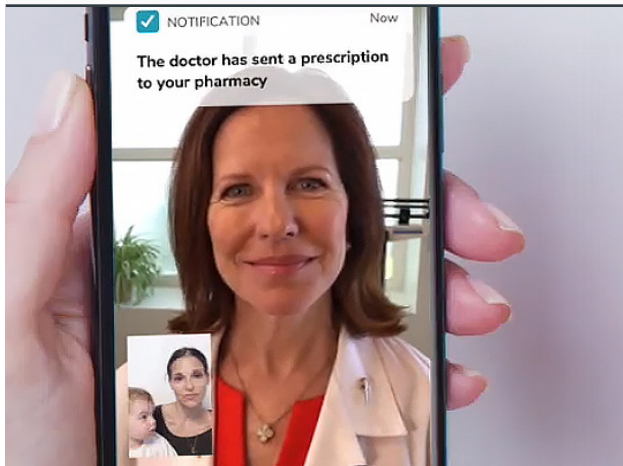


SAG·AFTRA HEALTH PLAN



NEWSLETTER Summer 2019



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REGISTER FOR LIVEHEALTH ONLINE: SEE A DOCTOR IN MINUTES.

A doctor's care is at your fingertips with LiveHealth Online*. This new plan benefit includes:

- A face-to-face doctor's visit on your phone, tablet or desktop
- Short term prescriptions if needed

Your copay for using LiveHealth Online is only \$25 and your existing benefits apply. LiveHealth Online is available 24 hours a day, seven days a week. Typically, in less than 10 minutes you'll be face to face with your doctor.

BE READY. REGISTER NOW.

1. Visit livehealthonline.com or download the free LiveHealth Online app to your mobile device.
2. Create your account by answering a few questions. When selecting the health plan, choose Anthem Blue Cross (CA) regardless of where you live. Your account securely stores your personal and health information.
3. Choose a doctor to visit or request first available and enter into a virtual waiting room.



Now you are set! You can be confident knowing you can easily connect with doctors when you need to consult about certain conditions, share your health history, and schedule online visits at times that fit your schedule.

For more information, visit www.sagaftraplans.org/livehealth.

*LiveHealth Online's psychology benefit is not included. Beacon Health Options provides behavioral health benefits for Plan participants.

WELCOME TO ALLERGY SEASON.



Watery eyes, itchiness, runny nose. That may not be a virus. You may have allergies.

An allergic reaction is when your immune system has a bad response to something in the environment. Normally your immune system protects your body from getting sick because of things like bacteria and viruses. It also helps protect you against allergens, the things that set off an allergic reaction. When it doesn't do that job, it's like having a very sensitive alarm system – it alerts your body to things that really shouldn't cause a reaction.

What causes allergies?

A lot of people have allergies. Your family history and the environment you live in can play a role. If both of your parents have allergies, you'll probably



have allergies. But you may not be allergic to the same things or have the same reactions.

COMMON ALLERGY TRIGGERS ARE:

Pollen	Medicines
Mold	Insect Bites
Pet Dander	Jewelry
Dust	Makeup
Food	Spices

Additional signs to be aware of ...

Some allergy symptoms can be more serious. Seek medical attention if you experience these common signs:

- Breathing problems, tightening of the throat or wheezing
- Burning, tearing, itchy, red or swollen eyes
- Coughing
- Itchy skin, rash or hives
- Diarrhea, stomach cramps or throwing up

Sources: Anthem Program and Health Promotion Resources and webmd.com

MAXIMIZE THE COVERAGE YOU HAVE. MAKE THAT ANNUAL APPOINTMENT.

HOW TO FIND A NETWORK PROVIDER



Visit these sites to find your next doctor,
dentist or specialist.



Hospital and Medical

anthem.com

Anthem/Blue Cross Provider

uclahealth.org/eimg

Entertainment Industry Medical Group (EIMG)



Prescription Drugs

express-scripts.com



Vision *Plan 1 only

vsp.com



Mental Health

[achievesolutions.net/
sag-aftra](http://achievesolutions.net/sag-aftra)



Dental

[deltadentalins.com/
sag-aftra](http://deltadentalins.com/sag-aftra)

SAG·AFTRA
HEALTH PLAN

Questions? Email us through
your Benefits Manager account,
or call: (800) 777-4013

Visit your doctor for a routine check-up every year. Even when you feel great, your doctor will remind you about other medical screenings you need to get according to your age.



Happy 40th Birthday

Ladies, let's talk about
scheduling that mammogram.*

SCREENINGS SAVE LIVES.



Happy 50th Birthday

We all need to schedule a
colonoscopy every 10 years.*

* Consult your physician to see if screenings are necessary for you.

USING THE BENEFITS MANAGER IS EASY.

FIND YOUR HEALTH PLAN INFORMATION IN ONE LOCATION.

SAG-AFTRA HEALTH PLAN

Log In | FAQ | Contact | About | SAG-Pension | Q

ELIGIBILITY PREMIUMS BENEFITS FORMS NEWS & RESOURCES EMPLOYERS

How to Qualify for Health Care Coverage.
Read more. ▶

Print health care ID cards

Access your claims status information and forms

Track your earnings

Pay your health premiums

Update dependent information

Ask us questions through the secure Message Center

Don't forget to opt-in for email communication instead of postal mail.
Go paperless! Visit sagaftraplans.org/health

CHECKING YOUR BODY FOR SKIN CANCER

Skin cancer is the most common cancer in the U.S., but if it's found early, it can be treated. That's why regular skin exams are important. You can do a self-exam each month to see if your skin has changed. Then, follow that up with a yearly exam by your doctor.



What to look for:

The first time you examine your body you'll learn where your birthmarks, moles and other marks are located and how they look and feel. After that, when you do your monthly checks, see if any new moles have appeared. Also, follow the National Cancer Institute's "ABCDEs" when checking the moles you already have on your skin. A is for asymmetry. Both halves of a noncancerous mole should be the same. B is for border. The edges of a noncancerous mole should be smooth, not ragged or blurry. C is for color. Uneven color is a concern. D is for diameter. If a mole changes size (especially if it gets bigger), talk to your doctor. E is for evolving. If the mole changes in any other way, talk to your doctor as well. If you notice any unusual or suspicious changes to your skin, make an appointment to see your doctor right away.

KNOW YOUR OPTIONS WHEN INJURIES OCCUR.



Summer's coming. That means you or your kids may be looking into some organized sports leagues for baseball, softball and all the “ball” fun available for an active summer. And it’s all fun and games until someone gets hurt.

Here are a few ways to avoid minor sports injuries:

- Get a physical. Contact your physician to make sure your or your children’s bodies are ready for athletic activity and find out what level you can push toward.
- Make stretching a habit. Take 15 minutes prior to game time or practice to stretch legs, arms, neck and torso. This will help to avoid injuries such as strains, sprains and pulled muscles.
- Don’t overdo it. Build your stamina slowly and listen to your body when you begin feeling fatigued.

Before hitting the field or court, consider finding a quality urgent care in the area. Where the emergency room is best for serious illness or injury, a good urgent care can take care of minor sports injuries including:

- Diagnosing broken bones (if x-ray is onsite)
- Getting stitches for cuts
- Diagnosing concussions
- Getting splints and wraps for other minor injuries

Los Angeles is home to Exer Urgent Care, which offers x-ray, IVs and lab services onsite at all 12 locations. Exer is open seven days a week, from 9:00 am to 9:00 pm, with little-to-no wait time compared to an average ER visit. As a Plan participant, you only pay a \$25* copay. If you are not near an Exer location, find your local urgent care by visiting anthem.com/find-doctor. Simply choose “find an urgent care” in the drop-down menu. For more information, visit www.sagafttraplans.org/Exer.



* Annual deductible and coinsurance may also apply to any lab tests, x-rays, EKGs or other testing rendered at Exer, per the terms of the Plan. Please refer to the terms of the Summary of Plan Description for a complete list of additional services and testing that may be subject to coinsurance and annual deductible.

SAG·AFTRA HEALTH PLAN NEWSLETTER

Post Office Box 7830
Burbank, CA 91510-7830

SAG-AFTRA HEALTH PLAN DIRECTORY

SAG-AFTRA HEALTH PLAN

Phone: (800) 777-4013

Fax: (818) 953-9880

Web: sagaftraplans.org/health

West Coast Office: Post Office Box 7830
Burbank, California 91510-7830

East Coast Office: 275 Madison Avenue
Suite 1819, New York, New York 10016

MENTAL HEALTH/SUBSTANCE ABUSE COVERAGE

Beacon Health Phone: (866) 277-5383

DENTAL INFORMATION AND CLAIMS

Delta Dental Phone: (800) 846-7418

PRESCRIPTION DRUG

Express Scripts: (800) 903-4728

Prescription Prior Authorizations: (800) 753-2851

MOVING?

When you move, it is important that you notify the SAG-AFTRA Health Plan so that you will continue receiving information about your eligibility and benefits. The Plan is separate from the union and requires a separate notice for address changes. **You can change your address by:**

- Logging in to your Benefits Manager at <https://my.sagaftraplans.org/health>.
- Calling the Plan at (800) 777-4013.
- Writing or faxing a letter to the Plan.



Log in to your Benefits Manager for access to all of your information at <https://my.sagaftraplans.org/health>.