



Benefit Press

Employees' Group Insurance (EGI)

May 2017 Edition

Babies... Babies... Babies



Under the State of Wyoming group health plan:

- Newborn children will be covered for up to 31 days after their birth.
- You must apply for Dependent coverage for the newborn child within 60 days of the date of birth and pay any required premium contribution to continue coverage uninterrupted.
- Applications must be received within 60 days of the birth so do not wait for a birth certificate to submit the application. Employees' Group Insurance will contact you for the birth certificate after receipt of application.
- You have an additional 30 days from the application deadline to supply the birth certificate to continue coverage after the initial 31 days.
- All applications to continue coverage for newborn children must be received within 60 days of the birth regardless of whether an employee has single or family coverage.
- Coverage will not be activated until supporting documentation is received.
- If documentation is not received within 30 days from the application deadline, the enrollment will be considered null and void. The dependent will not be added and can be enrolled during open enrollment, provided the documentation is provided at that time.

Two New Faces to EGI



Karissa Toalson is one of our new faces. Karissa has become an integral part of EGI working on enrollment of new employees, managing the termination notifications and helping with answering phone calls, along with scanning and all kinds of other duties.

Karissa's work ethic is fabulous and she complements the rest of the staff. We are fortunate to have added her to our group.

Maggie Podzemny is our other new face... Maggie is our first telephone contact person with EGI. She is first in line with regard to customer service phone calls, helps with scanning, processing new hire enrollments, terminations and all kinds of other duties.

Maggie moved from Lander to be part of our team and we are happy to have her skills to enhance our customer service.

Need to See a Doctor? We've got Connections.

Amwell* and MDLIVE* now available through Cigna

Good news. Cigna provides covered employees and retirees with access to telehealth services designed to offer members greater control when they need to see a doctor.

It is Cigna Telehealth Connection.

Cigna Telehealth Connections lets you get the care you need—including most prescriptions—for a wide range of minor conditions. Now you can connect with a board-certified doctor via video chat or phone, without leaving your home or office.

Choose when: Day or night, weekdays, weekends and holidays.

Choose where: Home, work, or on the go.

Choose how: Phone or video chat.

Choose who: Amwell or MDLIVE doctors.

Signing up is easy

- Create an account with one or both Amwell and MDLIVE.
- Complete a medical history using their “virtual clipboard.”
- Download Amwell for CignaApp and MDLIVE for Cigna App to your smartphone/mobile device.

Visit the website or call to register.

Amwell - AmwellforCigna.com* - 855.667.9722

MDLIVE—MDLIVEforCigna.com* - 888.726.3171



The cost for a telehealth visit is \$40, subject to your deductible and coinsurance.

We recommend you sign up and create an account now, so when it comes time to needing telehealth services you will be all set up.

*Availability may vary by location and is subject to change. See vendor sites for details.

**The downloading and use of any mobile app is subject to the terms and conditions of the mobile app and the online stores from which it is downloaded. Standard mobile phone carrier and data usage charges apply.

Amwell and MDLIVE are independent companies/entities and are not affiliated with Cigna. The services, websites and mobile apps are provided exclusively by Amwell and MDLIVE and not by Cigna. Providers are solely responsible for any treatment provided. Not all providers have video chat capabilities. Video chat is not available in all areas. Amwell/MDLIVE services are separate from your health plan's provider network. Telehealth services may not be available to all plan types. A primary care provider referral is not required for Amwell/MDLIVE services. In general, to be covered by your plan, services must be medically necessary and used for the diagnosis or treatment of a covered condition. Not all prescription drugs are covered. All group health insurance policies and health benefit plans contain exclusions and limitations. See your plan materials for costs and details of coverage, including other telehealth/telemedicine benefits that may be available under your specific health plan.

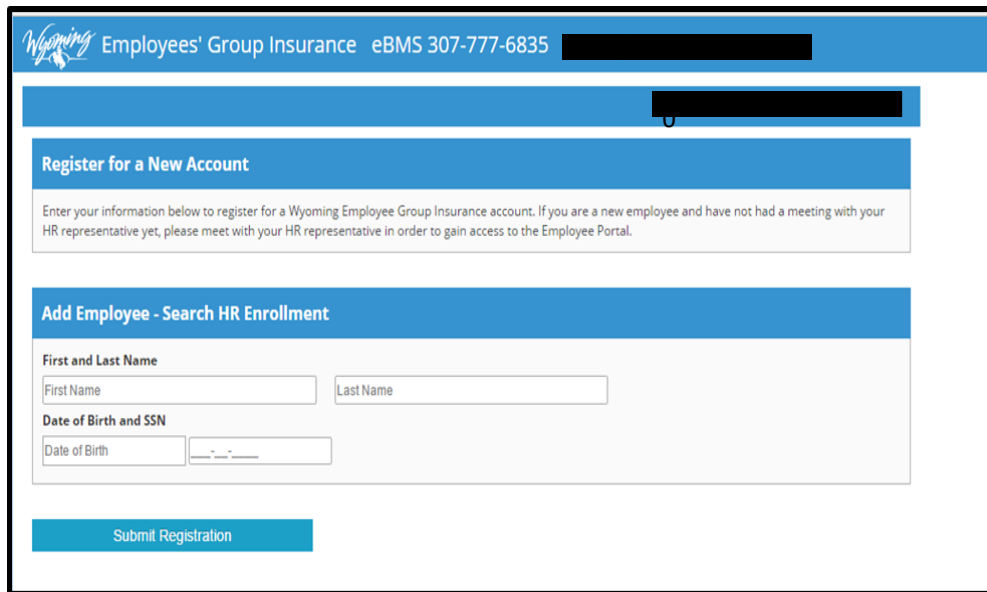
Announcing—Employee Benefits Portal

Employees' Group Insurance is excited to announce that our Employee Benefits Portal is now available to access. Anyone who has coverage through EGI can register to access their benefits. Currently, you can view your benefits as well as who is covered. You can update your contact information, update your life insurance beneficiary, and upload your flex claim.

When registering you must be able to match the name, date of birth and social security number and email to confirm your identity. If we do not have an email on file for you, you may use a Gmail, Outlook or Yahoo email account. We would suggest a personal email so that in the event you were to leave employment, you would still have access to your profile. If you have an email on file with us that is different than the one you wish to use, please contact our office and we will update it.

Benefit enrollment is currently limited to specific agencies so we can test all functionality. We hope to have full use of the portal for changes you want to make for open enrollment this fall. If you have questions, please feel free to email egi@wyo.gov or call us at 307-777-6835.

Please see our website to access the link to the portal as well as instructions on how to register.



The screenshot shows the 'Employees' Group Insurance eBMS 307-777-6835' portal. It features a blue header with the Wyoming logo. Below the header, there's a section titled 'Register for a New Account' with a sub-header 'Add Employee - Search HR Enrollment'. The registration form includes fields for 'First and Last Name' (split into 'First Name' and 'Last Name'), 'Date of Birth and SSN' (split into 'Date of Birth' and 'SSN'), and a 'Submit Registration' button. A note states: 'Enter your information below to register for a Wyoming Employee Group Insurance account. If you are a new employee and have not had a meeting with your HR representative yet, please meet with your HR representative in order to gain access to the Employee Portal.'

Share your experience!

How are you staying active and managing your health?

Just a reminder that we want to hear your success stories!

Are you covered by Cigna through the State of Wyoming? We would like you to share your success stories with others and encourage them to take charge of their health through your inspiration!

If you're willing to share your experience, please take the survey below. If your testimonial is selected to share with other State of Wyoming covered members, you will receive an award (\$300 value)!

Please submit your testimonial by May 31, 2017.



[https://www.surveymonkey.com/r/State of Wyoming](https://www.surveymonkey.com/r/State%20of%20Wyoming)

Know Before You Go

Your Guide for where to go when you need medical care.

Lower	Cost and time		Greater
Cigna Telehealth Connection	Doctor's Office	Urgent Care Center	Emergency Room
<p>Access telehealth services to treat minor medical conditions. Connect with a board certified doctor via video or phone when where and how it works best for you.</p> <p>Visit the website or call to register.</p> <p>AmwellforCigna.com 855-667-9722</p> <p>MDLIVEforCigna.com 888-726-3171</p>	<p>The best place to go for routine or preventive care, to keep track of medications, or for a referral to see a specialist.</p>	<p>For conditions that aren't life threatening. Staffed by nurses and doctors and usually have extended hours.</p>	<p>For immediate treatment of critical injuries or illness. Open 24/7. If a situation seems life-threatening, call 911 or go to the nearest emergency room. "Freestanding" emergency room (ER) locations are becoming more common in many areas. When you receive care at an ER, you're billed at a much higher cost than at other health care facilities.</p>
<ul style="list-style-type: none">•Colds and flu•Rashes•Sore throats•Headaches•Tummy aches•Fever•Allergies•Acne•Urinary tract infections	<ul style="list-style-type: none">•General health issues•Preventive care•Routine checkups•Immunizations and screenings	<ul style="list-style-type: none">•Fever and flu symptoms•Minor cuts, sprains, burns, rashes•Headaches•Lower back pain•Joint pain•Minor respiratory symptoms•Urinary tract infections	<ul style="list-style-type: none">•Sudden numbness, weakness•Uncontrolled bleeding•Seizure or loss of consciousness•Shortness of Breath•Chest pain•Head injury/major trauma•Blurry or loss of vision•Severe cuts or burns•Overdose

To find a specific health care facility or doctor, go to myCigna.com or use the myCigna Mobile App.

Together, all the way.



State of Wyoming Vendors

The State of Wyoming is a self-insured program for our health, prescription drug coverage and dental plans. We hire vendors to provide services to our members.

Cigna is who we've hired as our third party administrator for our health plan. This gives us the ability to use their network providers and their medical expertise to administer the medical management program and process claims. We pay them an administration fee for each of our subscribers.

MedImpact is who we've hired as our third party administrator for our prescription drug plan. MedImpact processes all prescription drug benefits through their networks. Whether you are enrolled in our commercial plan or our Part D prescription drug MedGeneration drug plan, you will need to contact them with customer service questions, NOT CIGNA.

Delta Dental of Wyoming is who we've contracted as our third party administrator for our dental plan. This gives us the ability to use their provider networks. They process and manage the claims and services provided to our members. We pay them an administration fee for each of our subscribers.

All eligibility is managed through the Employees' Group Insurance Office.

Address Changes

Have you moved lately? Employees' Group Insurance would like to make sure we have your current address on file. Please do not call if you have already updated your address after moving. If you do need to update your address, please send an email to egi@wyo.gov or access the Portal that was mentioned on Page 3. We will transmit your new address to our vendors through our electronic file transfer system.



Cigna ID Cards

Did you know you can request a new Cigna ID card or print a temporary ID card by registering and logging into myCigna.com? You can also have it readily available from the myCigna Mobile App. You may also contact Cigna at 800-685-1060 or Employees' Group Insurance at 307-777-6835.



Your Health Has Met Its App

Get the myCigna Mobile App and access your health plan anytime and anywhere you go.

Life can be busy and complicated. So, we created a simple-to-use tool that can help make your life easier (and healthier) while you're on the go. The myCigna Mobile App helps you personalize, organize and access your important plan information on your phone or tablet. The app has a new look and feel and it's available in Spanish too!

Use the myCigna Mobile App, to log in anytime, anywhere to:

- Manage and track claims
- View, fax or email ID card information
- Find doctors and compare cost and quality ratings
- Review your coverage

The myCigna Mobile App is all about helping you stay organized and in control of your health—anytime, anywhere—so you can get more out of life.

Download the myCigna Mobile App for your mobile device.*



The downloading and use of the myCigna Mobile App is subject to the terms and conditions of the App and the online stores from which it is downloaded. Standard mobile phone carrier and data usage charges apply.

Easy to Register—Easy to Use MyCigna.com

It's easy to set up. Download the myCigna App or visit myCigna.com.

1. Launch the myCigna App or go to myCigna.com and select "Register Now"
2. Enter your personal information
3. Confirm your identity
4. Create your security information and provide your primary email address for enhanced security protection and notifications
5. Review, then select "Submit"

Why do we ask you to provide your primary email address as part of the registration process? Email allows us to better protect the security of your information. We will send automatic alerts when your email or password is updated, and it can also be utilized for the Forgot User ID and Forgot Password functionality.

It's easy to find what you need.

- Find in-network doctors and medical services
- Manage and track claims
- See cost estimates for medical procedures
- Compare quality of care for doctors and hospitals
- Access a variety of health and wellness tools and resources.



myCigna App users log in with just one touch. Download the myCigna Mobile App and securely access your account with just a fingerprint on any compatible device.

Please refer to your phone's manufacturer for your specific capabilities. The downloading and use of the myCigna Mobile App and the online stores from which it is downloaded. Standard mobile phone carrier and data usage charges apply.

IT'S A WHOLE NEW WORLD OF ONLINE SERVICE.

Together, all the way.



Life Insurance Beneficiary Designation Update

As noted earlier in this issue of the Benefit Press, Employees' Group Insurance has a new system. Part of our new system allows you to update your life insurance policy beneficiary designation. We realize that not all of you have access to a computer and we would like to provide you with a hard copy to send in to us to update your beneficiaries. Some of our long time employees have not updated their beneficiaries since they began working. Please complete this form and mail to our address on the back page of this newsletter if you wish for us to update your beneficiaries.

Your Name (Please print)	
Your SSN	
Your Address	
Your Phone Number	
Your Agency or Retired From	

Primary Beneficiary Name	Beneficiary Address	Relationship to you	Percentage of Benefit
Contingent Beneficiary Name	Contingent Address	Relationship to You	Percentage of Benefit

Signature		Date	
-----------	--	------	--



Employees' Group Insurance
2001 Capitol Avenue Room B3
Cheyenne, WY 82002

307-777-6835
1-800-891-9241 (inside Wyoming)
307-777-7685 Fax

Presorted
Standard
US Postage Paid
Cheyenne, WY
Permit No. 7

Retiree Subsidy

During the 2007 Legislative Session, a bill was approved to help folks pay for the health insurance as a retiree from the State of Wyoming or one of the covered entities. The bill stated that as long as you kept one of the State of Wyoming group health plans, they would provide assistance based on how long you've worked for a State Agency, the University of Wyoming, one of the Community Colleges, or Natrona County School District #1 in the following amounts.

If you are eligible for Medicare you receive \$5.75 per year of service per month.
(If you have 15 years of service, you would receive \$86.25) There is a maximum of 30 years available for this benefit or \$172.50.

If you are not Medicare eligible you receive \$11.50 per year of service per month.
(If you have 15 years of service you would receive \$172.50) There is a maximum of 30 years available for this benefit or \$345.00.

These amounts are only applied to your health coverage that you keep through the State of Wyoming group health plan and is not applied to any other coverage you may have.

Please remember that this benefit is not a guarantee and the Legislature could take it away at any time.



Happy Summer Everyone!