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## Member News

# Oh, hello! Optima Health is now in Northern Virginia

The Inova® Health System joined our network on September 1, 2022, allowing us to offer our commercial group and Individual and Family Plans in Northern Virginia!

- Now, every member has comprehensive statewide options for seeking in-network care.
- Members will receive in-network rates when they seek care at Inova Health System facilities.
- Inova adds to our existing coverage in Northern Virginia, which includes: UVA Prince William and Haymarket Medical Centers; Sentara Northern Virginia and RMH Medical Centers; Virginia, Spotsylvania, and HCA Reston and StoneSprings Hospital Centers; Fauquier Health; and Mary Washington and Stafford Hospitals.
- Northern Virginians can enroll in an Optima Health commercial or Individual and Family Plan for plan effective dates starting on or after January 1, 2023.



To see the new providers and facilities that have been added to your network, sign into the mobile app or member portal at [optimahealth.com/members](https://optimahealth.com/members) and access the provider search tool, or visit [optimahealth.com/find-doctors-drugs-and-facilities](https://optimahealth.com/find-doctors-drugs-and-facilities).





## Member News

# Optima Health Celebrates the Great American Smokeout®

Every November, Optima Health observes the Great American Smokeout. This annual health observance is intended to motivate tobacco users to make the first step toward a smoke-free life. Programs provided by Optima Health, like [Get Off Your Butt: Stay Smokeless for Life](#), along with the additional resources featured below, are here to assist your employees to become tobacco free.

- [WebMD Health Services](#) offers tobacco resources for Optima Health members. Quit Tobacco is a tool that blends behavior change science with small, actionable goals to help users quit and create lifelong healthy patterns. Tobacco Cessation coaching offers a step-by-step approach, including nicotine replacement therapy, expert-moderated message boards, and strategies to prevent relapse.
- [The Great American Smokeout toolkit](#) from the American Cancer Society provides resources available for download along with literature on the benefits of quitting smoking.
- [The Optima Health on-demand webinar](#) library includes several tobacco related presentations available to all, free of charge. Topics include the vaping epidemic and the impact of tobacco on biometric values.





## Member News

# Exciting Pharmacy and Vision Benefit Updates

Optima Health continuously looks for ways to improve benefits, services, and cost efficiencies for its members. As a result of these efforts, we have made the strategic decision to change our pharmacy benefit manager (PBM) from OptumRx® to Express Scripts® and our vision services vendor from EyeMed to VSP Vision Care (VSP) for all lines of business, effective January 1, 2023 (regardless of your plan effective date). You will experience little to no disruption in services with these new partnerships<sup>1</sup>. You can expect the following:

- seamless transition
- continued use of Proprium for specialty tier 4 medications
- continued access to a robust national pharmacy network
- automatic transfer of active pharmacy pre-authorizations and mail-order or specialty pharmacy scripts with refills remaining
- new online pharmacy and vision portals accessible from [optimahealth.com/members](https://optimahealth.com/members) and the Optima Health mobile app
- a wider selection of vision providers with more access points and several retail locations
- opportunity to participate in a vision discount program

All members with our pharmacy benefit included in their plan will receive a new Optima Health member ID card prior to January 1, 2023, with updated pharmacy information. To ensure your pharmacy and vision providers have the correct information, you should share your new member ID card once available.

If you need to access a digital version of your member ID card, you can view a copy on the Optima Health mobile app.

Copayments and other cost-share amounts are determined by your plan benefits. If you have any questions, please contact member services at the number on the back of your member ID card.

<sup>1</sup> If you're not sure if pharmacy and/or vision benefits are included in your Optima Health plan, please check with your employer, or call member services.





**Member News**

## Take Charge of Your Diabetes: Healthy Eyes

Did you know that diabetes can harm your eyes? The good news is that you can take steps to help keep your eyes healthy. Be sure to keep your next eye doctor appointment!

### Tips to Keep Your Eyes Healthy

1. Get a dilated eye exam at least once a year and share the results with your primary care doctor.
  - In this exam, you will get eye drops to make your pupils larger. Pupils are the black circles in the middle of your eyes. The drops are painless and help your eye doctor see inside your eyes to look for signs of health problems.
  - A dilated eye exam can help your eye doctor find and treat problems to keep you from losing your vision from diabetes.
  - Your eye doctor may take pictures of your eyes with a tool called retinal photography. This helps to see the retina, which is at the back part of your eyes.
  
2. Visit your eye doctor right away if you:
  - see little black lines or spots that don't go away
  - see any red spots or a red fog
  - have a sudden change in how clearly you see
  - take longer than usual to adjust to darkness





## Member News

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# Take Charge of Your Diabetes: Healthy Eyes (continued)

3. Talk with all your health care providers about ways to manage your diabetes.

- Ask your health care team to help you set and reach goals to manage your blood sugar, blood pressure, and cholesterol.
- Get regular A1C tests to measure your blood sugar over time because poor blood sugar can make eye problems happen faster.
- Ask about safe ways to be more active each day and foods that are healthy to eat.

## Common Eye Diseases Among People with Diabetes

- Retinopathy causes small blood vessels in the retina (at the back of the eye) to get weak and possibly leak blood. This disease can cause blindness if it is not treated. There are no symptoms when this disease starts, so it is important to get your eyes checked regularly.
- Cataract causes a “clouding” of the lens of the eye that makes vision blurry. People with diabetes are more likely to get cataracts.
- Glaucoma causes pressure in the eye. If it is not treated, glaucoma can cause vision loss or blindness.

## How can Diabetes Harm Your Eyes?

- Diabetes is the main cause of blindness in adults aged 20 to 74. It is also a major cause of blindness for those aged 75 or older.
- Serious eye problems happen more often among people with diabetes.
- Regular exams help your doctor find and treat eye problems early to protect your vision.

*\*Make an appointment with an ophthalmologist or an optometrist. Both eye doctors can give you a dilated eye exam and check your eyes.*



## Member News

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## Flu Season is Here

Optima Health would like to remind our members to get an annual flu shot. The annual flu shot is a way to protect you from catching the seasonal flu. **According to the Centers for Disease Control and Prevention (CDC), this year's flu season is expected to have higher than normal flu activity, especially in southeastern parts of the United States.** Learn more about CDC reports and recommendations by visiting [cdc.gov/flu](https://www.cdc.gov/flu/).

Seasonal flu and COVID-19 are both contagious respiratory illnesses with similar symptoms, but they are caused by different viruses. Optima Health recommends that you protect yourself from these viruses. It is acceptable for you to be given the flu vaccine and COVID-19 vaccine at the same time. Both vaccines are covered by Optima Health for members.

Members can visit the following locations to get a flu shot:

- your physician's office
- your local pharmacy

Visit [optimahealth.com/flu](https://www.optimahealth.com/flu) or contact member services at the number listed on the back of your member ID card if you have any questions.

*\* Fluzone® high-dose and FluMist® influenza vaccines are not covered for all ages. Adjuvant influenza vaccines are not covered for members age 64 and younger. Please see your doctor or pharmacy for information on receiving the flu vaccine.*





## Member News



## Protect Your Privacy and Health Data

It's important to keep your healthcare data safe because it includes sensitive information. Certain apps on your smartphone may ask to download your health data. This is a part of the Centers for Medicare and Medicaid Services (CMS) Interoperability Patient Access mandate, which allows members to integrate their health data onto their mobile devices.

These apps are owned by third parties, not your healthcare provider.

Using a third-party app allows you to access all your medical data in one place. Once you allow a third-party app access to data from your health plan, Optima Health it is unlikely to be subject to HIPAA privacy protections.



Go to [optimahealth.com/mydata](https://optimahealth.com/mydata) for a list of questions to consider and suggested research you may want to do before using one of these apps.





## Member News

# Address Gaps in Your Healthcare

Optima Health is committed to helping you achieve your best possible health. Here are a few ways you can help us reach that goal:

- Get your seasonal flu shot at your local pharmacy or doctor's office.
- Schedule an appointment with your doctor. Your doctor can review your medications and ensure that any gaps in your healthcare are closed.
- An Optima Health care team member may call you to ask about your health and help connect you with resources for closing any gaps in care.

What are you waiting for? Let's start your journey towards a healthier you now!





## Member News

# Kickstart Your 2023 Fitness Goals

Don't wait until the new year to work on your health and wellness goals. Start now! As an Optima Health member, you have access to exclusive savings through GlobalFit's Gym Network 360:

- get discounts on big box gyms, specialty studios, and virtual fitness programs
- enjoy exclusive rates on nutrition, weight loss and healthy eating programs
- stay motivated with other tools and resources, including monthly promotions for more savings

[Sign in](#) to access your discounts.





Pharmacy News

**Pharmacy Changes Effective January 1, 2023**

For groups with pharmacy benefits administered by Optima Health, the pharmacy changes are available online.

[Download a printable listing of pharmacy changes effective January 1, 2023.](#)



Important Plan Information

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memberNEWS

OptimaHealth 

## Healthcare at Your Fingertips

Download the **Optima Health Mobile App** today for instant access to your important plan information and questions, including:

- commonly asked questions and answers
- common forms and documents
- contact information
- tools to find doctors and facilities
- claims and authorizations
- wellness tools
- member ID card
- schedule virtual consults
- estimate costs for treatments and services
- account access for your HSA or HRA<sup>1</sup>
- receive important preventive care notifications
- and more!

<sup>1</sup>Applies to members with Health Savings Account (HSA) or Health Reimbursement Arrangement (HRA) plans

Whether you're accessing your plan information from the mobile app, online from a computer, or mobile web from a tablet, Optima Health digital solutions provide a cohesive experience across all platforms.

Look for the **Optima Health Mobile App** in

