

Items of Interest From:

SWCD of Illinois Insurance Group Association

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WE HAVE A NEW EAP PROVIDER

The Standard has recently notified me that our Employee Assistance Program benefits provider would be changing from Horizon Behavioral Health to Bensinger, DuPont and Associates (BDA). This change will take effect on August 1, 2014.

The Standard has assured me that our service model will remain the same. Customers will receive the same number of in-person sessions, plus telephonic and online services. The toll-free number will also remain the same. (1-888-293-6948).

BDA will offer some new ways to access services as well. There will be the website; live, on-line chat; a mobile app; text messaging and email. And, employees will work with one master's-degreed clinician throughout the assessment and clinicians will provide more follow-up support and streamline referrals to counselors.

The insurance page on my district's website will be updated with the new link at www.eapbda.com and with the latest information and/or brochure after August 1, 2014.

Special points of interest:

- ✓ New Employee Assistance Program Provider
- ✓ Timely additions
- ✓ App Availability
- ✓ HealthLink's Telemedicine Program
- ✓ Healthy Recipe

ADDING DEPENDENTS TO YOUR LIFE POLICY

Just a couple of quick reminders about adding dependents to your existing life insurance policy:

1. New babies should be added within 31 days of their birth.
2. New spouses and step-children living in your household, should also be added within 31 days of the date of marriage.
3. Adopted children should be added within 31 days of the completed final adoption date.

Waiting beyond this time period will require completion of Medical History Statements and doctor's/attorney's signatures.

**Please also remember to periodically review your beneficiary information and let me know if you wish to make changes.

THERE IS AN APP FOR THAT!!

Do you have a smart phone??? Many health insurance providers have free downloadable apps which can be a great reference tool to use when you are on the go. The following providers with the Local Government Health Plan have such apps:

- ⇒ **Express Scripts (prescription coverage provider)**
- ⇒ **Delta Dental**
- ⇒ **Coventry**
- ⇒ **Blue Cross Blue Shield of Illinois**

Hopefully the rest will follow suit in the future. All of our providers have websites that are also very helpful. Take some time to log on to your provider's website and check out all it has to offer!



HEALTHLINK'S TELEMEDICINE PROGRAM

You can talk with a board certified physician over the phone for the cost of your physician visit co-pay. Waiting for an appointment with the doctor, perhaps weeks away, isn't the best way to take care of your health. HealthLink's Telemedicine program is here to give you the same high-quality, doctor consultation experience, without the hassle, waste of time and high costs.

Features of the program include:

- Board certified physicians are available for consults within one hour.
- Simple payment with credit card to collect co-payment amount.
- Intimate, quality healthcare experience.
- The clinical staff will call within 48 hours after the TeleConsult to follow up.

Telemedicine consults are available by calling 1-855-717-6800. Hours of operation are Monday-Friday 6:00 a.m. – 9:00 pm CST and Saturday/Sunday 6:00 a.m. – 6:00 p.m. CST. If you call outside of these hours, the call is automatically directed to

GOOD FOR YOU EATS.....

EGG WHITE FRITTATA

Yield: Serves 4-6



Ingredients:

- 1 16 oz. carton pure egg whites (or 16 egg whites)
- 1 white onion
- 1 yellow, red or green bell pepper
- 1 Roma tomato
- 1 cup frozen spinach
- 12 sprigs chopped cilantro
- ½ tsp. salt
- 1-2 tsp. taco seasoning (or a seasoning of your choice)
- Black pepper to taste

Instructions:

- 1. Preheat** your oven to 350 degrees Fahrenheit and remove frozen spinach from the freezer to thaw.
- 2. Pour** one 16 ounce carton of pure egg whites into a large mixing bowl. If you are using whole eggs, separate the yolk from 16 egg whites. You can discard the yolks or save them for another recipe.
- 3. Chop** ½-1 whole white onion (depending on your preference) and **add** it to the mixing bowl. **Add** 1 cup of thawed spinach. Then, **chop** one bell pepper and one Roma tomato and add to the mixing bowl. Finely **chop** 12 sprigs of cilantro (stems and all) and add them to the mixing bowl. You can substitute with your favorite vegetables if you prefer. Asparagus and mushrooms are wonderful!
- Next, **add** ½ teaspoon of salt. **Add** 1-2 teaspoons of taco seasoning. You can also substitute your favorite seasoning. **Add** fresh ground black pepper to taste and mix well.
- Spray** a regular-size muffin pan with nonstick cooking spray and spoon the mixture. Be sure to **fill** each muffin cylinder about halfway.
- Place the tray in the oven and cook for 25 minutes. **Garnish with your favorite cheese to make this extra tasty!**

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