



*There is always light. If only we're brave enough to see it. If only we're brave enough to be it.*

*Amanda Gorman*

## It's a New Year & a New Chance to Complete Your HRA!

The purpose of the Health Risk Assessment (HRA) is to control healthcare costs and improve employee health by providing valuable insights of four major risk factors - high blood pressure, high cholesterol, high glucose, and obesity. Completing your HRA every year keeps you informed of your health and helps prevent serious illness.

**This year's HRA should be completed between  
January 1st - September 30th**

Schedule your "Biometric Screening" appointment with **Premise Health** today!

If you prefer to use your own personal doctor, don't forget to turn your completed **Private Physician form** in to the Benefits Office.

Not completing your HRA by the deadline will result in an additional charge of \$25/pay period for your health insurance in 2024. Employees on the City's Health Plan will receive a letter this month with more information.

### Onsite HRA Event

**February 24, 2022**  
8:00a - 12:00p  
City Hall Auditorium  
103 N. Perry St.

**This will be a blood draw event only. No appointment needed.  
Be sure to schedule your Follow-up Appointment before leaving the event.**

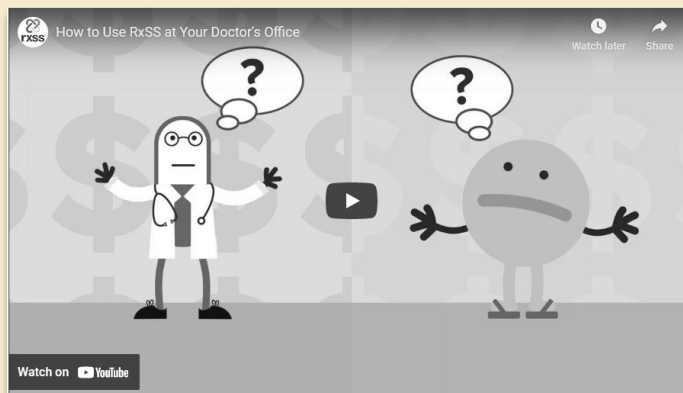
# Rx Savings Solutions

*Activate your account now to pay less for prescriptions.*

Call 1-800-268-4476 or visit [myrxss.com/bcbsal](https://myrxss.com/bcbsal)

The best time to save on prescriptions is during an appointment with your doctor. Take Rx Savings Solutions with you on your next doctor visit so you can quickly find and compare the costs for your prescription before it's written.

Click the video below:



## What You Can Expect

### Proactive

We look at the medications you take and find options that can save you money.

### Transparent

Your account shows which lower-cost prescriptions are available and lets you compare prices.

### Effortless

Switch to a lower-cost option with ease. We'll handle everything with your doctor and pharmacy.

### Connected

We'll contact you anytime you're spending too much on prescriptions.

## Member FAQ

Below are two common questions you may have and their answers. The full Member FAQ document can be viewed [here](#).

### **How does this work with my health insurance and pharmacy options?**

Rx Savings Solutions offers a service that helps lower your prescription drug costs. This service doesn't change anything about your current insurance plan, pharmacy preferences or other benefits. Our software is linked to your health insurance plan information so it can customize ways to lower your out-of-pocket prescription drug costs.

### **How do I use Rx Savings Solutions when I'm prescribed a new medicine?**

Your account has a search feature to compare medication options and prices before your doctor writes a new prescription. Anytime you start taking a new prescription that's covered by your insurance plan, it will automatically show up on your online Rx Savings Solutions account (unless you used a coupon card that takes you outside of insurance). You'll be able to see any options you might have to save money, and you'll receive a message if you're paying too much. Better yet, you can access your account with a mobile device and search for the lowest-cost option at the time your doctor writes the prescription.



# January EAP Webinar

## *The Struggle is Real: Strategies for Time Management*

Meet your deadlines, be on time for meetings and stop procrastinating! Most of us can become overwhelmed when we have a lot to do - responsibilities at work, planning our kid's birthday party, and remembering all the details of daily life. This webinar will discuss realistic strategies for more effective time management. Some of the things we'll review are: managing email clutter, the roots of procrastination, and keeping yourself motivated.

The webinar is available all month long on the Uprise Health Work-Life Portal.

Visit [members.uprisehealth.com](https://members.uprisehealth.com), enter Access Code **CityOfMontgomery**, and click **Work-Life Sign In**.

View the [2023 Monthly Webinar Calendar](#) for upcoming webinars.

## Health Plan Deductibles

*City Health Plan deductibles start over January 1st*

### **HMP Health Management Plan:**

Single Coverage - \$1,500

Family Coverage - \$3,000

### **Traditional PPO Plan:**

Single Coverage - \$300

Family Coverage - \$900

### **Prescription:**

\$250/person (\$750 family maximum)

### **Dental:**

\$25/person (\$75 family maximum)

Benefit plan summaries are located in the Benefits Booklet and the Active Employee Benefits page at [www.montgomeryal.gov](http://www.montgomeryal.gov).



**TAKE  
CONTROL**  
*of your  
health.*

We value you  
as a member and  
want you to be as  
healthy as possible.



## Preventive Service Benefits

Members enrolled in the City's Health Plan have access to certain preventive screenings and immunizations that are covered by the plan. Preventive services are routine health care that includes screenings, check-ups, and patient counseling to prevent illnesses, disease, or other health problems. Recommended guidelines are provided for men, women, and children based on age and certain risk factors.

Below are common adult preventive services and their frequency/limitations. The full preventive services list can be found [here](#).

Preventive Services For Adults	Frequency/Limitations
Preventive Office Visit	One per calendar year
Colorectal Cancer Screening	Age 45-75
- Colonoscopy	Every 10 years
Prostate Screening	Men age 40 and older, one per calendar year
Breast Cancer Mammography Screening	Age 35-39 one baseline, age 40 and older one per calendar year





## Contact Us

Risk Management Department  
City Hall  
103 North Perry Street  
Montgomery, AL 36104

**Faye Gamble**  
Director of Risk Management  
334-625-2692

## Risk Management Staff

**Erika Levett**  
Benefits Administrator

**Kim Neese**  
Retirement Specialist

**Angela Berry**  
Benefits Assistant

**Deiska Shields**  
Benefits Assistant

**Ph:** 334-625-3692

**Fax:** 334-625-2316

**[benefits@montgomeryal.gov](mailto:benefits@montgomeryal.gov)**

**Stephanie Cosgrove**  
Safety & Claims Assistant  
334-625-3015

**Fax:** 334-625-3599

**[safety@montgomeryal.gov](mailto:safety@montgomeryal.gov)**

## Risk Management Webpage

**[www.montgomeryal.gov/  
work/city-employee-resources/  
risk-management](http://www.montgomeryal.gov/work/city-employee-resources/risk-management)**

- Benefit Plan Documents & Enrollment Forms
- Wellness Program Resources
- Workers' Comp Forms & Instructions
- City Driver Permit Application
- Archived Newsletters
- And more