

THE TRUSTEE

December 2022

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Happy Holidays and Season Greetings!

The holidays are here, and it is beginning to feel a lot like Christmas, particularly after our first snow fall, freezing temperatures and the first snow day of the school year! The holiday cheer is spreading, along with the “Tridemic” of COVID, RSV and flu. Infection rates are rising around the country. While Covid hospitalization levels remain low the virus continues spread. The COVID vaccinations and boosters are keeping people out of the hospitals, but the infections are still causing illness. The “RSV and flu season” began earlier than usual, and is more virulent. According to the experts, most children will get RSV before the age of one and will recover without incident. However, this year pediatric units across the country are being overwhelmed with RSV cases. Many states, including those in the Northeast, are reporting shortages of beds for critically ill children suffering with RSV. After two years of very low rates of flu infection, rates of influenza, the CDC predicted the rate would increase significantly and it has. All three of these illnesses are caused by viruses that infect the respiratory tract. All are contagious and can spread quickly through contact with respiratory droplets from an infected person who coughs or sneezes. The good news is there are ways to protect yourself and prevent the spread of infections, and we all know them. Health officials recommend, in addition to getting the COVID vaccine / boosters and flu shot, maintaining the protocols for COVID. Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer if soap and water are not available. Avoid touching your face and eyes with unwashed hands. Avoid close contact with people who are sick. Stay home when you are sick. Cover your cough or sneeze with a tissue, then throw the tissue in the trash. Clean and disinfect frequently touched objects and surfaces. Wear a well-fitting mask at indoor events and when in crowded situations, or when traveling by bus, plane, or trains. For more information on vaccines locally go to <https://covid19.ulstercountyny.gov/vaccine-resource-center>.

Reminder: New Pharmacy Procedures Effective January 1, 2023

As discussed in the November issue of the Trustee, as of January 1, 2023, the Trust will partner with a new pharmacy benefits manager (PBM) **WithMe Health**. Your new ID cards and information will be arriving in your mail this month. Please look for them. The new ID cards include the new information your pharmacy needs to process prescriptions. In order to have a smooth transition, and avoid any delays in services or prescriptions, please bring your new card to your health providers and pharmacies. The changes will not affect members’ pharmacy copays. Those will continue to remain the same as provided in the Plan documents. Additionally, all Trust members will continue to have access to the national pharmacy chains and supermarkets as well as most other pharmacies you have utilized in the past. Our new mail order pharmacy **Manifest Pharmacy** will be administering our mail-order prescriptions. Upon your first order with **Manifest Pharmacy**, you will be able to confirm/update your address as well as add a method of payment via secure text messaging. If you used ProAct mail-order pharmacy this year and have refills remaining, Manifest Pharmacy already has your information! A Manifest Pharmacy team member will be reaching out to you via text message

or email prior to your refill being due. If you have a new prescription, you would like to have delivered to you, you can call **888-770-4009** to speak to a Manifest Pharmacy team member or use the online to send information securely. You can also have your prescriber send your prescription to Manifest Pharmacy via fax, phone, or electronic prescription. Please share the following information with your doctor:

- Phone: 888-770-4009
- Fax: 866-226-9133
- Escribe: Manifest (NPI 1811205081)

As a reminder, please note as per the Plan document, Trust members are required to use mail order on any maintenance drug filled, after the third fill.

For specialty drugs, **Lumicera Health Services** will become our new specialty drug pharmacy. Specific information on how to setup a profile and transfer prescriptions to Lumicera Health Services will be shared directly with all members that are currently impacted. The Trust will continue to work with **CanaRx**. Please watch your mail for your new cards and the important information being sent.

Retiree Dental Premium

At the quarterly meeting of the Trust, the Trustees approved the payment of the second half of the semi-annual dental premium for retirees who were enrolled and paid the first half premium. This represents the 15th consecutive year the Trust has absorbed the second half dental premium for retirees. Retirees enrolled in the dental program will not receive a premium billing until June 2023. The payment will be due by July 1, 2023.

KTF Plan Changes to the Summary Plan Document

Also at the quarterly meeting of the Trust, Trustees approved the following amendments to the Trust plan, effective January 1, 2023:

- Eyeglasses and/or contacts are covered at 50% up to maximum benefit of \$600.
- Gym membership reimbursements will now include “home gyms” at the same rate as “in gym” membership reimbursement. Members will be reimbursed according to the plan for either type of gym membership, but not both, in a plan year.
- The Infertility Program age limit will increase to 45 and the lifetime benefit maximum to \$45k for either IUI or IVF.
- CanaRx drugs will be on a separate tier with a double copay. If members use CanaRx, there will be no copay.
- Approved Proton Pump Inhibitor Drugs (PPI) are covered with normal RX copays.

In Memoriam

John Zambito

Judith Knox

Lorraine Ferraro