



Winter 2024

HealthConnection

Get the support you need throughout your pregnancy with Maven

Maven is your comprehensive digital women's and family health platform that supports APWU Health Plan members and their covered dependents enrolled in the High Option throughout their maternity, postpartum, and newborn experience. You can use Maven to book virtual appointments for unlimited coaching and education with providers across more than 30+ specialties, including OB-GYNs, pediatricians, and career coaches. Maven also provides an extensive library of provider-backed articles and expert-led virtual classes.

Plus, Maven is completely free for you to use. Use Maven for:

On-demand video appointments with top-rated providers

Unlimited coaching and education appointments and messaging 24/7 with Maven OB-GYNs, mental health specialists, prenatal nutritionists, lactation consultants, career coaches, pediatricians, and many others.

Your own Care Advocate

Personalized, one-on-one support to help answer questions about your benefits, get connected to the right Maven provider for your needs, and for referrals to in-person support when you need it.

A library of expert content, tailored to your experience

Trustworthy content vetted by healthcare providers and tailored to you, wherever you may be on your parenthood journey. Topics include prenatal health, postpartum depression, and returning to work with confidence. Maven also provides empowering virtual classes led by Maven providers.

For more information,
call 1-866-569-2064.



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Our Mission:

APWU Health Plan partners with postal and federal families to create a lifestyle dedicated to healthy living. We are committed to providing our members with innovative high-quality products and services.



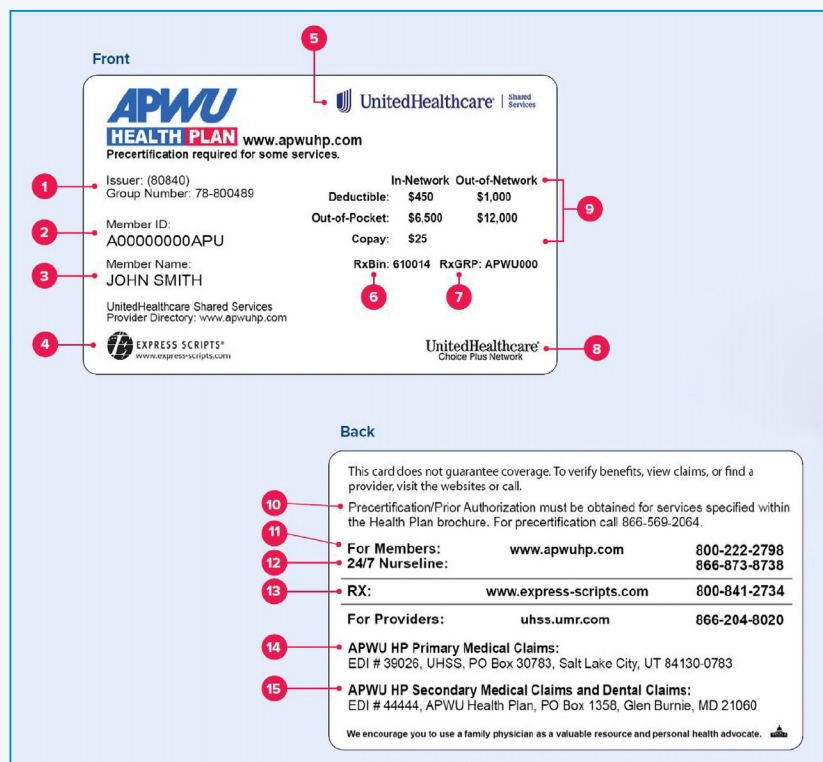
Get to know your new ID card



The High Option Plan has switched to UnitedHealthcare's network of providers and that means more than 1.7 millions providers that you can choose from! That also means 13,500 choices for urgent care clinics and 7,000 choices for hospitals and care facilities. And with these changes comes a brand new ID card! You can use your ID card for more than just doctor visits. Your ID card is full of handy information and resources that you can use to find the best care available to you. It lists useful addresses for submitting claims and phone numbers to get your questions answered.

To help familiarize you with your new ID card, below is a breakdown of each part of your card and what information is provided to you.

- Group Plan ID:** Same number for every member of the Health Plan. It identifies you as an APWU Health Plan member.
- Member ID:** The unique number that identifies you as an APWU Health Plan member. All covered family members use this same Member ID.
- Member name:** Since each covered family member receives an ID card, the name on the card will correspond to the unique family member.
- Your pharmacy benefit manager:** You can get mail-order drugs through Express Scripts. Or, you can visit an Express Scripts pharmacy.
- Your provider network.**
- RxBin:** This number is the same for all members. It identifies the APWU Health Plan at Express Scripts.
- RxGRP:** This number is the same for all members. It identifies the APWU Health Plan at Express Scripts.
- UnitedHealthcare is your provider network.** In certain areas, UnitedHealthcare may contract with another network to cover a geographic area so you have more providers to choose between. If you are in one of these areas, there will be another network logo on your card.
- Your plan details:** Individual deductibles, out-of-pocket maximums and in-network office visit copay.
- Precertification phone number:** Contact UnitedHealthcare.
- Eligibility/benefits phone number:** Contact APWU Health Plan.
- 24/7 NurseLine phone number:** Get answers to your health questions.
- Express Scripts phone number:** Contact your pharmacy benefit manager. Certain drugs must be preauthorized.
- Mailing and electronic address (payor ID) for providers to submit medical claims.**
- Mailing and electronic address (payor ID) for secondary medical claims and dental claims.**



What's the difference between type 1 and type 2 diabetes?



Are you worried about developing diabetes in your lifetime? Maybe your family member has been recently diagnosed and you want to learn more? Read on to learn about the differences between type 1 and type 2 diabetes and how the APWU Health Plan can help.

Type 1 diabetes is an autoimmune condition that can develop suddenly and may be caused by genetics and other unknown factors. Type 2 diabetes often develops over time, with obesity and a lack of exercise as big risk factors. You can be diagnosed with either at any age.

What causes diabetes?

Type 1 and type 2 diabetes may have similar names, but they're different diseases with unique causes.

The key difference between type 1 and type 2 diabetes is that type 1 is believed to be caused by an autoimmune reaction and develops early in life. Type 2 diabetes develops over the course of many years and is related to lifestyle factors such as being inactive and carrying excess weight. It's usually diagnosed in adults.

Risk factors for type 1 diabetes are not as clear, but family history may play a role.

Causes of type 1 diabetes

The body's immune system is responsible for fighting off foreign invaders, such as harmful viruses and bacteria.

Type 1 diabetes is believed to be caused by an autoimmune reaction. In people with type 1 diabetes, the immune system mistakes the body's own healthy cells

for foreign invaders.

The immune system attacks and destroys the insulin-producing beta cells in the pancreas. After these beta cells are destroyed, the body is unable to produce insulin.

Researchers don't know why the immune system sometimes attacks the body's own cells. It may have something to do with genetic and environmental factors, such as exposure to viruses.

Research into autoimmune diseases is ongoing. Diet and lifestyle habits do not cause type 1 diabetes.

Causes of type 2 diabetes

People with type 2 diabetes have insulin resistance. The body still produces insulin, but it's unable to use it effectively.

Researchers aren't sure why some people become insulin resistant and others don't, but several lifestyle factors may contribute, including being inactive and carrying excess weight.

Other genetic and environmental factors may also play a role. When you develop type 2 diabetes, your pancreas will try to compensate by producing more insulin. Because your body is unable to effectively use insulin, glucose accumulates in your bloodstream.

Source: <https://www.healthline.com/health/difference-between-type-1-and-type-2-diabetes#causes>



If you're one of the more than 11% of people diagnosed with diabetes, you'll be happy to hear that the High Option Plan has great benefits for our members:

- Diabetes medications available through mail-order: \$0 copay for generic oral medication, formulary blood glucose test strips and lancets (used to reduce blood sugar)
- \$25 copay for a 30-day supply of certain insulin and non-insulin drugs to treat diabetes

Visit our website to learn more about our mail-order program for diabetes medications!

<https://www.apwuhp.com/members/high-option/pharmacy/>

Get to know your benefits to set healthy goals!
Take full advantage of your High Opt

The importance of well-child visits

Regular checkups are an important way to keep track of your child's health and physical, emotional, and social development. These visits are important for ALL children, including children and youth with special healthcare needs who may also be under the care of specialists.

Your conversations can range from sharing your successes and milestones, to overall concerns about child development, to challenges in daily routines. Think of these visits as your chance to learn as much as you can about the best ways to help your child grow. By focusing on your child's growth and learning, both you and your healthcare professional make sure your child is developing as expected.

Your family and healthcare professional form a partnership based on respect, trust, honest communication, and understanding your family's culture and traditions.

Annual well-child visits help to manage the development of your child.

My Goals

- ☐ Call my Primary Care provider to schedule my annual well-child visit
- ☐ Set up well-child visits for all covered children with their pediatrician and schedule for the year
- ☐ Get my blood pressure checked for Hypertension (HBP)
- ☐ Ask my Primary Care provider what immunizations my child needs this year



7 GOALS

APWU Health Plan can help you stay on track.
tion benefits to stay healthy and fit.

Your annual checkups are covered at 100% when you stay in-network!

Goals

Care Physician to
annual checkup

checkups for
n with their
get an immunization
year

essure checked for
(High Blood Pressure)

Care Physician
ons I'm due for

Why do I need to see my Primary Care Physician every year?

Seeing your primary care provider every year, even if you are not feeling bad, is important for health maintenance. A yearly annual exam can help detect signs and symptoms of disease early, which allows for early intervention.

An annual exam also allows time to perform health screening. These will depend on age, gender, personal history and family history. Examples include PSAs, mammograms, pap smears, colonoscopies, abdominal aortic aneurysm screenings, lung cancer screenings, blood pressure checks, glucose checks and cholesterol checks.

An annual exam is also a great time to catch up on vaccines that are appropriate and due. Annual exams allow time to discuss any unhealthy habits (tobacco use, obesity, alcohol overuse, illicit drug use) and address those. Annual exams also allow time to assess your mental health and stress levels.

What is Hypertension?

High blood pressure, also called hypertension, is blood pressure that is higher than normal. Your blood pressure changes throughout the day based on your activities. Having blood pressure measures consistently above normal may result in a diagnosis of high blood pressure.

The higher your blood pressure levels, the more risk you have for other health problems, such as heart disease, heart attack, and stroke.

Hypertension screening tests are considered preventive and are covered at 100% when you stay in-network.

Are antibiotics always best?



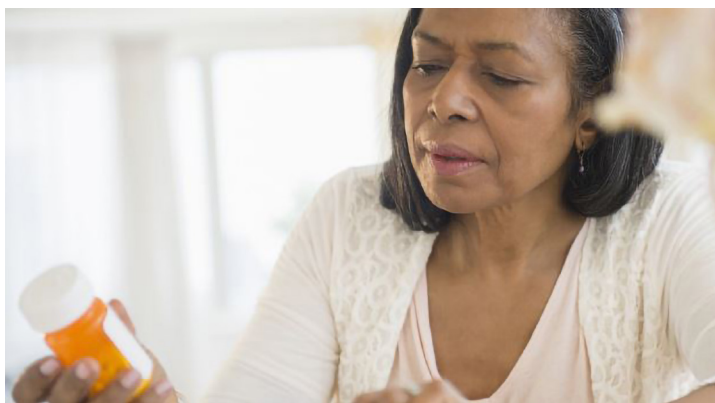
Antibiotics can save lives when used the right way — to fight bacterial infections. The problem is they're frequently prescribed for infections like colds and coughs caused by viruses. And antibiotics don't work against viruses. That means taking them for a virus won't cure your infection or make you feel better. It can also be dangerous.

What's the big deal?

Misuse and overuse of antibiotics can change germs. It can make them stronger and lead to antibiotic resistance. That's when bacteria don't respond to the drugs designed to destroy them.

What can you do?

- Prescribed an antibiotic? Confirm it's for a bacterial infection.
- Take exactly as directed.
- Don't skip doses.
- Complete full course of treatment.
- Only take antibiotics prescribed for you.
- Throw out leftover antibiotics. Don't use or share them.
- Wash hands frequently and get recommended vaccines to cut infection risk.



One Pass Select™

With One Pass Select, we're on a mission to make fitness engaging for everyone. One Pass Select can help you reach your fitness goals, while finding new passions along the way. Find a routine that's right for you whether you work out at home or at the gym.

- Choose from our large nationwide network of gym brands and local fitness studios
- Work out at home with live or on-demand online fitness classes
- Get groceries and household essentials delivered to your home

Choose a membership tier that fits your lifestyle and provides everything you need for whole body health in one easy, affordable plan.

To learn more or enroll, visit www.onepassselect.com

If you're visiting for the first time, you'll need to register with your Health Plan member ID. You can find your member ID on your Health Plan ID card or by logging in to your member portal.

One Pass Select customer service

To speak with a One Pass Select customer service representative, call 1-877-515-9364. If you experience a long hold time, you can request a representative to call you back.

One Pass Select FAQs

Find answers to your questions by visiting www.onepassselect.com/faqs.



Rediscover your passion for health

With One Pass Select, we're on a mission to make fitness engaging for everyone. One Pass Select can help you reach your fitness goals, while finding new passions along the way. Find a routine that's right for you whether you work out at home or at the gym. Choose a membership tier that fits your lifestyle and provides everything you need for whole body health in one easy, affordable plan. You and your eligible family members (18+) can get started with One Pass Select on January 01, 2024.



Find your fit with One Pass Select



At the gym

Choose from our large nationwide network of gym brands and local fitness studios. Use any gym in the network and create a routine just for you.



At home

Work out at home with live or on-demand online fitness classes. Try our workout builder to get routines created just for you, no matter what your fitness level and interests are.



In the kitchen

Get groceries and household essentials delivered to your home. We make it easy to plan for everything you need to enjoy delicious, nutritious meals.

\$29/Mo

Classic

11,000+ gym locations

\$64/Mo

Standard

12,000+ gym and premium locations

\$99/Mo

Premium

14,000+ gym and premium locations

\$144/Mo

Elite

16,000+ gym and premium locations



Learn more about One Pass Select* at OnePassSelect.com.

Enroll in One Pass Select starting on January 01, 2024



*Eligible One Pass Select members will not be able to enroll in One Pass Select until January 01, 2024.

An enrollment fee may apply

Or get started with a digital-only plan for \$10/Mo

All tiers Classic or above come with grocery and home essentials delivery at no extra cost.



One Pass Select is a voluntary program. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. Individuals should consult an appropriate health care professional before beginning any exercise program and/or to determine what may be right for them. Purchasing discounted gym and fitness studio memberships may have tax implications. Employers and individuals should consult an appropriate tax professional to determine if they have any tax obligations with respect to the purchase of these discounted memberships under this program.

This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this service is for informational purposes only. The nurses cannot diagnose problems or recommend specific treatment and are not a substitute for your doctor's care. Please discuss with your doctor how the information provided may be right for you. Your health information is kept confidential in accordance with the law. The service is not an insurance program and may be discontinued at any time.

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APWU Health Plan

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**TOGETHER.
BETTER HEALTH.**

Thank you for being a Health Plan Member,

All of us at APWU Health Plan would like to thank you for choosing us. We know there are a lot of FEHB health plans to choose from. We are committed to doing our very best to offer our health services and strong benefits with respect and kindness to you. Welcome to our family and don't hesitate to let us know how we can help you on your journey to staying healthy.

Randy Griffin
CEO & Chief Operating
Manager



Randy D. Griffin

Sarah Rodriguez
Health Plan Director



Sarah J. Rodriguez

We want to hear from you!

In an effort to improve our future products and services, we are asking for 5 minutes of your time to provide us feedback on your experiences with the APWU Health Plan. To get started just scan the QR code or visit this link: <https://hcsurvey.apwuhp.com>



Manage your High Option health plan with your member portal.

Download the myapwuhp app.

The myapwuhp app is another tool that can help you manage your health plan. See your claims, year-to-date information, prescriptions, and more.

You must register for the member portal in order to use the secure app.

