



2014 OPEN ENROLLMENT for SEA Union Members

Health, Dental, and Flexible Spending November 22 - December 6, 2013

Employees are required to complete an Open Enrollment Form to add or remove dependents from coverage and/or add or remove (waive) benefits for themselves and their dependents during this period for their health, dental and/or flexible spending benefits.* The Open Enrollment form can be found at: <http://admin.state.nh.us/hr/benefits.html>

Health and Dental

*If you are unable to download and print this form, please contact your agency Benefit Representative for assistance. For a listing of Benefit Representatives by agency go to:

<http://admin.state.nh.us/hr/contacts.html>

Employees **MUST** provide enrollment forms and documentation to their agency Benefit Representative on or before December 6, 2013.

If an employee's enrollment form and supporting documentation is not received by December 6, 2013, plan changes **WILL NOT** go into effect.

If an employee adds a dependent to their coverage, the appropriate documentation **MUST BE** provided with the Open Enrollment form.

NEW Pharmacy Benefits Manager for 2014!

In a few weeks, a welcome letter from Express Scripts, Inc. (ESI) will be mailed to your home address that will include your new 2014 member ID cards and pharmacy benefit contact information. ESI replaces CVS/Caremark effective January 1, 2014.

Medical and/or Dependent Care Flexible Spending

If you wish to participate in the Flexible Spending Account program (medical and/or dependent childcare) for 2014, you must make your election using the Open Enrollment form.

Life Insurance Enrollment Changes

Plans 2-8 for Anthem Life Insurance employees must contact Anthem Life directly at 1-866-227-4005 or download the change form at: http://admin.state.nh.us/hr/life_insurance.html

Short Term Disability/Critical Illness/Accident Insurances

For voluntary benefit changes for Short Term Disability, Critical Illness and Accident Insurances, contact Employee Benefits Management directly at 1-800-639-4025.

Availability of Summary Health Benefits Information

Choosing a health plan option is an important decision. To help employees make an informed choice, the State has made available a Summary of Benefits and Coverage (SBC), which presents important information about the State's health plan options. The SBC is available on the web at:

http://admin.state.nh.us/hr/open_open_enrollment_active.html

A paper copy of the SBC is also available, free of charge, by calling 603-271-3261.



2014 HAT Available on or after January 1, 2014

The step by step guide on how to take the HAT along with a new worksheet can be found at:

http://admin.state.nh.us/wellness/wellness_rewardprogram.html

If you would like to print your 2013 Well-Being Report to assist you with completing your 2014 Well-Being Assessment, you must do so by **December 31, 2013**. Follow these steps to print off your 2013 Report:

1. Visit www.anthem.com and enter your username and password in the "Member Log In" window, then click "Log In".
2. Click on the blue Health & Wellness tab at the top of the page, then click "Get Started" below the Healthy Lifestyles icon.
3. In your Healthy Lifestyles website, select the "Resources and Tools" then select "Assessments and Reports".
4. At the bottom of the "Assessments and Reports" page, select "View" to the right of the date indicating when you completed the 2013 Well-Being Assessment.

Please consider the environment and only print off the pages you'll need to help complete your 2014 Well-Being Assessment such as your Well-Being Score and Biometric Values.

Note: Your privacy in taking the Well-Being Assessment is something we take very seriously and is protected by law. Please see the Privacy Policy and Terms of Use by clicking on "[Learn More](#)" at the bottom of the Healthy Lifestyles website to learn how your privacy and security is guaranteed.

Employee Health Education Program Reminder

Last year, the Health Benefit Committee developed an employee health education program to help individuals and their families understand critical health promotion and disease prevention topics, important medical self-care and health utilization decisions and learn about health and wellness program approaches that can help prevent or slow the progression of serious health concerns. Employees can complete the three health education modules by:

- Attending worksite presentations arranged by your agency
- Reviewing the modules posted on:
http://admin.state.nh.us/wellness/Wellness_Anthem.html
- Education Packet: Call 271-4103 to have one sent to you.

Rake in the savings this fall!



Time to harvest some incentives and keep your healthcare costs down. Shop all of your non-emergency procedures with Compass. Don't forget to call each time you need a procedure in order to qualify for an incentive. Searches must be logged at least 24 hours prior to your appointment. Call or go online to Shop Smart and Earn Green!

www.compassmartshopper.com 800.824.9127
Share your experience with us [f](#) /compassadvisers [t](#) @compassadvisers

*You are receiving this as a member of the Compass SmartShopper program set up by your employer as part of your health benefit.