sudden weakness or trouble talking, severe head injury, or difficulty breathing.

URGENT CARE

Usually open later than a doctor’s office with less wait time than the ER. Urgent care centers can treat sprains, flu, strep throat, non-life-threatening cuts, cough/congestion, and sinus infection.



Ask UHC, “Is this an in-network urgent care center?”

Call UHC at **1-888-651-7313** OR search for Urgent Care centers in the Cook County area and nationwide at <https://ccpfretirees.welcometouhc.com/>

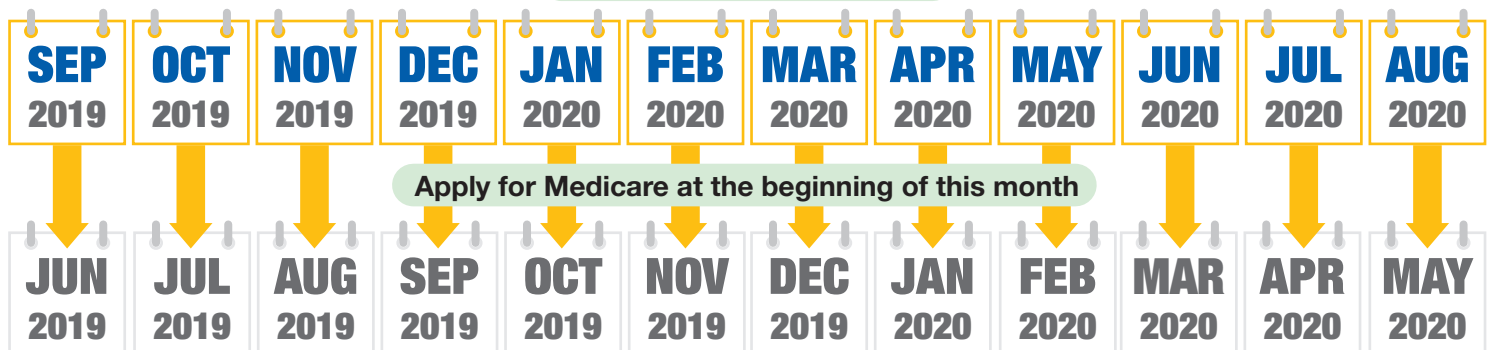
WHEN TO SIGN UP FOR MEDICARE

Contact Social Security 3 months **before** the month you turn age 65.

Annuitants and spouses turning age 65, and new annuitants and spouses older than age 65 must have Medicare Parts A and B in order to continue enrollment in the Cook County Pension Fund (CCPF) Health Plan. Annuitants and spouses under age 65 who have Medicare Part A due to disability must also have Medicare Part B in order to be enrolled in the CCPF Health Plan.

Send a copy of your Medicare card to CCPF 45 days before your Medicare is effective. Your coverage will be terminated if CCPF does not receive a copy of your Medicare card on time.

Month of your 65th birthday





PHYSICAL ACTIVITY: ESSENTIAL TO YOUR DAILY LIFE

In the short term, physical activity can boost energy and relieve stress. Over time, it can lower blood pressure, improve balance and increase mobility. Physical activity for older adults does not mean going to the gym every day; it can be simply working harder at regular activities. Best of all, being physically active does not have to cost anything:

- Increase your endurance — **e.g. brisk walking, dancing, raking leaves**
- Build your strength — **e.g. carrying groceries, climbing stairs, lifting weights** (full plastic water bottles or gallon milk jugs)
- Improve your balance — **e.g. standing on one foot, squatting into a chair**
- Develop greater flexibility — **e.g. stretching shoulders, upper arms and back of legs using resistance band**

Before making any lifestyle changes, always consult your physician first.

Less Sitting – More Moving

Did you know that sitting for long periods of time increases your risk of having a stroke? Even people who do not have a regular exercise routine can improve their health by reducing the amount of time they sit.

Start Moving More Now

- Take a few minutes break every half hour to stand up.
- Move around while watching T.V.
- Stand up while talking on the phone.
- Cut down on screen time.



COUPON CAMPAIGN RECAP Winter 2019 Health Benefits Digest

The response to the CCPF Promotion of a free blood pressure monitor or free bathroom scale was overwhelming! Supplies were limited to 200 items. The first 200 members who submitted a coupon with a selection of either a blood pressure monitor or bathroom scale have received their item by now.

