



## School Administrative Unit #44 - Northwood Early Retiree Benefit Packet Plan Year 2022

This packet contains links to the documents and forms you need to learn about and enroll in the HealthTrust coverage offered by your former employer. To access these materials, click on the orange "Download" buttons below.

### BENEFITS



#### Benefit Education

Learn more about the benefit plans, programs and services available through your HealthTrust coverage.



#### Benefit Comparison

Click on this link to learn more about your benefit plan options.



#### Secure Enrollee Portal (SEP)

Create your account to access benefit resources, digital ID cards, coverage documents, a Secure Message Center, and single sign-on to Anthem, CVS Caremark®, Delta Dental, and more.



#### Choosing the Best Medical Plan for You and Your Family

Make an informed decision for your health coverage! Read this concise guide designed to help you select a medical benefit option.



#### CVS Caremark Maintenance Choice®

Choose any CVS Pharmacy® or the CVS Caremark Mail Service Pharmacy® to obtain long-term prescriptions (up to a 90-day supply).



#### Dental Outline of Benefits: OPTION 1S

This Outline of Benefits describes the specific coverage categories and level of benefits provided under your HealthTrust Dental Plan.



#### Delta Dental Go Green Flyer

Click on this flyer to learn ways to get more from your dental benefits and the resources available.



#### Delta Dental Vision and Hearing Discount Flyer

Learn more about how to save money for vision and hearing products and services.





## Anthem Vision Discount Flyer

Save up to 30 percent off the retail price of vision care products and services.



## ENROLLMENT FORMS



### Retiree Medical and Dental Application and Change Form

Complete this fillable form to enroll in or change your Retiree medical and/or dental coverage.



### NHRS Annuity Deduction Authorization Form

If you are a Retiree (or a surviving spouse or child) entitled to receive a benefit from NHRS use this form to authorize the deduction of coverage contribution(s) from the monthly NHRS annuity payments.



### Retiree ACH Authorization Form

For non-NHRS payments, make it easy to pay your monthly bill. Sign up for an automatic monthly payment option.



## WELLNESS & RESOURCES



### Slice of Life Flyer

Get healthy your way and earn rewards! Click on the link to learn about HealthTrust's Slice of Life program.



### Included Health

Access expert medical help for complex medical care, including expert second opinions, treatment decision support, referrals to local experts for in-person visits, and more.



### Corigen® Medication Safety Program

Discover if the medications you take now – or could take in the future – are right for you.



### SmartShopper

Learn and earn with SmartShopper! Shop for medical services online or by phone, choose a cost-effective provider and earn a reward! It's that simple.





## Aware Recovery Care

For eligible covered individuals age 17 and older with substance use disorders, Aware Recovery Care can provide in-home recovery care from a multidisciplinary team of experts for up to 52 weeks.

 [DOWNLOAD](#)



## LiveHealth Online

See a doctor for non-emergency visits anytime, 24/7, or a behavioral health expert by appointment without leaving the comfort and privacy of your home.

 [DOWNLOAD](#)



## Lark DPP Flyer

Prevent prediabetes from progressing! The Lark Diabetes Prevention Program provides support and tools to help you adopt healthier lifestyle habits.

 [DOWNLOAD](#)



## LifeResources

Find the help you need at no cost to you! LifeResources Employee Assistance Program (EAP) offers comprehensive services, resources and support for wide-ranging issues that can impact health.

 [DOWNLOAD](#)



## CVS Caremark® Transform Diabetes Care® Program

Manage your diabetes better with a free blood glucose meter, test strips and lancets, and expert help for staying on track with medications and adopting healthier lifestyle habits.

 [DOWNLOAD](#)

## VIDEOS



## Learn How to Create Your Secure Online Account

Click the video link to learn how to create your account on the Secure Enrollee Portal and access valuable resources.

[WATCH VIDEO](#)



## Retiree Information

Understand your options for retiree health coverage by clicking the link to view the retiree video.

[WATCH VIDEO](#)



## SmartShopper

Click the video link to learn how to search for medical services in your area, save money, and earn rewards!

[WATCH VIDEO](#)

## SUBGROUP VIDEOS



### School Administrative Unit #44 (Northwood) - HealthTrust 2022 Benefit Education

Click on the link to view a customized Benefit Education video.

[WATCH VIDEO](#)