

Benefits Bulletin

Insurance Benefits Closed for the Holidays

The Insurance Benefits department will be closed during the winter break. The closure will begin Monday, Dec. 25 through Monday, Jan. 1, 2024. It will be important for you to keep the contact information in this *Benefits Bulletin* should you need assistance during the winter holidays. Remember, you can reach insurance benefits at **407.317.3245** now through Friday, Dec. 22, and again beginning Tuesday, Jan. 2, 2024.

Easy Reference Guide for Insurance Benefits

Keep this chart handy when you have questions about your insurance benefits.

Medical Plans, Mental Health/ Chemical Dependency	Cigna www.mycigna.com	<ul style="list-style-type: none"> • For claims information, eligibility or benefits verification, call Cigna HealthCare member services at 1.800.CIGNA24 (1.800.244.6224). • For precertification or hospital admission due to an emergency, call Cigna HealthCare member services at 1.800.CIGNA24 (1.800.244.6224). • For the Employee Assistance Program call 1.877.622.4327.
Pharmacy	CVS Caremark www.caremark.com	<ul style="list-style-type: none"> • For CVS Caremark customer service, call 1.800.378.9264. • For CVS Caremark Clinical Services (for prior authorization), call 1.800.294.5979. • For CVS Caremark Clinical Services (for formulary Exceptions/Appeals), call 1.877.203.1681. • For CVS Caremark Specialty Pharmacy, call 1.800.237.2767.
Benefit Advocate Center		<ul style="list-style-type: none"> • For additional pharmacy assistance, call 1.833.416.5130 or email bac.ocps@ajg.com.
Dental	DeltaCare USA Basic and Comprehensive www.deltadentalins.com	<ul style="list-style-type: none"> • Call DeltaCare at 1.800.422.4234.
Dental	Delta Dental PPO www.deltadentalins.com	<ul style="list-style-type: none"> • Call Delta Dental PPO at 1.800.521.2651.
Vision	Humana www.compbenefits.com	<ul style="list-style-type: none"> • Call Humana Specialty Benefits Vision Plan at 1.800.865.3676.

Disability	Lincoln Financial Group	• Call Lincoln Financial Group Disability Plan at 1.800.423.2765 .
Group Universal Life	Minnesota Life Insurance (Securian)	• Call Minnesota Life Insurance (Securian) GUL at 1.800.843.8358 .
Flexible Spending Accounts	TASC www.tasconline.com	• Call Total Administration Services Corporation (TASC) at 1.800.422.4661 .



Prescription Drug Formulary Changes Found Here

Changes in the prescription drug formulary are occurring January 1, 2024. Members will be notified by letter if their maintenance prescription is affected and no longer covered.

The included charts have the more common drugs impacted by the changes, along with suggested alternatives. The complete formulary list can be found at <http://Insurance.ocps.net>, select the **Employee Wellness** page and charts can be found under Pharmacy News. Remember, generic medications are always preferred and are placed on the first, or lowest, copay tier (\$18 for a 90-day supply at CVS Retail or mail).

Register today at www.caremark.com to review your medications and find out if you could be paying less for your prescriptions with the **Drug Savings Opportunities** and **Check Drug Cost & Coverage** tools. If you have questions about your prescription coverage, please call CVS Caremark at 1.800.378.9264.

Drug Class	These drugs will be changing from not covered/not preferred to TIER 2/PREFERRED BRAND or generic, effective Jan. 1, 2024.
Diabetes	JANUMET, JANUMET XR, JANUVIA, LANTUS, ACCU-CHEK FASTCLIX LANCING DEVICE KIT, ACCU-CHEK SOFTCLIX LANCING DEVICE KIT
Human Growth Hormones	HUMATROPE
Immune Globulins	HIZENTRA, XEMBIFY
Migraine	QULIPTA
Pancreatic Enzymes	ZENPEP
Steroid/Beta Agonist Combinations	fluticasone-salmeterol* (except certain NDCs), Wixela Inhub*

(ST)-Step Therapy



Drug Class	These drugs will be changing from Generic/Preferred, Tier 2/ Preferred Brand to NOT COVERED effective Jan. 1, 2023	These are formulary options.
Anaphylaxis Agents	epinephrine auto-injector (NDC's beginning with 00093 and 49525), EPIPEN**, EPIPEN JR**	epinephrine* (except NDC's beginning with 00093 and 49525), SYMJEPI
Contraceptives	DEPO-PROVERA SUBQ	medroxyprogesterone injection*
	SLYND	norethindrone*
	NEXTSTELLIS BALCOLTRA	desogestrel/ethinyl estradiol & ethinyl estradiol*, desogestrel & ethinyl estradiol*, drospirenone/ethinyl estradiol*, ethynodiol diacetate & ethinyl estradiol*, levonorgestrel & ethinyl estradiol*, norethindrone/ethinyl estradiol* (all oral formulations including the ones with fe), norgestimate & ethinyl estradiol*, norgestrel & ethinyl estradiol*, LO LOESTRIN
	TWIRLA	norelgestromin/ethinyl estradiol – xulane*
Diabetes	JENTADUETO, JENTADUETO XR	JANUMET, JANUMET XR
	TRADJENTA	JANUVIA
	BASAGLAR, LEVEMIR	LANTUS
Human Growth Hormones	GENOTROPIN	HUMATROPE, NORDITROPIN
Migraine	AIMOVIG	EMGALITY, QULIPTA
MULTIPLE SCLEROSIS AGENTS	COPAXONE 20MG/ML**	dimethyl fumarate delayed-rel*, fingolimod*, glatiramer*, teriflunomide*, AVONEX, BETASERON, COPAXONE 40 MG/ ML, KESIMPTA, MAYZENT, OCREVUS, REBIF, TYSABRI, VUMERITY, ZEPOSIA
Narcolepsy	XYREM	LUMRYZ, WAKIX, XYWAV
Respiratory, Steroid/Beta Agonist Combinations	ADVAIR DISKUS**	fluticasone-salmeterol* (except certain NDCs), SYMBICORT, Wixela Inhub*

*generic equivalent preferred/ **preferred generic equivalent, (ST)-Step Therapy



Access IRS Form 1095-C Early on the myOCPS Portal

As required by the IRS, OCPS provides Form 1095-C to all employees enrolled in the medical plan. Employees may use the information on Form 1095-C to help complete 2023 tax returns regarding healthcare coverage. However, employees do not need the form to complete their 2023 tax returns. For more information, please visit the IRS's ACA website at <https://www.irs.gov/Affordable-Care-Act/Individuals-and-Families>.

Why choose an online form?

- ✓ Earlier access. You'll be able to view and print your form as soon as it's processed electronically. No waiting for envelope stuffing or mailing.
- ✓ Access when and where you need it from the myOCPS portal.
- ✓ It's more secure. Online delivery eliminates the chance that your Form 1095-C will get lost, misdirected or delayed during delivery.

How do I elect to receive my form online?

1. Login to **myOCPS**.
2. Select the **Employee Self-Service** tab.
3. Select **Benefits**.
4. Select **1095 Consent for Electronic Delivery**.
5. Click **GRANT CONSENT**.

Make your online election now, to prevent a paper copy being mailed to your home address. You will receive notification when the online Form 1095-C has been processed and is ready to view online. If you do not elect to receive your form online, a paper form will be printed and mailed to the address on file by March 1, 2024. If you need to update your address, please visit the [myOCPS](#) portal.

If you previously elected to receive your Form 1095-C online, **no action is required**. Your election will continue unless you withdraw consent.

Catch up with On-Demand Replays

Put the holiday stress on the back burner and try exploring new things with Cigna's Employee Assistance Program webcasts. Each webinar is designed to reduce stress, find balance and help us be our best at work and in our personal lives. There are currently more than 80 wellness topics, including:

- Holiday Stress: Putting Happy Back in the Holidays
- Try It! Exploring New Things
- Exercise Essentials: Getting and Staying Active
- Emotional Exhaustion: Fighting the Fatigue

All OCPS Employees* can access registration information, live webcasts and on-demand replays at www.Cigna.com/EAPwebcasts.

Connect with the EAP anytime.

Call 1.877.622.4327

Visit myCigna.com (Employer ID: ocps)

*Employees do not have to be enrolled in an OCPS medical plan to utilize the EAP webcasts. Mental/behavioral health and substance use disorder services are accessible to employees and dependents covered by one of the OCPS Cigna medical plans.

COMING IN



We are excited to roll out a new health benefit. Patient-first concierge care is coming in 2024 for OCPS employees enrolled in an OCPS medical plan.

Meet PeopleOne Health. With the convenience of clinical offices located in Orange County, PeopleOne Health will provide high-quality, affordable concierge healthcare services fully sponsored by OCPS. If you ever felt rushed in a doctor's office, struggled to schedule same/next day appointments, or find a referral, PeopleOne Health is here to provide better care.

Stay tuned to the *Benefits Bulletin* for more information on when you can enroll.



December Healthy Hero



Assistant principal, Maria Caliri is grateful for the inspiration Coach Kristy Kline provides to students and staff at Freedom High School which is why she nominated her for the Healthy Hero award!

Caliari had this to say:

Coach Kristy Kline has made a positive impact on the FHS community since the moment she stepped on campus. She jumped in to coach several of our athletic teams and has motivated our staff to get up and get moving. In collaboration, she has started two StepBet Challenges for staff to participate in. She has also led race teams for Freedom HS and wakes up at 4 a.m. to run before even coming to work in the morning. She is more than deserving to be recognized as a Healthy Hero.

Coach Kline is a teacher, head coach for boys'/girls' cross country teams, head coach for girls' weightlifting, and the assistant coach for girls' flag football. She shared her knowledge about obtaining a healthy lifestyle:

Working out is a lifestyle. A lot of work goes into a healthy lifestyle, including completing your schoolwork, getting enough sleep, eating right, and staying active. To start and maintain a healthy lifestyle, you must set realistic goals, get those initial wins, and continue working your way up. Don't start with a complete diet overhaul or training for a marathon. Instead, start with a single meal each day, maybe pack a healthy lunch M-F, or train to run a single mile. Create a routine around those goals, celebrate the accomplishments, and continue raising the bar. Remember, some days, you will not want to run or hit the gym; however, those days will test your willpower and commitment to a healthier lifestyle. Make an effort to ensure you go for a run, hit the gym, or go for the smaller piece of cake. Stay positive, and remember results will not happen overnight.

Kline credits the support of her husband, Coach John Kline, and family for making it possible to take on all of her professional and personal responsibilities and continue to focus on her health journey.

We salute Coach Kristy Kline as December's Healthy Hero.

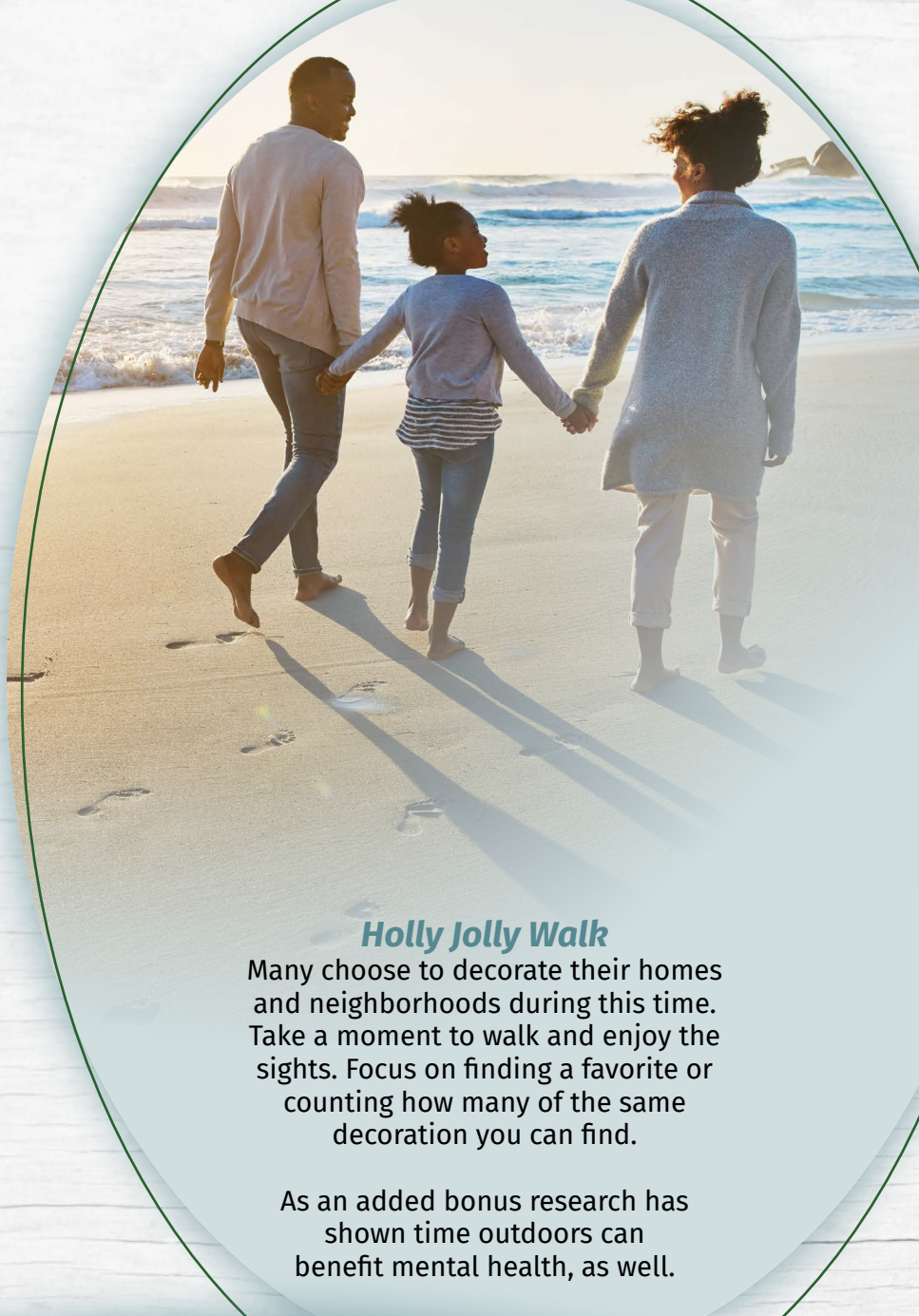
If you would like to nominate a co-worker as a Healthy Hero, please e-mail wellness@ocps.net with the candidate's name, location and why they deserve the title.



Holiday Presents Presence

The end of the year often brings cheerful sights, sounds and time with those who we care about. As enjoyable as it can be, the holiday season also can bring an increase of stress. Balancing the demands of shopping, parties and family obligations can lead to feeling overwhelmed. This holiday season, gift yourself a moment of stress relief by practicing mindfulness.

Mindfulness is the practice of being aware of what's happening and your thoughts in the present moment. While meditation and breathing techniques are the most known exercises for mindfulness, there are plenty of other ways to practice. Manage stress this season by participating in mindfulness with a holiday twist.



Holly Jolly Walk

Many choose to decorate their homes and neighborhoods during this time. Take a moment to walk and enjoy the sights. Focus on finding a favorite or counting how many of the same decoration you can find.

As an added bonus research has shown time outdoors can benefit mental health, as well.



Mindful Eating

Try to remain focused on the meal and company rather than electronic distractions. What is different about meals this time of year compared to others? Take note of the colors, scents and textures of the food at meals this season.



Holiday Crafts

Simple, repetitive actions can help you redirect your thoughts and tune out the chatter in your head. Activities like coloring books, knitting, baking or decorating a gingerbread house offer an escape for a busy mind. Let your inner child play! The key is to enjoy the process and not worry so much about the result.

Find Small Joys

Do you have a favorite part of the holiday season? Maybe it's the lights, seasonal music, gifting to others or a peppermint mocha. Find time to revel in these details.



Connecting with Others

Time with family can be a source of rest for many, however we may not all have that option. It's normal to feel lonely, especially during this time of year. You can combat feelings of loneliness by scheduling time with others rather than leaving it to chance, connecting virtually if you cannot in person, attending community events or volunteering.

For more resources on managing holiday stress reach out to Health Coach Danielle by call/text at 407.304.8042 or email at EmployeeHealthCoach@ocps.net.

Benefits Bulletin is designed to keep OCPS employees and their families informed about available benefit programs. This information is not intended to replace professional health care. See your health care professional for information relevant to your medical history.

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