



SCHEDULE NOW, RELAX LATER

Preventive care is essential – whether it’s for your physical, dental or vision health. Getting annual checkups, vaccines and other health screenings, such as mammograms or colonoscopies, annual eye exams and teeth cleanings, can help detect health problems early.

Blue Cross and Blue Shield of Texas (BCBSTX) and Kaiser plans cover preventive care and certain medications at 100%. See the links below for the recommended preventive care based on age and gender. The start of the year is a great time to get these appointments scheduled, so you can relax knowing you’re taking a pivotal step forward in taking charge of your health in 2023.

- **BCBSTX:** www.bcbstx.com/provider/clinical/clinical-resources/preventive-care
- **Kaiser:** healthy.kaiserpermanente.org/learn/preventive-services

THE RIGHT CARE, AT THE RIGHT TIME

When you need care, deciding where to go can add stress to your situation. Your Ensign benefits provide you with multiple options to seek assistance based on the level of care you think you need.

- **Primary Care Provider (PCP):** Your PCP is well equipped to help you assess your symptoms and create a unique plan to make you well. If necessary, your doctor can also make referrals to a specialist. To find a PCP, or confirm if a provider is in-network, call the number on your medical ID card, or search online at:
 - **BCBSTX:** www.bcbstx.com
 - **Kaiser:** healthy.kaiserpermanente.org/doctors-locations
- **Telemedicine:** Telemedicine allows you to conveniently consult with a doctor about minor illnesses and non-emergent conditions or injuries, virtually via phone, computer or tablet. Common visits include allergies, headaches, sinus infections, stomachache and urinary tract infections. To get started:
 - **BCBSTX MDLIVE:** Visit www.MDLIVE.com/bcbstx
Call 1-888-680-8646 | Text 635-483
 - **Kaiser:** Visit kp.org | Call 1-833-574-2273
- **Walk-in/Convenience Care Clinics:** If you are dealing with a minor medical issue or sickness, a walk-in clinic may help you receive fast and affordable care. Many of these clinics are located in convenient retail locations such as Target, Kroger or CVS. Common visits include colds, minor injuries, screenings and issues when traveling.

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- **Urgent Care:** For non-emergent situations, an urgent care can provide immediate medical attention for a variety of ailments. Common visits include earaches, fevers, infections, vomiting or diarrhea.
- **Emergency Room:** The ER is designed to treat patients with severe or life-threatening symptoms and injuries. If you are experiencing significant pain or are in a life-threatening situation, you should call 9-1-1 for assistance. Examples include head injuries, broken bones, loss of consciousness, intense pains or difficulty breathing.

AIRROSTI TO HELP RESOLVE PHYSICAL PAIN

Airrosti for BCBSTX medical plan members is a safe and highly effective alternative to surgery, pain management, and long-term chiropractic or physical therapy treatment programs.

Whether you've been living with chronic pain or if you've recently experienced an acute injury, Airrosti providers will focus on diagnosing the root cause of your pain. They then work to resolve that pain to help you quickly return to pain-free activity and avoid injury recurrence — often within only 3 visits.

For more information, visit www.airrosti.com or call 1-800-404-6050.

THE CORRELATION BETWEEN MENTAL HEALTH AND PHYSICAL HEALTH

Ultimately, our overall well-being is a result of the connection between our physical health and our mental and emotional health. To help you live your life to the fullest, Ensign ensures you have access to confidential resources 24/7 for good mental health and support:

Learn to Live for support if you are experiencing stress, anxiety, social anxiety, depression, or issues with substance abuse, support from Learn to Live can help – at **no cost to you**. You and your covered dependents (aged 13+) enrolled in a BCBSTX medical plan, have access to:

- Immediate access to self-paced online programs in English and Spanish
- Ability to start, stop and save your progress
- Coaching via phone, email and text

Receive support from Learn to Live at any time by logging into the Blue Access Member at www.bcbstx.com. Select “Wellness”, and then “Digital Mental Health”.

Employee Assistance Program (EAP) is available to you and all members of your household. EAP provides up to three in-person counseling sessions for each issue requiring services or unlimited telephonic and online services and resources for help with:

- Parenting and childcare
- Elder care
- Personal relationships
- Work and career
- Online will preparation
- Financial concerns and legal issues

You can participate in the EAP through GuidanceResources or Uprise Health. For 24/7 services and support, contact:

- **GuidanceResources:** www.guidanceresources.com (Web ID: Ensign) or call 1-877-262-2327
- **Uprise Health:** www.ibhworklife.com (User Name: Matters) or call 1-800-386-7055

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DON'T LOSE FUNDS IN YOUR FSA ACCOUNT!

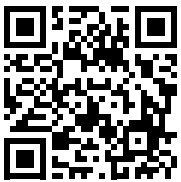
Remember, Flexible Spending Account (FSA) balances are "Use It or Lose It." To submit claims, log into your WEX account at www.wexinc.com. **Claims must be submitted by March 31, 2023** for eligible 2022 claims incurred:

- **Health Care FSA:** between January 1, 2022 through December 31, 2022
- **Dependent Care FSA:** on or before March 15, 2023

Contact WEX with questions at 1-866-451-3399.

QUESTIONS?

For more information about these benefits, including how to contact the carriers directly, visit the US Benefits Hub at <https://myensignenergybenefits.com>.



You may also contact

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