

WINTER 2020

FAMM

A US FAMILY HEALTH PLAN MAGAZINE

**Is Virtual
Health for
You?**

***Bracing
for the next
Coronavirus
wave***



Preventative Care from 0-100 yrs

WHILE YOU PROTECT US... WE CARE FOR THEM



*Providing TRICARE Prime[®] care to
Military Families for Over 35 Years*

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Air Force Maj. Joshua Boudreaux and Maj. Jason Curtis greet their children after performing their first delta formation on Nellis Air Force Base, Nev., Jan. 13, 2015. Boudreaux and Curtis are pilots assigned to the Air Force Thunderbirds air demonstration team.



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Who We Are

The Uniformed Services Family Health Plan (USFHP) @ Saint Vincents is a TRICARE® Prime military health plan sponsored by the Department of Defense (DoD). We've been providing comprehensive care for military families and retirees for over 35 years. We provide the full TRICARE® Prime benefit including routine doctor visits, specialty care, hospitalization, urgent and emergent care, preventative health care services and prescription coverage—plus enhanced benefits such as \$0 to low cost eyeglasses, preventative dental services, or gym membership reimbursement... the choice is yours. USFHP members have access to some of the best hospitals and physicians in the nation.

We pride ourselves on providing friendly, personal service. If you have questions call us toll free (800) 241-4848. You can visit our website @ www.usfhp.net or at <https://www.facebook.com/usfhp.net/timeline>.



A US FAMILY HEALTH PLAN
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From the **EXECUTIVE DIRECTOR**

Dear FAM,

Who would have thought that we would be knee deep into COVID-19 nine months after the tri-state area shutdown?

On March 16, 2020, US Family Health Plan temporarily closed our corporate office located in the heart of NYC. Like most companies, we were prepared to work remotely for a few weeks. People welcomed the “temporary relief” from commuting into the city and were looking forward to much needed family bonding time. Who would have imagined that nine months later, over 200K COVID related deaths, and small businesses on the brink of closure, that we would be still be here... with little hint of return to normalcy in sight.

During these troubling times, the US Family Health Plan IT department didn't skip a beat! Equipped with remote access to our phone systems, laptops, and virtual meeting

platforms we moved forward; by putting in place mechanisms to support our membership during this crisis. No call, no question, left unanswered. No request for help, not rendered. Our Medical Management Team assisted members with virtual appointments. Our practice sites though closed temporarily, reopened with new safety protocols; ensuring member and staff safety as our #1 priority.

Our hope is to continue to work through these challenging times, while pursuing new opportunities to provide you, our member, with quality, valued healthcare driven by our commitment to serve you.

**No call, no question,
left unanswered.
No request for help,
not rendered.**

Stay safe!

Jeff Bloom

SPOTLIGHT ON

COLONEL YVONNE L. MAYS

The first Women Veterans Day was observed June 12, 2018, 70 years after President Harry S. Truman signed the groundbreaking Women's Armed Services Integration Act that allowed women to serve as regular members of the Army, Marine Corps, Navy and Air Force.

For the third Women Veterans Day, the New Jersey National Guard reached out to women in its ranks for their perspective on the observance.

"It's not about what I've gotten. It's about who I've become," said U.S. Air Force Col. Yvonne Mays, director of staff for New Jersey's Joint Force Headquarters-Air; the first woman to hold this prominent position within the New Jersey Air National Guard.

"I joined the active-duty Air Force right out of high school," said Mays. "I thought I would earn my way through college by joining the Air Force, and it was the best decision of my life."

Mays said Women Veterans Day is an opportunity to educate everyone on the impact women have had in the armed forces.

"Observances like this are important so that we understand that it wasn't always like this, so that we can advocate for one another and make things better for future generations," said Mays. "To see young people, who I had the privilege of enlisting, and now see them as commissioned officers leading squadrons, those are

proud moments for me."

Colonel Yvonne Mays has been a member of the NJ Air National Guard for over 20 years, and is the first African American woman, Director of Staff there. She enlisted in the Air Force in 1983 and received her commission as a second lieutenant in 1999. She has held a number of assignments to include executive officer and personnel officer for the 177th Fighter Wing, the bilateral affairs officer representing the New Jersey National Guard in the Republic of Albania, and as the executive officer for the Adjutant General.

Colonel Mays is the recipient of several major awards and decorations that include the Meritorious Service Medal with two oak leaf clusters, the Joint Service Commendation Medal with two oak leaf clusters, and The Air Force Achievement Medal with four oak leaf clusters, just to name a few.

Her family has an extensive history of service; her father served in the Army, her husband is retired after 20+

years of service, her daughter currently serves in the New Jersey Army National Guard, her middle son (deceased) served in the International Guard and her oldest son declined, enjoying his life as a civilian.

US Family Health Plan salutes Colonel Yvonne Mays for her service to our country and congratulates her on her professional accomplishments.



First African American to serve as Director of Staff, New Jersey Air National Guard

First Woman to serve as Director of Staff, New Jersey Air National Guard

<https://www.ang.af.mil/Media/Article-Display/Article/2217852/njng-women-talk-about-the-meaning-of-women-veterans-day/>

FREQUENTLY ASKED QUESTIONS

VIRTUAL HEALTH

*Is it right
for you?*

[Health.mil/Telehealth](https://www.health.mil/telehealth)

WHAT DOES VIRTUAL HEALTH MEAN? IS IT THE SAME AS TELEMEDICINE?

Virtual health, telehealth, and telemedicine all mean the same thing. These terms describe a patient using technology (computer, smartphone, or tablet, for example) to access their health care.

Technical Guidance

WHAT KIND OF EQUIPMENT DO I NEED TO HAVE A VIRTUAL HEALTH VISIT?

All you need is your phone, smartphone, tablet, or computer depending on the type of virtual visit. For a virtual video visit using a computer, you will need to ensure that your computer has video capability or that you have a web camera attached. Many people also prefer to use a headset for privacy.

I AM NOT GOOD WITH TECHNOLOGY. IS VIRTUAL HEALTH RIGHT FOR ME?

Absolutely! Patients of all ages and different experience levels with technology use virtual health to complete medical appointments. Virtual health visits can be as simple as receiving a phone call or as easy as using a mobile app like FaceTime or Skype.

WHAT SHOULD I DO IF I AM HAVING TECHNICAL PROBLEMS?

Confirm your provider has your phone number at the start of an appointment. If a technical problem occurs, your provider will contact you by phone to complete your visit.

Appointment Guidance

HOW DO I SIGN UP?

Generally, there is no requirement to sign up for virtual services, but it is best to check with your provider.

HOW CAN A HEALTH CARE PROFESSIONAL CARE FOR ME WITHOUT SEEING ME IN PERSON?

Many health care interactions can be done virtually when a professional can see or speak with you. If a physical exam is needed, the health care professional may request that they see you in person.

WHAT TIME CAN I HAVE VIRTUAL HEALTH APPOINTMENT WITH MY PROVIDER?

Appointment times vary, much like in-person appointments. When scheduling your visit, your provider will let you know if virtual appointments are available.

WHAT KIND OF SERVICES ARE AVAILABLE VIRTUALLY?

There are many different virtual health services, which include, but are not limited to:

- Primary care appointments (including items like medication refills, lab result reviews, contraceptive counseling, aches and pains, minor skin conditions, minor respiratory illness, and more)
- Behavioral health counseling appointments
- Follow-up appointments for surgeries or other procedures
- Appointments for many other medical and surgical specialties

Insurance Guidance

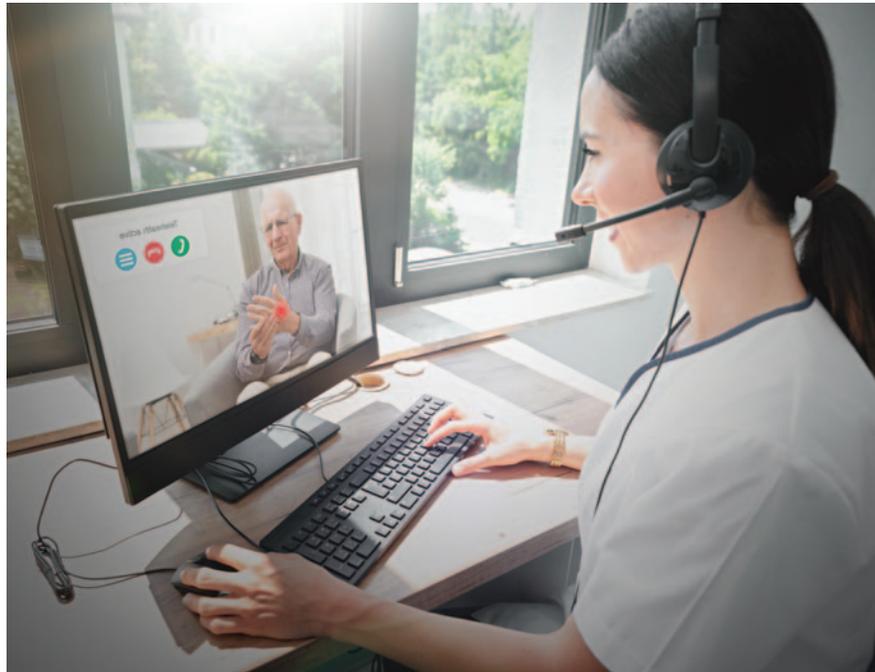
WILL MY INSURANCE COVER A VIRTUAL HEALTH VISIT?

If you are a Department of Defense beneficiary receiving virtual health care from a military treatment facility professional, your virtual health visit is covered. To find out more about covered services for TRICARE, please visit <https://tricare.mil/CoveredServices/IsItCovered/Telemedicine>.

Privacy and Safety

IS VIRTUAL HEALTH SAFE?

Yes! Virtual health is a safe and effective way to extend the delivery of health care and limit the amount of time you spend traveling to the clinic or health care facility. Health care professionals are held to the same standards of care, privacy, and confidentiality as an in-person visit.



ARE VIRTUAL HEALTH VISITS RECORDED?

No. Virtual Health visits are never recorded without your direct consent. As with any clinical visit, a health care professional will document the visit in your electronic health record.

WHAT IF I TRY VIRTUAL HEALTH BUT I DO NOT LIKE IT?

Virtual health is a way of expanding your access to care options. If you find it is not for you, just let your provider know if you prefer to have an in-person visit.

VIRTUAL HEALTH

MYTH vs FACT

Virtual Health Technology

MYTH	FACT
Only people who are technology savvy use virtual health to see their provider.	Patients of all ages and different experience levels with technology use virtual health for medical appointments.
Expensive, high-end equipment is needed to have a virtual health visit.	All you need is your phone, smartphone, tablet, or computer depending on the type of virtual visit.
Virtual health is extremely complicated.	Virtual health visits can be as simple as receiving a phone call or as easy as using a mobile app like FaceTime or Skype.

Virtual Health Visits

MYTH	FACT
There are specific requirements to sign-up for virtual health services.	Generally, there is no requirement to sign up for virtual services. Check with your provider to find out the best way how.
An in-person visit is more effective.	Many health care interactions can be done virtually when a professional can see or speak with you.
Virtual health is not safe.	Virtual health is a safe way to extend care and limit exposure to germs. Health care professionals are held to the same standards of care, privacy and confidentiality as an in-person visit.
Virtual health visits are recorded.	No. Virtual Health visits are never recorded without your direct consent. As with any clinical visit, a health care professional will document the visit in your electronic health record.
Virtual health replaces traditional methods of care.	Virtual health is an additional way of expanding your access to care.



Magellan Healthcare Behavioral Health Services

*Helping You
Live Life to
its Fullest*

Being healthy goes beyond physical signs, such as low cholesterol levels, good cardiovascular strength, and the absence of disease. It also means having good mental health and being able to meet the demands of everyday life. Behavioral health brings together care for mental and physical well-being, as well as addiction, to help you live your best life. Magellan Healthcare, your health plan's mental health services administrator, makes accessing behavioral health easy for you.

Magellan provides the following services to US Family Health Plan members:

- Routine outpatient behavioral healthcare services, such as therapy and medication management
- Specialty outpatient services like psychological testing, intensive outpatient and partial hospitalization
- Inpatient and residential services for behavioral healthcare
- Detox, inpatient, partial hospitalization, and intensive outpatient services for substance use disorders
- **Member services** - Call 24 hours a day, seven days a week if you have any questions about your Magellan Healthcare behavioral health services. Member services can help you with questions about services, benefits, eligibility and how to use your behavioral health benefits.

- **Provider network** - Access a robust, leading national network of licensed behavioral health providers, many of whom are available for telehealth appointments.
 - Psychiatrists
 - Psychologists
 - Professional counselors
 - Marriage/family therapists
 - Clinical social workers
 - Alcohol/drug/addiction counselors
- **Case management** - If you qualify, a case manager will help you develop a plan to address behavioral health concerns, manage medicines, navigate support, find resources, gain closure on life concerns and coordinate care.
- **Hospital transition planning** - Get help transitioning from the hospital to a residential treatment facility or a home setting. Support includes discharge planning, welcome home calls, and follow-up to make sure you stay on the path to wellness.

Want to learn more about your Magellan behavioral health benefits?

Call 1-800-971-2273.



A SECOND WAVE of Coronavirus?

On either side of the front steps of the New York Public Library are statues of stone lions. Majestic and timeless, they are landmark guardians of the wisdom, history, and beauty of this great city. Their names are Patience and Fortitude.

I read an article in late June, that the NYPL Lions had started wearing masks (<https://gothamist.com/arts-entertainment/nyppl-lions-patience-and-fortitude-are-now-wearing-masks-good-new-yorkers>). Specially designed of non-eroding material to ensure that they cannot damage the marble, the masks measure three feet wide and two feet high, and are tied up high on the lions' faces to cover their noses! These statues, which have stood for over 100 years in the center of Manhattan, masked up to be symbols of safety, reminding New Yorkers of important infection control guidelines as libraries, stores, and other public spaces prepared to "reopen" following a historic shutdown during the height of the COVID-19 pandemic.

"Patience and Fortitude are the perfect symbols for the strengths our City and our nation need now even more," said New York Public Library President Anthony W. Marx. "Like them, New Yorkers are strong

and resilient and can weather any storm. We will get to the other side of this public health crisis together. But to do so, we must remain vigilant, we must have patience and fortitude, and we must follow what experts tell us, especially as we continue to reopen our cities. The lions, protectors of knowledge and truth who have seen 109 years' worth of history, are setting that example."

Fortitude is the lion everyone thinks of first. The hashtags that we use to show solidarity and resilience are always around strength...**#BostonStrong** after the Marathon bombing, and now **#NewYorkStrong** is the rally cry as the city and state enters a second "wave" of COVID. But how do we **#staystrong** in the face of a resurgence of this deadly disease? These CDC recommendations (<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>) are the evidence based tools we have to keep from getting sick or spreading COVID:

Wash Your Hands Often

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

It's especially important to wash:

- Before eating or preparing food
- Before touching your face
- After using the restroom
- After leaving a public place
- After blowing your nose, coughing, or sneezing
- After handling your mask
- After changing a diaper
- After caring for someone sick
- After touching animals or pets
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid Close Contact

- Inside your home: Avoid close contact with people who are sick.
- If possible, maintain 6 feet between the person who is sick and other household members.
- Outside your home: Put 6 feet of distance between yourself and people who don't live in your household.
- Remember that some people without symptoms may be able to spread virus.
- Stay at least 6 feet (about 2 arms' length) from other people.
- Keeping distance from others is especially important for people who are at higher risk of getting very sick.

Cover Your Mouth and Nose with a Mask when Around Others

- You could spread COVID-19 to others even if you do not feel sick.
- The mask is meant to protect other people in case you are infected.
- Everyone should wear a mask in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain.
- Masks should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- Do NOT use a mask meant for a healthcare worker. Currently, surgical masks and N95 respirators are critical supplies that should be reserved for healthcare workers and other first responders.
- Continue to keep about 6 feet between yourself and others. The mask is not a substitute for social distancing.

Cover Coughs and Sneezes

- Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and Disinfect

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection.
- Then, use a household disinfectant. Most common EPA-registered household disinfectants will work.



Monitor Your Health Daily

- Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.
- Especially important if you are running essential errands, going into the office or workplace, and in settings where it may be difficult to keep a physical distance of 6 feet.
- Take your temperature if symptoms develop.
- Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
- Here's more CDC guidance if symptoms develop. <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>



Healthy Eating During the Pandemic

With stay-at-home orders in place due to the novel coronavirus pandemic, we are all a lot closer to snacks and facing more stress, both of which can trigger overeating and bad food choices.

Use these healthy eating tips to keep your waistline in check, so that your work pants will still fit when you finally change out of your pajamas!

Reasons for Overeating

Recognizing the cues that make you want to eat when you are not hungry is an important step in maintaining healthy eating habits during stressful times.

Stress Eating

Consider whether you want to eat because you are stressed, bored or feeling emotional. Or are you actually hungry? Take a few minutes and do some mental detective work to determine why you want to eat.

Mistaking Thirst for Hunger

- If you think you really are hungry, but it is not mealtime, drink some water and see if you feel better. Hunger is often mistaken for thirst. Also, drinking water helps you stay hydrated.
- Avoid drinking a sweetened beverage as that can trick the mind and stimulate hunger or spike your blood sugar.
- Another option is to drink a warm, unsweetened beverage such as herbal tea, flavored tea or black coffee.

How to Stop Overeating

Knowing why you want to eat is the first step. Next, take action. Try these tips.

Set a Meal Schedule

If you think you want to eat but it is not mealtime, wait 10-15 minutes to see if you are still hungry. Even if you are still hungry, can you wait a bit longer until it is closer to mealtime?

Eat Mindfully

When you do eat, and especially if you are satisfying a craving, give your body and mind time to enjoy each delicious bite.

- **Use all of your senses:** sight, touch, smell, hearing, taste. Incorporate all of these into your eating experience. This will help you savor every bite.
- **Sit down at the table.** Banish distractions like watching a video or checking Facebook or emails.
- **Chew slowly.** It takes about 15-20 minutes for food to reach your stomach and start registering that you are satisfied.

Eating Right

Finally, making good food choices will go a long way to keep you eating healthy.

Conquering Cravings

If you are truly hungry and have a hankering for something specific, make good choices rather than grabbing something processed and unhealthy.

- If you want something sweet, choose fruit.
- Craving salt? Measure one ounce of nuts or an ounce of hummus.
- For a carb craving, try whole wheat crackers, like Triscuit Thins, which is a better choice than chips or standard crackers.
- If you just need chocolate, allow yourself one square to satisfy that craving.

Can Takeout Be Healthy?

Many people are choosing to order in meals to support their local restaurants or for a change of pace. That is fine, just remember to choose wisely.

- Avoid French fries – choose a side salad, plain baked potato or soup instead.
- Go easy on the cheese and avoid stuffed crust or cheese-stuffed pasta dishes.
- Pass on anything fried or breaded.
- Make sure sauces are not oily or sugar-sweetened.

Consider these healthy options instead:

- Grilled chicken or fish
- Plain sweet potatoes (not fries) or baked potatoes (add your own salsa to jazz it up)
- Whole grain pasta or bread (but limit your portions)
- Soups such as miso, butternut squash, vegetable, tomato basil, chicken tortilla, minestrone, wonton, egg drop and turkey chili

Practice Portion Control

- As important as what to eat is how much to eat. Try to satisfy your craving with a small portion of what you want.
- You do NOT need to clean your plate. Eat until you are nearly full, not until there is nothing left on your plate. You can always put it away for later.
- Portioning out meals and snacks ahead of time will help. Buying snack-size bags can be very helpful to avoid overeating.





BLISTERED GREEN BEANS WITH GARLIC

Inspired by salty-crunchy Sichuan dry-fried string beans (gan bian si ji dou), these green beans are shriveled and browned into delicious submission before receiving a flavor bomb of garlic, red pepper flakes, and chopped capers at the very end. Resist the urge to stir the beans around in the pan, and let them take on color like you would ground meat. Patience is essential here.

RECIPE

INGREDIENTS

- ½ cup extra-virgin olive oil
- 1 lb. green beans, trimmed, patted dry of any surface moisture or condensation
- Kosher salt
- 6 garlic cloves, sliced
- 1 Tbsp. capers, drained, chopped
- 1 tsp. crushed red pepper flakes

4 SERVINGS

PREPARATION

Step 1

Heat oil in a large skillet over high until shimmering. Add green beans (the dryer they are, the less they will spatter when they hit the oil) and cook, covering skillet as needed if beans are spattering, until browned underneath, about 3 minutes. Turn beans with tongs and redistribute so they brown evenly (don't toss them since hot oil can easily slosh out of skillet if you try to show off). Continue to cook, turning occasionally, until browned all over and tender, about 5 minutes longer. Season with salt. Add garlic, capers, and red pepper flakes. Cook, tossing occasionally, just until garlic turns golden, about 1 minute.

Step 2

Transfer beans to a platter. Spoon caper-garlic mixture over and pour some oil over too; season with salt.

Preventive Care through the Ages

Maintaining your family's health and wellness is a gift to all. Preventive care is the best way to check in on health questions you have and make sure you are in the best health possible. USFHP encourages you to make sure you and your family obtain the following age-appropriate preventive care:

CHILDREN FROM BIRTH TO ADULTHOOD – Immunizations, well-child check ups

ADULT

- **All adults, ages 20-100 years old** – make sure you schedule your annual wellness visits, get your annual flu shot and check with your doctor on other age appropriate vaccinations
- **Women age 20+** - Cervical Cancer screening, Chlamydia and other STI Screening
- **Women age 40+** - Breast Cancer screening, Cervical Cancer Screening, Chlamydia and other STI Screening
- **All adults age 50+** - Colorectal Cancer screening
- **For people with Diabetes** – make sure you have these tests at least once per year
 - Hemoglobin A1C test
 - Eye exam to check for glaucoma
 - Kidney function test

Your doctors and other medical professionals are taking all precautions to ensure that as you obtain your preventive care, your exposure risk for COVID-19 is minimized. Please call your primary care provider to make sure you are up to date with all of your preventive care needs.

If you need to find a primary care provider, please go to our website for our updated, easy-to-use provider locator at <https://member.usfhp.net>



MEMBERSHIP has its privileges!



Members...

During Open Season, all existing USFHP members can change their enhanced benefit option for 2021.

Members have the choice between:

1) ENHANCED VISION BENEFIT - Annually

- Eyeglasses
- Contact Lenses
- Frames - every 24 months

2) PREVENTATIVE DENTAL BENEFIT – Bi-annually (Now including Discounted Vision)

- Cleanings
- X-rays
- Bitewings

3) GYM REIMBURSEMENT - Annually

- Gym of your choice
- \$125 Individuals
- \$250 Per Family



Members who are comfortable with their current enhanced benefit, do nothing. If you decide to change your benefit for 2021; please use provided link:
<https://f.hubspotusercontent40.net/hubfs/491493/Selection%20form%202021.pdf>
to access the **Member Selection Form** and submit to usfamily@svcmcnyc.org by **December 14, 2020**.

If you require assistance contact Customer Service (1-800) 241-4848.

Your Choice...Your Cost

Point of Service Benefit (POS)



The POS option allows our members to use out-of-network providers at a shared cost between the plan and the member. Members would be responsible to pay 50% of the TRICARE allowable charges, after meeting the POS deductible. The POS deductible is in addition to the annual enrollment fees.

With the point-of-service option, you can visit any TRICARE-authorized provider:

- Get routine care
 - Beneficiary responsible for 50% of TRICARE allowable charges
- No referral required for care
 - Must use TRICARE authorized providers
- Pay more out of pocket for care
 - Deductible \$150 Individual
\$300 Families

US Family Health Plan encourages our members to use our extensive network of providers to be assured you are receiving the best care possible.

- Choosing an in-network provider is cost-effective – copays are reasonable and the provider cannot balance bill you for services they provide.
- You have access to top-quality providers throughout the USFHP service area.
- We review each doctor, practitioner, hospital, home health, rehabilitation and other provider types.
- Our hospitals and post-acute rehabilitation facilities must be rated 3 stars or above.

Whatever you choose, USFHP is here to support you and your family. Please call our Customer Service Representatives who can answer questions you have about your network providers. Or check out our new easy-to-use provider directory at <https://member.usfhp.net>.

CORNER

FITNESS

By Jason Prosser

GYM SAFETY AND YOUR OPTIONS



The first time you walked in to a gym did you consider all the options they had available to use before you joined? Were you excited about being able to swim, lift weights, play racquetball and do yoga classes as you please? I know for me, I loved having choices at my gym. Most gyms have rows of treadmills and bikes at your disposal and a plethora of machinery of which you probably still don't know how to use half of. You could take group classes, play indoor sports, use the locker room and showers, water fountains, massage chairs, hydro-beds, tanning beds and the list goes on. Not only that, in some gyms you felt you had a family or a support group to motivate you. I know I always looked forward to seeing the same faces every time I walked in my gym. A lot of that has changed...for now.

Here is what to expect when returning to the gyms until there is new guidance.

The gyms are currently under strict guidelines by the CDC about what they can and can not do. Whether or not you agree with these rules, it's the new standard for gyms. Some gyms require you to register for a specific time to come in. This means you may not always have the ability to come to the gym when you want. Another thing to consider is that gyms are requiring members to wear masks at all times. Wearing a mask while you're running on a treadmill or doing a high intensity workout may be a bit more difficult or uncomfortable but not impossible. A lot of gyms are not opening up the

locker rooms, saunas, swimming pools, group classes and more, so be prepared to not have access to these options and, of course, you must stay 6 feet apart at all times.

Do not despair though. You have options... lots of them.

The first thing I recommend is to find which gym suits your needs most and see what their guidelines are. Many gyms have reduced their prices to accommodate the

The goal here is for everyone to stay fit and healthy for as long as possible.

lack of options so shop around a little first. Next, get a fitness app on your smart phone, tablet, laptop, or even your smart TV. There are hundreds of companies that offer you fitness at your fingertips. Prices can range from zero dollars to hundreds of dollars a month. There is every kind of workout for every kind of person, completely accessible to you in the comfort of your home, garage or even backyard.

Many of them require no equipment at all and some of them require an entire gym in your house. The biggest advantage to online fitness is you will never run out of guided workouts. There are also programs that have live trainers to motivate you and push you to complete the workout.

For those ready to go back to the gym, just remember, don't forget your mask, always wipe down your equipment when you're done, and try to refrain from sweaty hugs and high fives after you have completed your workout. For everyone else, hop on the internet, download an app, build a garage gym or do whatever option suits your needs and let's get to work. The goal here is for everyone to stay fit and healthy for as long as possible. Take care and be fit.



Jason Prosser, Retired US Army / US Family Health Plan Health Benefit Consultant

*You're not stuck at home,
you're safe at home.*

*One word can change your attitude,
and one cough can change your life.*

- Timber Hawkeye





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