

MEA-RETIRED Tribune

October 2013

DID YOU KNOW?

- The deadline for nominations to the NEA and MEA Representative Assembly is December 15. Also nominations for Region Directors in even numbered regions are due December 15 as well.
- EyeMed will **not** be the vision benefit vendor for 2014. Instead, Blue Vision will be our new vendor starting 1/1/2014. Blue Vision will be introduced to members at the member meetings. Blue Vision is Blue Cross Blue Shield of Michigan's vision plan. They use VSP as a sub-vendor. There will also be some communications going out to members at seminars as well as an article in the Best of Health.

MEA-Retired Launches New Website

We very pleased to announce the launch of our own website. We encourage all members to go to the new website and explore the site.

Public Section: The web address is WWW.MEA-Retired.Org . (Not case sensitive/upper or lower case letters work just fine). The home page is designed to be our “face to the world” and the starting point for most user visits. The website purpose is to improve communications with our membership as well as the general public. We are aware of the need to keep the content current, useful and informative.

The buttons on the left side of the website are pathways links to important MEA-Retired operations. For example, under Leadership you will find links to Board Members (names and email addresses), Executive Committee members, and Chapters. The Chapter Links opens a PDF file which displays a map of Chapter Locations and a calendar of their meeting dates. The other buttons include Membership, FAQ, All Inclusive Membership (AIM), Calendar, and Documents and Forms. Links to the Michigan Retirement Reports and the MEA-Retired Tribune Newsletter are also located in this section.

Private Section: At the top right is a Member Login area. This will allow lifetime MEA-Retired members to change their own contact information and to obtain additional private information now available to the public. We will be communicating the directions for members to enter this section through our email system, Constant Contact.

Dates to Remember:

October 5, 2013 – MEA Fall Representative Assembly

October 5, 2013 – MEA-PAC Council prior (8:00 a.m.) to the Fall RA

October 19, 2013 – Commissions, Committees, and Task Forces

November 5, 2013 – MEA-Retired Executive Committee

November 6, 2013 – MEA-Retired Board Meeting

November 7, 2013 – MEA-Retired President's Conclave

December 15, 2013 – Nominations close for MEA and NEA Representative Assembly and even numbered Region Directors

January 10, 2014 – Last day to request a paper ballot for the election of MEA and NEA RA delegates and Region Directors

February 3-14, 2014 – MEA-Retired members cast ballots

March 31, 2014 – Deadline to book a room at the Hampton for the Annual Meeting 517-324-2072

April 14, 2014 – MEA-Retired Annual Meeting

LivingWell Has Been Updated for 2014 (Office of Retirement Services)

LivingWell is a **voluntary** program that was developed to help Michigan Public School Employees Retirement System members take charge of their health. For the upcoming year, the Retirement System has made some changes that will help members track their health, identify areas for improvement, and work on an action plan with their doctors.

Get rewarded for taking care of your health

LivingWell rewards members' healthy choices with savings on out-of-pocket costs. Members enrolled in LivingWell for 2014 can save up to \$150 on their annual medical deductible. Keep in mind that members must complete **all three steps** in order to receive \$100 in savings. As a bonus, members have an opportunity to save an additional \$50 by completing step four.

LivingWell in 3 Simple Steps

1. Complete the health assessment

The LivingWell health assessment is a way to check in on how you're doing with nutrition, exercise, and managing other aspects of your health. Complete the survey and return it in the envelope provided by the deadline. LivingWell surveys will be mailed in December, so watch your mail box for the 2014 health assessment.

2. Select a primary care physician

Many members already visit a primary care physician for routine and preventive care. If you already have a primary care physician, enter the doctor's name in the area provided on the LivingWell health assessment. If you don't have a primary care physician, all you have to do is select one and enter the name in the area provided on the survey. You can use the Find a Doctor tool on bcbsm.com to locate a doctor in your area.

3. Complete an annual wellness visit with your doctor by March 31, 2014.

The third step in this year's LivingWell program is to go to your doctor for a wellness visit. A wellness visit is an annual check-up provided by your doctor. Your doctor will check a number of health indicators, monitor any chronic conditions, discuss your questions or concerns, and order any necessary tests. This visit is provided at no cost to you to give you an update on your health status and start you on the path to LivingWell in 2014.

Bonus Step: Choose a Patient-Centered Medical Home Doctor

To receive an additional \$50 savings on your out-of-pocket costs, select a patient-centered medical home doctor as your primary care physician and mark the appropriate box on the LivingWell health assessment. To locate a PCMH doctor, use the Find a Doctor tool on bcbsm.com.

PCMH doctors are located in many, but not all, areas within Michigan. If you live in an area where there are no PCMH doctors, completing the LivingWell 3 step process is your lowest cost option.

2014 plan updates (Non-Medicare)

	2013	2014*
Medical Plan Updates		
Individual deductible	\$500	\$650
Medical coinsurance maximum	\$800	\$800
Per Script Coinsurance minimums and maximums		
30 day supply	\$7 min. /\$36 max.	\$10 min. /\$40 max.
Per Script Coinsurance minimums and maximums		
90 day supply	\$17.50min. /\$90max.	\$25 min. /\$100max.
Prescription drug coinsurance maximum	\$1000	\$1000
Dental Plan Changes		
Annual Coverage maximum	\$1000	\$1100

* Non-Medicare members enrolled in LivingWell will have a \$550 deductible in 2014. Members who complete all LivingWell requirements and select a PCMH doctor will have a \$500 deductible in 2014.

2014 plan updates (Medicare)

	2013	2014
Medical Plan Updates		
Individual deductible	\$400	\$500
Medical coinsurance maximum	\$700	\$800
Prescription Drug Plan Updates		
Per Script Coinsurance minimums and maximums 30 day supply	\$7 min. /\$36 max.	\$10 min. /\$40 max.
Per Script Coinsurance minimums and maximums 90 day supply	\$17.50min. /\$90max.	\$25 min. /\$100max.
Prescription drug coinsurance maximum	\$900	\$1000
Dental Plan Changes		
Annual Coverage maximum	\$1000	\$1100

The importance of working with a primary care physician

A primary care physician is a doctor who focuses on preventive care and the treatment of routine injuries and illnesses. Primary care physicians are doctors who concentrate on any of the following: family medicine, general practice, geriatric medicine, or internal medicine. In addition to providing routine check-ups, health tests and screenings, they coordinate members' care with specialists, hospitals and other providers. Your relationship with a primary care physician is key because he or she is the point person who can help ensure you get the care you need.

Having a relationship with a primary care physician allows you to work with a doctor who is familiar with your health. You can have an ongoing conversation with your PCP about your health goals and your progress toward meeting those goals. These are advantages that make working with a PCP a healthy choice.



Closing Offshore Loopholes to Close the Deficit

The United States hemorrhages hundreds of billions of dollars in tax revenue to a relatively small group of multinational companies. These large, profitable companies are headquartered here, they do business here, and they benefit from the safety and stability of living and working in the United States. Yet they use an array of complex arrangements involving offshore tax loopholes to avoid paying their taxes. That's why Sen. Levin has introduced the Stop Tax Haven Abuse Act, which would end offshore tax loopholes, bring fairness to the tax code, and reduce the deficit by more than \$220 billion over 10 years. (Senator Carl Levin)

LILLY LEDBETTER: Equal Work, Equal Pay (AFT of Michigan)

A crusader for equal pay and women's rights, Lilly Ledbetter recounts her story of discrimination at the Goodyear Tire & Rubber Company and the subsequent legal battle that resulted in the Lilly Ledbetter Fair Pay Act. Her experience resonates with women everywhere who continue to struggle for equity in the workplace. A question-and-answer period with the audience and a book signing will follow the lecture. This lecture is free and open to the public. Seating will begin at 6:30 p.m.

When: Wednesday, October 2, 2013, 7:00 p.m.

Where: Rackham Auditorium

915 E. Washington Street, Ann Arbor, MI

