

WINTER 2021

FAMM

A US FAMILY HEALTH PLAN MAGAZINE

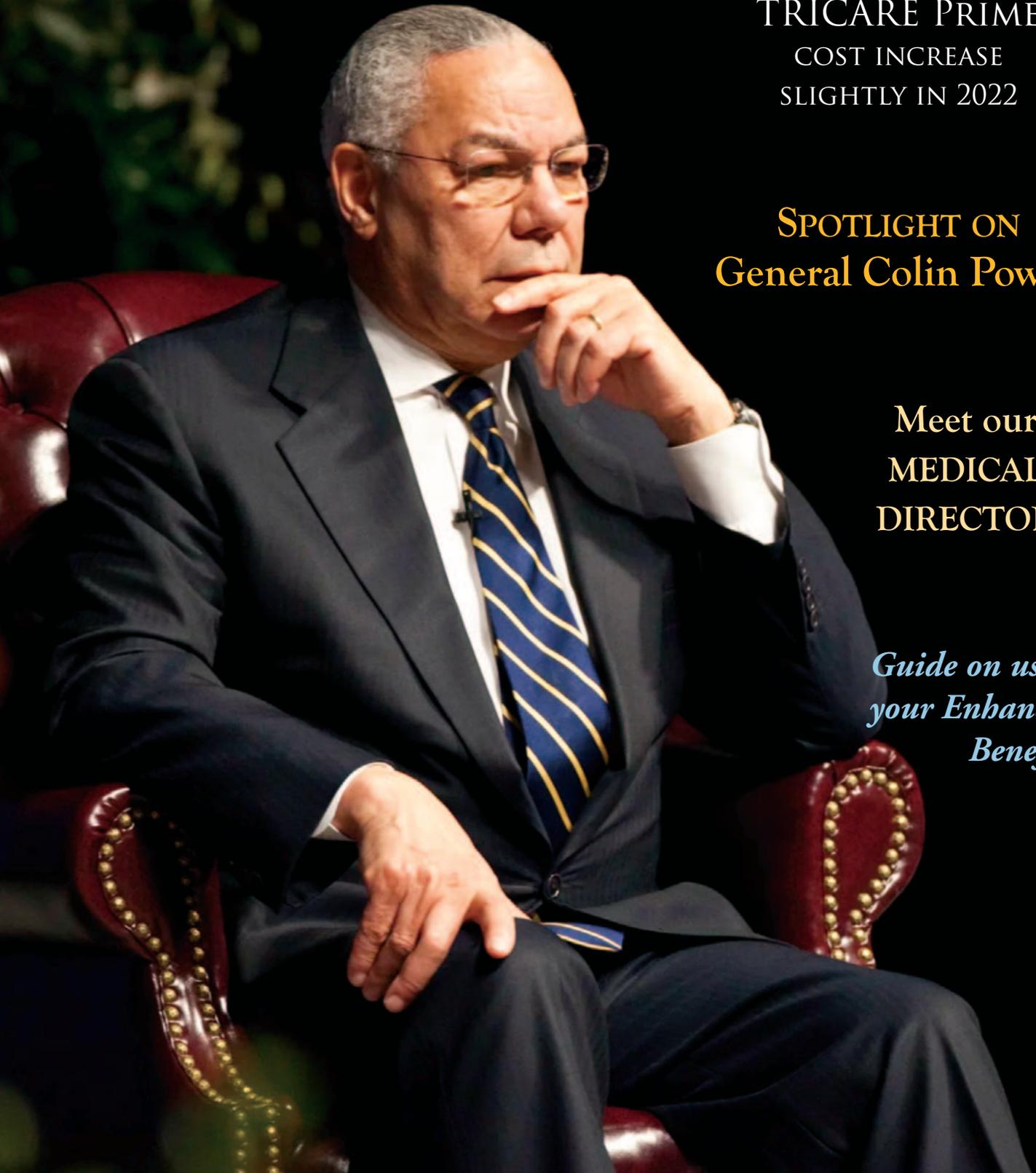
Army Colonel Bob Dole
Remembered

TRICARE PRIME
COST INCREASE
SLIGHTLY IN 2022

SPOTLIGHT ON
General Colin Powell

Meet our
MEDICAL
DIRECTOR

*Guide on using
your Enhanced
Benefits*



From our FAM to yours...

Happy New Year!



 **US FAMILY
HEALTH PLAN**



FAM HEALTH



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Happy Family -
Happy Life



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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
MAGAZINE

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*Former Chairman of the Joint Chiefs of staff and
Secretary of State Colin Powell attends an event
honoring the 20th anniversary of the Persian Gulf War
on Jan. 20, 2011, in College Station Texas. Powell
oversaw U.S. forces during that war.*

www.gpb.org/news/2021/10/18/photos-colin-powells-life-in-public-service



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Words from the

CHIEF EXECUTIVE OFFICER

Happy Holidays!

Welcome ... our new members to the family!

US Family Health Plan has been the preferred plan for over 150,000 beneficiaries throughout the United States.

At USFHP@ St. Vincent's, we are proud of the services and improvements made to our TRICARE Prime Plan. From the choice of the \$0 enhanced benefit, the expansion of our Patient Care delivery team, and our improved member/provider portal and website. We are always looking at ways to improve the benefits we offer our members.

USFHP maintains the highest level of overall patient satisfaction in the nation – not only in the Military Health System – based on annual assessments by independent health evaluators. Most recently, it achieved an average 92% enrollee satisfaction.

As a cancer survivor I understand the importance of quality of life. The US Family Health Plan's patient-centered managed health care model focuses on wellness and prevention that delivers more coordinated care with improved health outcomes.

Members under 65 make 40% fewer trips to the emergency room than non-USFHP beneficiaries, while spending 50% fewer nights in the hospital, according to the consulting firm Milliman USA.

Studies confirm health care provider networks serving veterans and military families must have a fundamental understanding of military culture to provide effective care and improve health outcomes. Many USFHP providers have themselves served in the U.S. Military. Our members have made incredible sacrifices in service to our country and we're committed to providing them the highest quality care they deserve.

US Family Health Plan at St. Vincent's is an important choice for military families in the Tri-State area. We continue to maintain steady membership due to member satisfaction and loyalty to the program. The membership continues to grow throughout our service area as more beneficiaries are electing to choose USFHP as their preferred TRICARE Option.

Jeff Bloom

SPOTLIGHT ON GENERAL COLIN POWELL

DISTINGUISHED AND TRAILBLAZING, Colin Luther Powell was an esteemed American Patriot and public servant. Born April 5, 1937



to Jamaican immigrants, Powell grew up in the South Bronx of New York City. His parents worked in the garment district in Manhattan; his father,

Luther, as a shipping clerk, and his mother, Maud Ariel, as a seamstress. He began his career as a professional soldier when he attended City College of New York and joined the Reserve Officer Training Corps (ROTC). Post-graduation in 1959, Powell was commissioned a second lieutenant in the U.S. Army where he served for 35 years.

His military career took him on tours to Vietnam, West Germany, and South Korea before becoming the first Black national security adviser during the end of Ronald Reagan's presidency. In 1989 Powell was promoted to the rank of four-star general, and was appointed by President George H.W. Bush to the position of Chairman of the Joint Chiefs of Staff – the youngest and first Black person to be appointed. Once considered a contender to be the first black U.S. President, Powell went on to serve under another Bush Administration as the first Black Secretary of State before retiring from public service in 2005. Powell noted his sentiment on his decision to join the Army, "I liked the structure and the discipline of the military. I felt somewhat distinctive wearing a uniform. I hadn't been distinctive in much else."

Leaving the role of Secretary of State, Powell returned to life in the private sector continuing his work with America's Promise Alliance. In 1997, he founded America's Promise, a non-profit organization dedicated to helping at-risk children. He later served as the chairman of



military.com

the board of visitors of the School for Civic and Global Leadership, named for him at The City University of New York. He served on the Boards of Directors of the Council on Foreign Relations, and the Eisenhower Fellowship Program.

While in the service, Powell met his wife, Alma Vivian Johnson, on a blind date, and they married in August 1962. The couple had two daughters, Linda Powell and Anne Powell Lyons; a son, Michael, who served as chairman of the Federal Communications Commission; and four grandchildren. At the age of 84, after living the classic American success story, General Colin Powell passed away on October 18, 2021 from COVID-19 complications. Powell had multiple myeloma, a cancer of plasma cells that suppresses the body's immune response, as well as Parkinson's. His wife, who also tested positive for COVID-19, confirmed she and her husband were vaccinated. Even if fully vaccinated against COVID-19, those who are immunocompromised are at greater risk for the virus. Beloved by past presidents and politicians on both sides, America has lost a true leader and statesman.

The USFHP family salutes General Colin Luther Powell and his life's pursuit of humanitarianism, diplomacy, and service to the country.

First African American
U.S. Secretary of State
Former Chairman of the
Joint Chiefs of Staff
Presidential Medal
of Freedom



military.com

"A dream doesn't become reality through magic; it takes sweat, determination and hard work."

- Colin Powell



Lt. Gen. Colin Powell poses with his family after he was appointed national security adviser in November 1987.

<https://www.gpb.org/news/2021/10/18/photos-colin-powells-life-in-public-service>



Retired Gen. Colin Powell at Camp Arijan Army Base in Kuwait. [military.com](https://www.military.com)



Jaap de Hoop Scheffer, [military.com](https://www.military.com)



MEET OUR NEW MEDICAL DIRECTOR

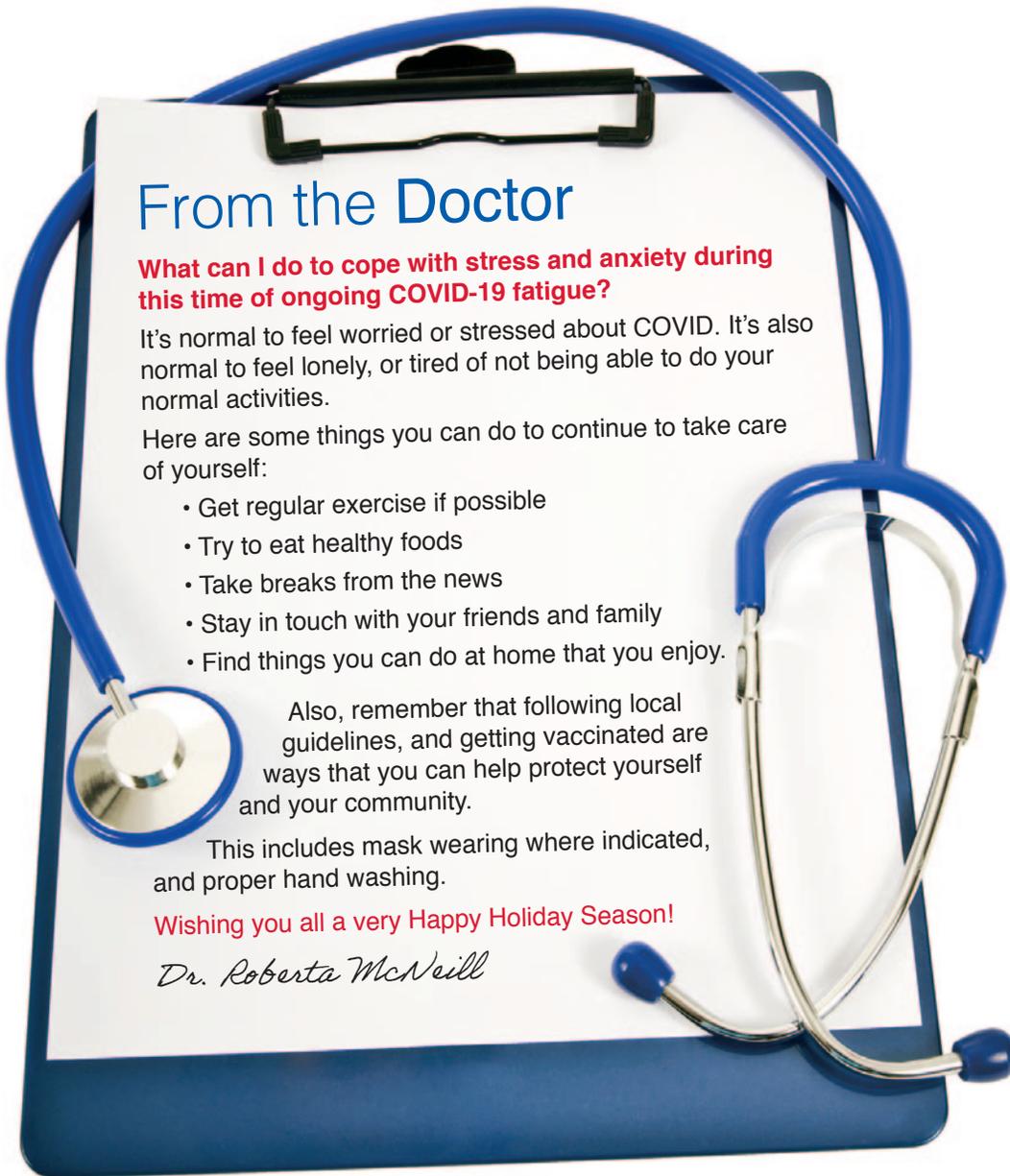
Dr. Roberta McNeill

US Family Health Plan is excited and proud to announce the arrival of our new Chief Medical Officer, Dr. Roberta McNeill to further advance our mission to make members healthier and improve their quality of life. Dr. McNeill has over 15 years of experience as a medical doctor including experience in urgent care, family practice, industrial/workers comp. medicine, and chronic disease treatment.

She was most recently employed by Horizon BCBS New Jersey in the role of Medical Director Provider Network and Quality Medical Appeals. Prior to joining Horizon BCBSNJ, Dr. McNeill held the position of Medical Director at Amerigroup Real Solutions, NJ.

Dr. McNeill is Board certified in Family Medicine and did her residency in Family Practice at Columbia Presbyterian Hospital in New York, NY.

Please join us and extend a warm welcome to Dr. Roberta McNeill.



From the Doctor

What can I do to cope with stress and anxiety during this time of ongoing COVID-19 fatigue?

It's normal to feel worried or stressed about COVID. It's also normal to feel lonely, or tired of not being able to do your normal activities.

Here are some things you can do to continue to take care of yourself:

- Get regular exercise if possible
- Try to eat healthy foods
- Take breaks from the news
- Stay in touch with your friends and family
- Find things you can do at home that you enjoy.

Also, remember that following local guidelines, and getting vaccinated are ways that you can help protect yourself and your community.

This includes mask wearing where indicated, and proper hand washing.

Wishing you all a very Happy Holiday Season!

Dr. Roberta McNeill

As we transition into the colder months and Holiday season, we would like to remind you that your USFHP Care Managers are here for you!

Your team of nurses and specially trained non-clinical staff are here to support you and your caregivers. We will work closely with your doctors and other providers to ensure you receive the services you may need to reach your goals and maintain healthy lifestyles.

The USFHP Care Management team is designed to support the high-quality you deserve by:

- contacting you regularly
- connecting you to resources
- coordinating your care and services such as durable medical equipment (cane, walker, etc.) home care
- finding in-network providers and assisting with scheduling appointments
- addressing your behavioral health and/or substance abuse concerns
- educating you and/or your caregiver on conditions and medications ordered by the doctor.

As USFHP members, you and/or your doctor can refer you to the Care Management program by calling **(800) 241-4848**.

Please reach out to us if you have any questions, and enjoy your Holiday!

- USFHP Care Management Team



Is it a *Necessary* Procedure?

The mission of Choosing Wisely is to promote conversations between clinicians and patients by helping patients choose care that is:

- Supported by evidence
- Not duplicative of other tests or procedures already received
- Free from harm
- Truly necessary

Beginning in 2012, national organizations representing medical specialists have asked their members to identify tests or procedures commonly used in their field whose necessity should be questioned and discussed. This call to action has resulted in specialty-specific lists of “Things Providers and Patients Should Question.”

To help patients engage their health care provider in these conversations and empower them to ask questions about what tests and procedures are right for them, patient-friendly materials were created based on the specialty societies’ lists of recommendations of tests and treatments that may be unnecessary.

Imaging tests for lower-back pain

You probably don't need an X-ray, CT scan, or MRI

X-rays, CT scans, and MRIs are called imaging tests because they take pictures, or images, of the inside of the body. You may think you need one of these tests to find out what is causing your back pain. But these tests usually don't help. Here's why:

- **The tests will not help you feel better faster.**

Most people with lower-back pain feel better in about a month, whether or not they have an imaging test.

- **Imaging tests are expensive.**

- **Imaging tests have risks.**

X-rays and CT scans use radiation. Radiation has harmful effects that can add up. It is best to avoid radiation when you can.

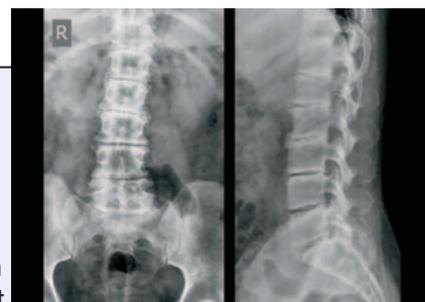
- **When are imaging tests a good idea?**

In some cases you may need an imaging test right

away. Talk to your doctor if you have back pain with any of the following symptoms:

- Weight loss that you cannot explain
- Fever over 102° F
- Loss of control of your bowel or bladder
- Loss of feeling or strength in your legs
- Problems with your reflexes
- A history of cancer

These symptoms can be signs of nerve damage or a serious problem such as cancer or an infection in the spine.



Treating lower-back pain

How much bed rest is too much?

Back pain is one of the most common reasons why people visit the doctor. The good news is that the pain often goes away on its own, and people usually recover in a week or two.

Many people want to stay in bed when their back hurts. For many years, getting bed rest was the normal advice. However, newer data have shown that there is little to no role for bed rest in the treatment of lower back pain. Here's why:

- **Staying in bed won't help you get better faster.**

If you're in terrible pain, bed rest may *not* actually ease the pain, but increase it. Research suggests that if you find comfortable positions and move around sometimes, you may not need bed rest at all.

- **Longer bed rest can lead to slower recovery.**

When you don't move and bend, you lose muscle strength and flexibility. With bed rest, you lose about 1 percent of your muscle strength each day.



- **Longer bed rest has costs.**

You may need more physical therapy after a long bed rest. Also, you may miss more work if your recovery takes longer.

- **Who needs over 48 hours of bed rest?**

The only people who might need longer bed rest are people with unstable fractures. They need to remain in bed until a brace is fitted.

- **What can I do for the pain?**

Most people with lower-back pain should apply heat or ice. Some people can get pain relief from an over-the-counter anti-inflammatory medicine such as ibuprofen (Advil, Motrin IB, and generic) or naproxen (Aleve and generic). Don't take more than the recommended amount.

- **When should I see a doctor?**

You should see your doctor right away if:

- You have severe back pain that lasts longer than 24 to 48 hours.
- You have back pain and fever.
- You have back pain with numbness, pain, or weakness in a leg or foot.

Referral to a specialist may be helpful in these cases.

This report is for you to use when talking with your healthcare provider. It is not a substitute for medical advice and treatment. Use of this report is at your own risk.

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JANUARY IS Cervical Health Awareness Month

CERVICAL CANCER SCREENING

Only get the tests and treatments you need

The cervix is the opening between the vagina and the womb (uterus). Cancer of the cervix (or cervical cancer) kills more than 4,000 women in the United States every year. But almost all of those cases can be prevented.

A virus called HPV (human papillomavirus) causes almost all cases of cervical cancer. HPV is a sexually transmitted infection.

How is cervical cancer prevented?

- The HPV vaccine prevents most HPV. The best time to get the vaccine is between ages of 11 and 12. The vaccine can be given to women (and men) up to age 26 if they didn't get it earlier.
- Routine screening is also important. Women ages 21 to 65 should get regular cervical cancer screening. Depending on a woman's age, this can be done with Pap tests, HPV tests, or both. The tests can find abnormal cells early. The cells can be treated before they turn into cancer.

Most women should follow the screening advice. But some women don't need certain tests or treatments. Here's what you need to know.

Young women with an abnormal Pap test don't always need to be treated right away.

In the past, doctors thought that abnormal Pap tests always meant cervical cancer. But now we know that isn't so. Minor abnormalities usually don't turn into cancer. Most go away on their own in a year or two, without any treatment.

If you are under 25 and your Pap test showed minor abnormalities, you should have the test again every year. This is to see if the problem goes away or gets worse.

If you keep having abnormal test results, your doctor usually does an exam called a colposcopy. During this exam, the doctor examines the cervix and may remove some abnormal cells. These are examined to see if they are pre-cancer cells. This means that they might turn into cancer.

You should only get treatment if tests show that you have pre-cancer cells (also called severe dysplasia).

Treatments can have risks.

The treatments for pre-cancers are minor surgical procedures. Some treatments can increase the risk of complications during pregnancy, such as premature birth. That's why you should only get treatment if it's necessary.

You usually don't need Pap tests or HPV tests after a hysterectomy.

During a hysterectomy, the uterus and cervix are often removed. Mostly, you no longer need Pap and HPV tests. However, you may still need these tests if:

- Your cervix was not removed during your hysterectomy.
- You had the hysterectomy because you had cancer or pre-cancer. Even if your cervix was removed, there's a rare chance of cancer coming back in the vagina.



This report is for you to use when talking with your healthcare provider. It is not a substitute for medical advice and treatment. Use of this report is at your own risk.



MEMBERSHIP HAS ITS PRIVILEGES

Your overall health is important to us. Vision, Dental and Fitness are an intricate part of this equation. As a member of US Family Health Plan you have a choice between 1 of 3 offered enhanced benefits.

VISION • DENTAL • FITNESS

Quick Resource Guide

	VISION	DENTAL	FITNESS
VENDOR	DAVISVISION	HEALTHPLEX	ANY GYM
WEBSITE CONTACT #	DAVISVISION.COM 800-999-5431	https://healthplex.com/member/USFHP 800-468-0600	USFAMILY@SVCMCNY.ORG 800-241-4848
CLIENT CODE/ GROUP #	CLIENT CODE: 3258	GROUP # GG-718	

COVERAGE FOR THE VISION AND DENTAL PLAN ARE FREE FOR BASIC BENEFITS AND PROVIDE DEEPLY DISCOUNTED COST FOR ADDITIONAL SERVICES.

SEE PAGES 10 AND 11 FOR MORE DETAILS

US FAMILY HEALTH PLAN DENTAL DISCOUNTED FEES

ADA CODE	DESCRIPTION	NY/NJ	Pennsylvania	Connecticut	FairHealth
2160	AMALGAM-THREE SURFACE PRIM/PER	\$75	\$111	\$118	\$350.00
2393	RESIN BASE COMP 3SURF POSTERIO	\$148	\$162	\$171	\$395.00
2720	CROWN - RESIN/HIGH NOBLE METAL	\$525	\$675	\$708	\$1,805.07
2740	PORCELAIN/CERAMIC CROWN	\$425	\$690	\$724	\$1,667.00
2750	PORCELAIN/HIGH NOBLE METAL	\$595	\$681	\$717	\$1,600.00
3110	DIRECT PULP CAP	\$25	\$41	\$44	\$125.00
3220	VITAL PULPOTOMY	\$65	\$99	\$105	\$325.00
3310	ROOT CANAL THERAPY - ANTERIOR	\$350	\$419	\$440	\$1,295.00
3320	ROOT CANAL THERAPY - BICUSPID	\$425	\$512	\$536	\$1,400.00
3330	ROOT CANAL THERAPY - MOLAR	\$500	\$661	\$693	\$1,595.00

For a complete list of discounted dental procedures visit
<https://www.healthplex.com/member/USFHP>

FAQ (HEALTHPLEX DENTAL BENEFIT)

Q: Which dental offices can I visit?

A: You have access to Healthplex’s Mosaic Network. To view the participating offices, visit [healthplex.com/member/USFHP](https://www.healthplex.com/member/USFHP), and then click on Find-a-Dentist.

Q: Which dental services are covered at no charge?

A: There is no charge for covered preventive and diagnostic dental procedures (*such as cleanings, bitewing x-rays, and exams*) when you visit a participating provider.

Q: Are there any dental procedures for which a discount won’t be provided?

A: Yes, while a majority of dental services are covered, there are services such as implants that are not discounted. These services can also be confirmed by the participating dental offices.

Q: Are orthodontic services discounted?

A: Yes, when seeing a provider in NY/NJ, for dependent children under age 19, you pay a discounted fee of \$2,910 for a two year orthodontic case. This discount applies to the insertion of standard metal braces and 24 consecutive months of adjustments. There may be additional fees charged by the Orthodontist for cases that take longer than two years, and for any special appliances such as palate expanders and retainers. When seeing a provider outside of NY/NJ, you will receive a 20% discount off the specialist’s usual fees.

For a more comprehensive list of FAQs see
<https://www.healthplex.com/member/USFHP>

DAVIS VISION PLANS OFFER...

Value for our Members

A comprehensive benefit ensuring low out-of-pocket cost to members and their families. Our goal is 100% member satisfaction.

Convenient Network Locations

A national network of preferred providers throughout the 50 states.

Freedom of Choice

Access to care through either our network of independent, private practice doctors (optometrists and ophthalmologists) or select retail partners.

Value-Added Features:

- Replacement contacts through LENS123[®] mail-order contact lens replacement service, saving both time and money.
- Laser Vision Correction discounts of up to 25% off the provider's Usual & Customary fees, or 5% off advertised specials, whichever is lower.



ADDITIONAL OPTIONS	WITHOUT DAVIS VISION	WITH DAVIS VISION
FRAMES		
Fashion Frame (from the Davis Vision Collection)	\$125	\$0
Designer Frame (from the Davis Vision Collection)	\$175	\$15
Premier Frame (from the Davis Vision Collection)	\$225	\$40
LENSES		
All Ranges of Prescriptions and Sizes	\$90	\$0
Plastic Lenses	\$33	\$0
Oversized Lenses	\$20	\$0
Scratch-Resistant Coating	\$40	\$0
Tinting of Plastic Lenses	\$20	\$15
Polycarbonate Lenses	\$64	\$0 ¹ or \$35
Ultraviolet Coating	\$28	\$15
Standard Anti-Reflective (AR) Coating	\$62	\$40
Premium AR Coating	\$80	\$55
Ultra AR Coating	\$113	\$69
Intermediate-Vision Lenses	\$150	\$30
Standard Progressive Addition Lenses	\$154	\$65
Premium Progressives (Varilux ^{®/2} , etc.)	\$248	\$105
High-Index Lenses	\$120	\$60
Polarized Lenses	\$103	\$75
Plastic Photosensitive Lenses	\$123	\$70
Scratch Protection Plan (Single vision Multifocal lenses)		\$20 \$40

¹ Polycarbonate lenses are covered in full for dependent children, monocular patients and patients with prescriptions 6.00 diopters or greater.

² Varilux[®] is a registered trademark of Societe Essilor International

Out-of-Network Benefits

You may receive services from an out-of-network provider, although you will receive the greatest value and maximize your benefit dollars if you select a provider who participates in the network. If you choose an out-of-network provider, you must pay the provider directly for all charges and then submit a claim for reimbursement to:

Vision Care Processing Unit
P.O. Box 1525
Latham, NY 12110

OUT-OF-NETWORK REIMBURSEMENT SCHEDULE

Eye Examination up to \$40 | Frame up to \$50
 Spectacle Lenses (per pair) up to:
 Single Vision \$40, Bifocal \$60, Trifocal \$80, Lenticular \$100
 Elective Contacts up to \$80



TRICARE NEWS

TRICARE CHANGES 2022

2022 is here! This means annual cost changes for your US Family Health Plan (TRICARE Prime) starting January 1, 2022. Cost changes reflect decisions made by Congress, cost-of-living adjustments, changes to the cost of health care services and drugs, and more. This affects enrollment fees for some individuals, as well as certain out-of-pocket costs.

TRICARE beneficiaries fall into one of two groups: Group A or Group B. What group you're in determines your enrollment fees or premiums and any other per service out-of-pocket costs that you may have with your TRICARE plan. See your group below:

- **You're in Group A** if your initial enlistment or appointment or that of your uniformed service sponsor began before Jan. 1, 2018.
- **You're in Group B** if your initial enlistment or appointment or that of your uniformed service sponsor began on or after Jan. 1, 2018.

On the right are the 2022 costs for the TRICARE Prime plan.

Annual Enrollment Fees and Annual Deductibles

Active duty family members continue to have no enrollment fees. Retirees, their family members, and most others must pay an annual enrollment fee for their coverage. If you have TRICARE Prime, there's no annual deductible.

Please note: There were no changes to the cost for Active Duty Family members enrolled in a TRICARE Prime plan for 2022.

If you're an active duty family member enrolled in a TRICARE Prime plan, you won't have copayments unless you're using the point-of-service option or filling a prescription.

Retirees and their Family members Cost for 2022. *Changes from 2021 costs are in bold.*

Table 1:
Calendar Year 2022 TRICARE Prime Out-of-Pocket Costs: Retirees, and their Eligible Family Members.

Out-of-pocket Cost		TRICARE Prime	
		Group A	Group B
Annual enrollment fee	Individual	\$323	\$392
	Family	\$647	\$784

Table 2:
Calendar Year 2022 TRICARE Prime Out-of-Pocket Costs: Retirees, and their eligible Family members.

Out-of-pocket Cost		TRICARE Prime	
		Group A	Group B
Annual catastrophic cap		\$3,000	\$3,921
Preventive care visit		\$0	\$0
Primary care		\$22	\$22
Specialty care		\$33	\$33
Emergency room visit		\$67	\$67
Urgent care center visit		\$33	\$33
Ambulatory surgery		\$67	\$67
Ambulance, outpatient ground		\$44	\$44
Ambulance, outpatient air		\$20	\$20
Durable medical equipment		20%	20%
Inpatient Admission	Network	\$168 per admission	\$168 per admission
	Out-of-Network	\$168 per admission	\$168 per admission
Inpatient skilled nursing facility/rehab facility		\$33 per day	\$33 per day

WELCOME NEW MEMBERS!

We appreciate you trusting us to manage your family’s healthcare. You have made a great choice in USFHP. To ensure you have a great member experience with us, we are hosting a series of New Member Orientations every Saturday during the month of January.

We encourage you to attend a live webinar to understand how to:

- Find participating providers
- Use the Member Portal
- Change you Enhanced Benefit Selection or Provider
- Ask questions you may have
- Access other services and benefits of your enrollment with USFHP

3 Easy Steps to Register:

Registration Instructions:

- Go to website: www.usfhp.net
- Go to Events and Webinars
- Scroll down to New Member Orientation to register!



WE ARE GROWING

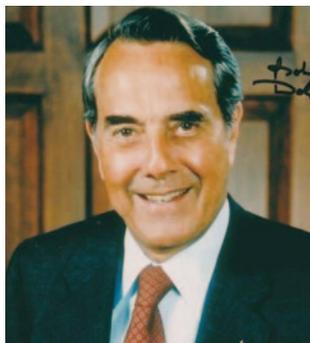
Starting 1/1/2022 US Family Health Plan @ St. Vincent’s will expand our footprint in PA!

USFHP was recently awarded over 200 new zip codes from DoD to provide the TRICARE Prime option to eligible beneficiaries. These zip codes are spread throughout six counties in PA. “We are excited to extend our services to this new community,” stated Tammy Cartagena, Health Benefit Consultant serving PA. “Military beneficiaries were always asking me if they could enroll with USFHP. It’s welcoming to now have a date...COMING JANUARY 2022.”

- Lehigh County
- Schuylkill County
- Berks County
- Northampton County
- Carbon County
- Monroe County

ARMY COLONEL BOB DOLE REMEMBERED

Former senator Bob Dole almost didn’t make it to his 22nd birthday, let alone past his 90th. More than 70 years ago while on active duty in the hills of Italy during World War II, he was hit by Nazi machine-gun fire.



Dole had joined the Army’s Enlisted Reserve Corps in 1942 and soon became a second lieutenant in the 10th Mountain Division. On April 14, 1945, Dole’s “I” Company of the 85th Regiment was attempting to take Hill 913 in their zone when they ran into intense enemy fire raking a clearing they had to cross. Dole threw a grenade at a machine-gun nest and dove into a shell hole.

In his 1988 autobiography he wrote, “I could see my platoon’s radioman go down ... After pulling his lifeless form into the foxhole, I scrambled back out again. As I did, I felt a sharp sting in my upper right back.”

Although he left the Army as a captain, in 2019 Congress voted to promote him to Colonel in honor of his service.

In a 1998 campaign video Dole describes his wounding graphically: “Some high-explosive bullet entered my right shoulder, fractured the vertebrae in my neck. I — I saw

these — things racing — my parents, my house. I couldn’t move my arms, my legs.” A medic gave the young lieutenant morphine, and then marked Dole’s forehead with an “M” in his own blood. After nine hours on the battlefield before being evacuated to an Army field hospital, Dole was not expected to live. Although Dole himself often makes light of his maimed right arm and his hospital stay, recalling his “bedpan promotion” to captain, in reality his recovery took him through

several hospitals, nine operations, and over three years of rehabilitation and recuperation. He learned to write with his left hand and to rely on that arm, since his other could not be used.

As one journalist pointed out during Dole’s last presidential campaign, Dole neither exploits his disability nor shuns it. Rather, he has “folded it into his life” — through establishment of the Dole Foundation to help the disabled, by pushing the Americans With Disabilities Act through Congress, and by aligning himself with the physically impaired.

Dole died Dec. 5, 2021. He was 98.

Military.com | By Bethanne Kelly Patrick. Reprint from article in military.com

FAM CAM

Out and About

US Family Health Plan sponsors events throughout our service area — See if we captured your SMILE.



Army ten Miller- Westpoint Team Oct 15 2021



108th ARNG



108th ARNG Christmas Party at Bordentown



Winterfest



Winterfest



Lunch and Learn in the Marriott Courtyard PA



XMAS Spectacular 12-10-21



11th Holiday party Horsham, PA





*L to R-
Adj Gen of CT NG Major General Ewon Jr*



CT-NG Operation Elf



Bordentown



Connecticut National Guard Service Members



NGANG Christmas Party at Bordentown



Bordentown

HAPPY FOOD * HEALTHY LIFE

These Vegan Gingerbread Cookies are soft and chewy with a hint of molasses flavor!

Perfect for holidays or any day you need a treat!

VEGAN GINGERBREAD COOKIES

INGREDIENTS

- 4 teaspoons fresh grated ginger
- 1/4 cup maple syrup
- 1/4 cup molasses
- 1/3 cup unsweetened applesauce
- 1/4 cup vegan butter
- 2 1/4 cups all-purpose flour
- 3/4 cup brown sugar
- 2 teaspoons baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon ground cloves
- 1/4 teaspoon salt
- granulated sugar for topping

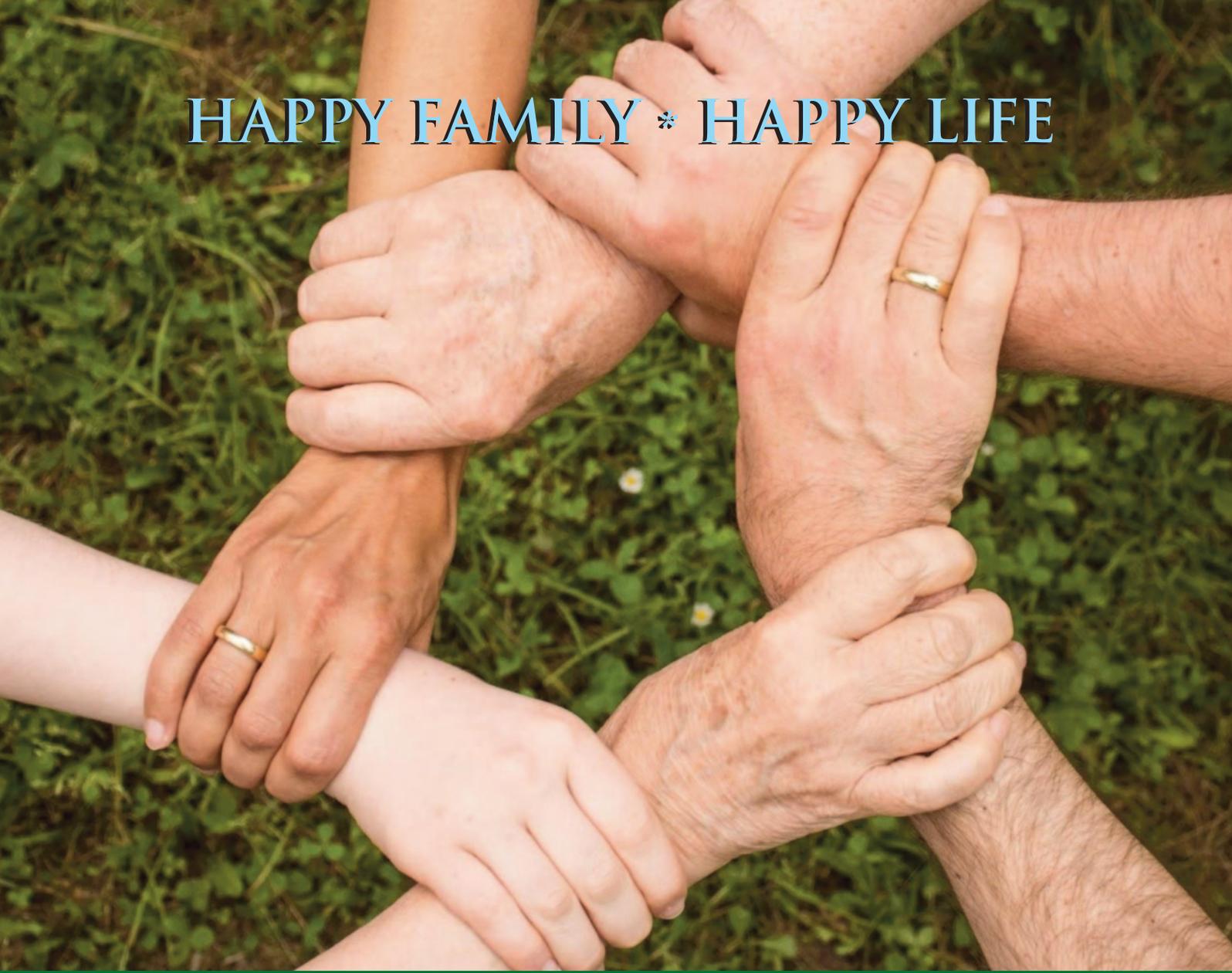
DIRECTIONS

1. Preheat oven to 375°F. Prepare baking sheet by lining it with parchment paper. Set aside.
2. To a large mixing bowl, add the ginger, maple syrup, molasses, apple sauce, and vegan butter. Mix well using a hand held mixer.
3. In a separate medium mixing bowl, add the flour, brown sugar, baking soda, cinnamon, cloves, and salt. Mix well.
4. Slowly add the dry ingredients to the wet ingredients and stir until ingredients are incorporated. Toward the end, it may work best to use your hands, as the batter gets quite thick. Form the dough into a ball.
5. Taking Tablespoon-sized scoops of dough, form into round balls and place on a parchment-lined baking sheet. Flatten each ball with the bottom of a glass or small dish. Sprinkle a small amount of granulated sugar on top of each cookie.
6. Bake for 12-14 minutes in preheated oven. Let cool on a cooling rack.

Nutrition

Serving: 1 cookie • Calories: 100kcal • Carbohydrates: 20g • Protein: 1g • Fat: 2g • Saturated Fat: 1g
Polyunsaturated Fat: 1g • Monounsaturated Fat: 1g • Trans Fat: 1g • Sodium: 129mg • Potassium: 83mg
Fiber: 1g • Sugar: 11g • Vitamin A: 88IU • Vitamin C: 1mg • Calcium: 19mg • Iron: 1mg

HAPPY FAMILY * HAPPY LIFE



IN THE WAKE OF THE CRISIS THE WORLD IS FACING BECAUSE OF COVID-19, IT IS IMPORTANT TO REMEMBER THAT KEEPING FAMILIES BALANCED AND HEALTHY IS ESSENTIAL.

Today, the spread of COVID-19 and ongoing life changes have made health and balance a priority, especially when it comes to family. Home has become an office, a classroom, doctor's office, and a space for entertainment. It can become stressful to manage when work and family life overlap. At this time, it is more important than ever to engage in practices that prioritize your family's mental, emotional, and physical well-being. The following are tips to keep your family's health and happiness first while at home.

- **Stay active together and get outside.** Staying active, for both kids and adults, is great for physical health, and it can also help fight stress and anxiety that may arise as your family deals with a loss of daily routine.
- **Drink enough water.** It is important to stay hydrated for proper body functioning. Water also has a significant impact on your energy levels, brain function, and general health. It is recommended to drink four to six cups of water daily.
- **Encourage everyone to eat a well-balanced diet.** Yes, it can be harder to make healthy food choices due to limited grocery trips. But, try to take advantage of frozen fruits and veggies. They provide the same nutritional value, and will last longer. Also, it is beneficial to put in place a normal eating schedule of three balanced meals each day.
- **Take time to build community.** Social isolation is overwhelming. Now is the time to strengthen your family unit by being intentional with your time together. In addition, take advantage of technology to connect with extended family.
- **Follow a bedtime routine and get enough sleep.** Sleep is important. However, getting enough sleep is key to having enough energy and being able to concentrate throughout the day. A regular bedtime routine can help you get to bed earlier and fall asleep faster.
- **Talk about your feelings.** Uncertainty and change generates more worry, grief, and anxiety than usual. Talk with your family about how they're feeling, and acknowledge that what they're feeling is normal.
- **Practice preventative maintenance, like regular handwashing.** Hand hygiene is always one of the best ways to minimize the spread of germs and prevent illness.

Making sure your family is healthy and happy is extremely important, especially during these unprecedented times. We want to be there for you when it matters most. Let us take care of your family's health and wellness, so you'll be prepared for life's most important moments.



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NJANG Christmas Party at Bordentown

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