

HPM Health Plan

Quarterly Newsletter

April 2022

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HEALTH PROFESSIONS OF
MONTANA PLAN & TRUST

New Benefit Change! Effective June 1, 2022!

In last month's newsletter, we mentioned ways to maintain colon health. One of the most important ways to maintain it is through prevention. As mandated by the Affordable Care Act, the Health Professions of Montana Plan & Trust has covered preventive colonoscopies delivered by in network providers at 100% in 10-year intervals after age 50.

Effective JUNE 1, 2022, the age to begin preventive colonoscopies has dropped from age 50 to age 45.

We are very excited to provide this updated benefit as we believe that prevention is the most positive step our members can take to avoid future illness. With this procedure, the polyps and abnormalities that lead to colon cancer can be removed to stop the development or spread of the disease, making colon cancer a highly treatable disease if found early on. This benefit describes colonoscopies performed in accordance with the May 18, 2021 recommendation published by the US Preventive Services Task Force.

On the topic of prevention, please remember the HPM Health Plan offers an extensive list of preventive benefits to all covered members. This includes an annual wellness exam, men's and women's health screenings, well baby/well child care and immunizations. We encourage all our members to take advantage of these annual benefits provided before deductible paid at 100% with network providers regardless of plan choice. If you have any questions, please contact Marcia Ellermeyer at mellermeyer@hpmpt.org.

HAPPY SPRING!

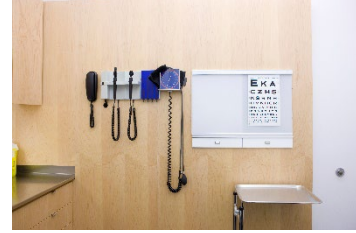


HEALTH PROFESSIONALS OF MONTANA PLAN & TRUST



Wellness Program Now is the time!

THM Deductible credit
increase from \$100 to **\$300!**



Now is a great time to get this program done!!
Make your appointment now and get a jumpstart
on the Wellness Program offered by the HPM
Health Plan.

Any member, or their covered spouse, who
participates in the THM program will receive a
\$300 credit on their next year's deductible. Please
visit our website at [www.hpmpt.org/preventive-
and- wellness](http://www.hpmpt.org/preventive-and-wellness) for more information and forms.

Did You Know?



Our Third-Party Administrator
(TPA), Blue Cross Blue Shield of
Montana (BCBSMT), has a
service called **Provider Finder**®

Provider Finder is an innovative
tool to help choose a provider and estimate and manage
health care costs. Employees can use Provider Finder to:

- Find a network primary care physician, specialist, or hospital.
- Filter search results by doctor, specialty, ZIP code, language, and gender – even get directions.
- Estimate the cost of hundreds of procedures, treatments and tests and out-of-pocket expenses.
- Determine if Blue Distinction® Center (BDC), BDC+ or Blue Distinction® Total Care is an option for treatment.
- View patient feedback or add a review for a provider.
- Review providers' certifications and recognitions.

It's easy, immediate, secure – and available
at www.bcbsmt.com.

Contact Us

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Our website is
www.hpmpt.org

You can find information about our plans and programs as well as forms for making plan changes, submitting manual claims, or participating in the wellness program.



HEALTH PROFESSIONS OF
MONTANA PLAN & TRUST

Is it just a “senior moment” or something more?

Some changes in recall are part of getting older, such as misplacing the car keys or forgetting a name. But it can be scary when an aging parent becomes more forgetful. Forgetting to turn off the stove or getting lost in well-known places may be a sign of a more serious problem, such as dementia or Alzheimer’s.



Can serious memory loss be avoided? There are no known treatments that promise you will not get age-linked memory problems. But there are some ways to boost recall and mental health throughout life, including:

- Socializing regularly
- Keeping your mind active
- Eating a healthy diet
- Exercising daily
- Focusing by limiting distractions
- Getting organized
- Taking care of a health problem that lasts a long time

Don’t let recall problems in an older adult go untreated. If you are concerned about a loved one’s forgetfulness, contact a mental health professional for guidance.

Reminder

The HPM Health Plan continues to cover vaccines, boosters, and medically necessary testing for COVID 19. If you have any questions or concerns, please don’t hesitate to contact us at mellermeyer@hpmpt.org.



Stay Safe and Well!