



LiVe Well *the* RetireeConnection

A NEWSLETTER FOR INTERMOUNTAIN HEALTHCARE RETIREES

FALL 2016



What's inside this
Fall 2016 issue:

- New retiree website!
- Try out Connect Care
- Pharmacy services
- Stop by a benefit fair



RETIREE DENTAL INSURANCE

You will not see a premium increase in 2017

If you are currently enrolled in the Intermountain Retirement Program's retiree dental insurance, you will not see an increase in your 2017 premium. If you want to keep your dental coverage the same, you don't have to do anything and it will continue through 2017. If you are currently enrolled in dental insurance and you want to cancel it, send us a letter including your name (printed clearly), type of coverage and your signature to the Intermountain Retirement Program, 5245 South College Drive, Murray, UT 84123.

Dental cancellations are always effective December 31 of the current year. You can only cancel or enroll in dental insurance during the annual enrollment period held from November 1 to November 11.

Monthly dental insurance premiums

Type of coverage	2016 premium	2017 premium
Retiree	\$38.70	\$38.70
Retiree and one dependent	\$74.30	\$74.30
Family*	\$136.80	\$136.80

* Family coverage is retiree and two or more dependents.

Dental and/or life only



ANNUAL ENROLLMENT

November 1 - 11



RETIREE WEBSITE: IT'S NEW AND JUST FOR YOU!

Intermountain Retirement Program launches new website for retirees

If you've been looking for one-stop resource to assist you with all of your needs as an Intermountain Healthcare retiree, then look no further. Intermountain's retiree website is officially available!

With the click of a button you will be able to manage your pension benefit, access your retirement savings plan(s) and explore the many other benefits that are available to you as an Intermountain retiree.

We hope this website will be helpful to you as you navigate the various aspects of retirement living. With

continued access to many of the benefits you enjoyed as an employee, our goal—through this website—is to help you feel connected and informed throughout your entire retirement. To access this website, just go to the following address:

<https://intermountainhealthcare.org/careers/intermountain-retirees/>

What you'll find there:

Links

- Employee Discount Program
- Savings Plus 401(k)
- Pension Plan
- Employee Discount Program
- Pharmacy Services

...And more

- Helpful phone numbers
- Important updates
- Past retiree publications
- LiVe Well news and information



No change? No ID card

SelectHealth will no longer automatically reissue new ID cards for members whose plans have not changed. There is no need to send new cards to replace your perfectly good cards, right?

You may be wondering what to do if you lose your card. No big deal! You have several options:

SELECTHEALTH APP. Download the app from Google Play or the Apple App Store! Find the ID card icon on the home page.

ONLINE AT SELECTHEALTH.ORG/MYHEALTH. Access your ID card through *My Health*, our secure member website. First, register for *My Health*, if you haven't already, then log in to see, print or order your ID card.

GIVE US A RING. Call Member Services at **1.800.538.5038** any time, and we will reissue your card.

The pharmacy team is here for you

If you or your family take maintenance medications that you refill for 90-days at a time, you may want to consider switching to an Intermountain Community Pharmacy or using Intermountain Home Delivery.



Community Pharmacies

You can choose from any one of the 26 Intermountain Community Pharmacies located in Intermountain clinics and hospitals throughout Utah. Intermountain Community Pharmacies provide a variety of services including, free blood pressure checks, diabetes education, and medication disposal bins. The Community Pharmacies also have extended hours and many offer a drive thru to make your prescription refill experience more convenient.

Home Delivery

Getting your prescriptions set up for Intermountain home delivery is easy and you'll love the convenience! Medications will arrive at your home in unmarked, tamper-resistant packaging with no shipping charges.

How can I transfer my prescriptions to the Intermountain Home Delivery Pharmacy? *It's easy to get started. Just call us toll-free at 1.855.779.3960.*

Questions about Retiree Annual Enrollment? Call the Intermountain Retirement Program at 1.800.528.7845, Monday through Friday, 8 a.m. to 5 p.m.





Intermountain Health Answers

A SERVICE THAT OFFERS FREE EVIDENCE-BASED ADVICE AND EDUCATION FROM A NURSE 24/7/365

Intermountain Health Answers is a free phone service (1.844.501.6600) that provides answers to your health questions and follow-up support for Intermountain patients. If you are enrolled in one of Intermountain's health insurance plans (or any SelectHealth Insurance plan), you can call the Health Answers free advice line anytime of the day or night with health questions.

Health Answers can answer your questions and direct you to the most appropriate care setting, which could include homecare, your primary care physician, an InstraCare, or the emergency department.

HOW THE ADVICE LIVE WORKS.

The call center is staffed with RNs who follow nationally recognized triage protocols to advise patients on their health questions.

- The Health Answers call center is open 24 hours per day, seven days per week at 1.844.501.6600.
- The service is FREE for SelectHealth members and those without insurance.



CONNECT CARE IS HERE!

A new option to talk to a healthcare provider

Intermountain Connect Care is a new online and mobile service that allows you to receive care from Intermountain providers 24/7, every day of the year. You can use Connect Care to visit with clinicians for urgent conditions using a computer, smartphone, or tablet.

Starting a visit is easy. Go to IntermountainConnectCare.org or download the Connect Care app from GooglePlay or the Apple App Store. Even if you're not sick now, create a free account so you're ready when you do need a visit.

Then, whenever you need clinical care, simply log in, select a provider, fill out a few forms about your visit, and connect—your visit will start in just a few minutes.

What should you use Connect Care for?

Connect Care works best for low-level urgent care conditions. The most common, treatable concerns include stuffy and runny nose, allergies, sore throat, eye infections, earache, cough, painful urination, lower back pain, joint pain or strains and minor skin problems.



IF YOU HAVE QUESTIONS, visit intermountainhealthcare.org/c/connect-care or email the Connect Care team at connectcare@imail.org.



Source: allrecipes.com

Recipe: Healthy Blueberry Smoothie

Ingredients: 1C fresh blueberries, 1/2C greek yogurt, 1/2C Orange juice, 1T white sugar, 1/4t vanilla, 1 pinch cinnamon, 3 ice cubes

Instructions: Blend blueberries, yogurt, orange juice, sugar, vanilla extract and cinnamon together in a blender on low speed for 30 seconds, increase speed and add ice until smooth.

Mark your calendar

Plan to drop by a Benefit Fair

Take a few minutes and attend a Benefit Fair.

Representatives from the *Intermountain Retirement Program*, will be available to answer your questions. See the schedule for more information.

Location	Date	Time	Room
Delta	Oct. 3	9:00 a.m. to 10:30 a.m.	Hospital Classroom
Fillmore	Oct. 3	1:00 p.m. to 2:30 p.m.	Classroom
Sevier	Oct. 4	8:30 a.m. to 11:30 a.m.	Education Room
Garfield	Oct. 4	2:00 p.m. to 4:00 p.m.	Cafeteria
Dixie: River Road	Oct. 5	9:00 a.m. to 3:00 p.m.	Red Mountain/Zion Conference Rooms
Dixie: 400 East	Oct. 6	7:00 a.m. to 11:00 a.m.	Flood Street Café
Cedar City	Oct. 7	8:30 a.m. to 11:30 a.m.	Classroom
LDS Hospital	Oct. 10	7:00 a.m. to 1:00 p.m.	Auditoriums
SelectHealth (Green St.)	Oct. 11	8:00 a.m. to 1:30 p.m.	Auditoriums A & B
Central Office	Oct. 12	9:00 a.m. to Noon.	Capitol View Rooms A/B
SelectHealth (Franklin Covey Bldg.)	Oct. 13	8:30 a.m. to Noon	Auditorium B – 4th floor
Sanpete	Oct. 14	Noon to 2:00 p.m.	West Conference Room
Intermountain Medical Center	Oct. 17	7:00 a.m. to 4:00 p.m.	Auditoriums
Salt Lake Homecare and Hospice	Oct. 18	9:00 a.m. to Noon	Speedway Café
TOSH	Oct. 18	1:30 p.m. to 4:00 p.m.	Auditorium
Alta View	Oct. 19	7:00 a.m. to 1:00 p.m.	Large Classroom
Supply Chain Center	Oct. 19	2:00 p.m. to 4:00 p.m.	Auditoriums
Cassia	Oct. 20	7:30 a.m. to 1:00 p.m.	Evergreen Room
Lake Park	Oct. 24	8:00 a.m. to 1:00 p.m.	Auditoriums A & B
Parkway	Oct. 24	2:00 p.m. to 4:00 p.m.	Dining Area
Primary Children's	Oct. 25	7:00 a.m. to 2:00 p.m.	3rd Floor Multipurpose Room
Utah Valley	Oct. 26	7:00 a.m. to 2:00 p.m.	Classroom #7, NW Plaza
Logan	Oct. 27	8:00 a.m. to 2:00 p.m.	Classrooms 1 - 4
Riverton	Oct. 28	7:00 a.m. to 1:00 p.m.	Riverton/Herriman Conference Rooms
Bear River	Oct. 31	11:30a.m. to 2:00 p.m.	Conference Room
McKay-Dee	Nov. 1	10:00 a.m. to 4:00 p.m.	Auditoriums
Park City	Nov. 2	9:30 a.m. to 11:30 a.m.	Private Dining Room
Heber	Nov. 2	1:00 p.m. to 3:00 p.m.	Education Center
American Fork	Nov. 3	8:00 a.m. to 1:00 p.m.	Education Center
Orem	Nov. 3	2:00 p.m. to 4:30 p.m.	Central Orem Clinic Conference Room
Employee Services Center	Nov. 4	9:00 a.m. to 11:00 a.m.	Commons Area