



## HEALTH PLAN

QUARTERLY NEWSLETTER | JANUARY 2020

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*The Montana Medical Association Health Plan is the only insurance plan managed by Montana physicians who are your peers and understand your health needs.*

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### MESSAGE FROM KANDY JENKINS, EXECUTIVE DIRECTOR



It's not only a new year, it's a new decade!

We hope your 2020 is off to a great start.

One of my New Year's resolutions is to make sure our members know of all the health programs available to them at no charge to assist them in their overall health and wellness. Let's discuss some of them below.

1. **24/7 Nurseline** – Health happens, good or bad, 24 hours a day, seven days a week. Registered nurses can answer your health questions and try to help you decide whether you should go to the emergency room/urgent care center or make an appointment with your doctor. The 24/7 Nurseline number is (877) 213-2565.
2. **Special Beginnings** – Special Beginnings is a maternity program that supports expectant mothers from early pregnancy to six weeks after delivery. You receive information that includes a book about having a healthy pregnancy and baby. The website allows you to access a video library and week-by-week pregnancy information. To access the site, log into Blue Access for Members (BAM) by visiting [bcbsmt.com](http://bcbsmt.com) and click on the My Health tab.
3. **Well on Target** – The Well on Target member portal provides you with a suite of innovative tools and programs including: self-management programs on weight loss, fitness, nutrition, etc.; fitness tracking apps; and a health library with numerous articles and information. The Blue Points Program in the Well on Target portal allows you to earn points for participating in wellness activities. You can redeem points in the online shopping mall. Access all these great tools at [wellontarget.com](http://wellontarget.com)
4. **Total Health Management (THM)** – THM is a wellness program that encourages you to visit your primary care provider annually to

receive your preventive exam. The THM form is a simple one page form that your primary care provider completes stating you had the preventive services done. Members and spouses (on the MMA Health Plan) who successfully complete the THM form and return to BCBSMT by November 30<sup>th</sup> will receive \$100 deductible credit on their 2021 deductible. To receive a form or for information, contact us or find the form and information at [www.mmahealthplan.org](http://www.mmahealthplan.org).

5. Case Management – If you have a chronic health condition or a serious illness/injury, you are eligible to receive free assistance from registered nurses and other health care professionals. Contact BCBSMT Customer Service at (855) 322-4953 for more information. And if a Case Manager reaches out to you, we encourage you to engage with them to help you manage your health more effectively.

6. While it is not an actual program, getting an account and logging in to the Blue Cross Blue Shield of Montana (for medical) and MedImpact (for pharmacy) is the best way for you to monitor your health expenses and insurance. You can track your claims, print ID cards, find providers, track your copay and deductibles, check drug prices, find the full benefit plan booklet, etc. Go to [www.bcbsmt.com](http://www.bcbsmt.com) and [www.medimpact.com](http://www.medimpact.com) to register today.

## Contact Us

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## SUMMARY PLAN DESCRIPTION (SPD)

The 2020 MMA Health Plan SPD is available online by logging in to Blue Access for Members at [bcbsmt.com](http://bcbsmt.com) and will be mailed in February. The SPD tells you what services and benefits the plan provides/covers and how your insurance plan operates.

## DID YOU KNOW?

- You can find the most updated forms for enrolling new employees, making changes to employee's insurance, submit claims, and learn more about the MMA Health Plan at our website [www.mmahealthplan.org](http://www.mmahealthplan.org)
- The MMA Health Plan covers preventive dental and vision for dependents under the age of 18 under its medical plan.
- The IRS has increased the limit on Health Savings Accounts (HSA) contributions in 2020 to \$3,550 self-only coverage and \$7,100 family coverage for the calendar year. Those who are 55 or older by end of 2020 are also eligible to make an additional catch-up to an HSA of \$1,000.
- It is very important that MMA Health Plan has your correct contact information for mailings and communication of changes to the Plan and the mailing of the Summary Plan Description. Please contact us or your employer to make sure we have your correct contact information.

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*The MMAHCPT values our members and is focused on providing you with the service you deserve.*

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