



# WELCOME TO THE QUARTERLY **LOCAL PULSE!**

The Pulse is the latest communication tool from the Local Government Health Insurance Board that is specifically addressed to our units. We want to make sure you stay current on news, events and other important information within our organization.



## ACA DATA

The LGHIB no longer provides ACA data reports for active employees, but the information needed for your reporting can be found on the invoices on your unit's my.lghip account. Other necessary coverage information can be found by reviewing the enrollment, change and cancellation forms you have submitted to us, if you keep these items on file.

For units who had a former employee or dependent enrolled in COBRA coverage during the 2022 plan year, the ACA information is now available to view on your unit's my.lghip account.

## NEW PHONE NUMBER!

We have a new phone number! Moving forward, when calling the LGHIB, please call **(334) 851-6802**. The toll-free number, 1-866-836-9137, will remain the same. If you forget to call the new number, don't worry. We will have our old number forwarded for a while.

For your convenience, you may contact each department by email.

Enrollments: [enrollments@lghip.org](mailto:enrollments@lghip.org) • Accounting: [accounting@lghip.org](mailto:accounting@lghip.org)

Wellness: [wellness@lghip.org](mailto:wellness@lghip.org) • Communications: [mwalden@lghip.org](mailto:mwalden@lghip.org)

# THE LOCAL PULSE

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334.851.6802  
[www.lghip.org](http://www.lghip.org)

# 2023 PREMIUMS

The 2023 premium increase of 6.4% for active employees and non-Medicare retirees was effective January 1, 2023. This was an increase for all units participating in the

LGHIP and units were notified in September 2022, after the Local Government Health Insurance Board approved the premiums and benefits for the 2023 plan year. This increase

does not impact the premiums for Medicare retirees. As a reminder, each unit determines how much it will charge its employees to contribute toward the premiums.

## RX INFORMATION

Starting January 1, eligible prescription drug reimbursement claims (tier 2 and 3 drugs) must include a detailed pharmacy receipt (this is not the cash or credit card receipt) that includes:

- Prescription (Rx) number
- Date the prescription was filled
- Name of drug and strength
- Amount paid
- Name and address of pharmacy

For covered tier 2 and 3 drugs, the member will pay 100% out of pocket at the pharmacy, then file for reimbursement. Once the member has met their annual \$200 deductible, they can begin receiving a reimbursement amount of 80%.

To file a prescription drug claim, members should create and login to their [Optumrx.com](https://Optumrx.com) account. For step-by-step instructions, please see this [instruction sheet](#)!

## NEW YEAR = NEW DEDUCTIBLES

A new year means a fresh start for many, including our deductibles. The Major Medical health and prescription drug deductible of \$200 begins anew each January 1. Did you know that most services are included with a simple copay instead of paying toward the deductible? A visit with your doctor, an MRI, surgery, or even a generic prescription drug are all available with less expensive copays than your deductible.

To view your deductible status, create an account and login to Blue Cross and Blue Shield of Alabama by visiting [www.BCBSal.org](https://www.BCBSal.org).





## Defy your diagnosis.

Stop managing type 2 diabetes. Reverse it with Virta.

### What does “reversal” mean?

On Virta, you can lose weight and lower your average blood sugar (A1c) without calorie counting or relying on diabetes medications. That’s what reversal looks like.

### How does a life on Virta work?

By learning to use food as medicine with the support of dedicated health coaches and clinicians, you can treat the root cause of high-blood sugar, not just its symptoms. And when you do that, you can take back your life. Are you ready?

**“I am grateful for my Virta team and the professional advice they give me to beat type 2 diabetes. This is the only program that has worked for me. Thank you!”**

- LGHIP employee | Virta member

The Local Government Health Insurance Plan fully covers the cost of Virta, valued at over \$3,000, for all eligible, benefits-enrolled subscribers and spouses with type 2 diabetes who are between the ages of 18 and 79.

**Start taking back your health today.**

[www.virtahealth.com/lghip](http://www.virtahealth.com/lghip)



# SCREENING OUR SWEETHEARTS

Covered spouses can also have a free wellness screening with the LGHIP? While their completed screening doesn't count toward your unit's 80% participation rate, they can stay on top of their health and wellness by receiving their free annual wellness screening with the LGHIP.

To have their screening performed, LGHIP covered spouses may visit a participating pharmacy, a county health department, their primary care provider, or your unit when your worksite screening is scheduled.



By screening our sweethearts, we are checking on our better half, while also working together to achieve health and wellness for 2023.



## WONDR — A NO-DIET WEIGHT LOSS PROGRAM!

**Wondr** is a weight loss program that's clinically-proven to help participants lose weight, sleep better, stress less, and so much more. Participants will learn simple skills based on behavioral science, helping them enjoy their favorite foods and feel better.

Subscribers and spouses enrolled in the LGHIP (BCBS 30000) are eligible to apply.

[www.wondr.com/lghip](http://www.wondr.com/lghip)

## ACA EMPLOYEES

If you have ACA employees, please submit 2023 Verifications forms to [enrollments@lghip.org](mailto:enrollments@lghip.org), which are required for each ACA employee. These forms can be found under the "Employer's Forms" section on our website, [www.lghip.org](http://www.lghip.org).