



UNITE HERE HEALTH  
**ALASKA**

# Health Connect Newsletter

July 2023 | Issue 2

## Are you Due for Your Yearly Wellness Exam?

Scheduling an annual wellness exam with your doctor is one of the most important steps you can take for your health!

There are **NO COPAYS** for your yearly wellness exam!

That's right! You don't have to pay anything out of pocket since it's "preventive care." If you are due for a wellness exam, now is the best time to call your doctor for an appointment.

Need help finding a primary care doctor? Call 844-427-8501!



## Getting Vision Care at Costco? Be Aware!



**Costco is only in-network for materials like glasses and contacts!** The eye doctors who work at Costco are independent providers. This means they may or may not be an in-network provider for eye exams. They are "out-of-network" if they are not an in-network provider.



### **! Costco (Dimond Location)**

The eye doctor at this Costco location is **NOT** an in-network provider for eye exams! If a VSP member goes there for an eye exam, they have to pay out of pocket and submit an out-of-network reimbursement claim to VSP.

**TIP:** Always ask the eye doctor, "Are you an in-network VSP provider?" Not, "Do you take VSP insurance?"

# In-Network Labs

Always check if a lab is in-network before getting any tests or blood work. You can call Customer Service at **844-427-8501** or visit [aetna.com](http://aetna.com) to confirm if a lab is in-network.



**Quest Diagnostics Inc. and LabCorp** are both in-network lab providers!



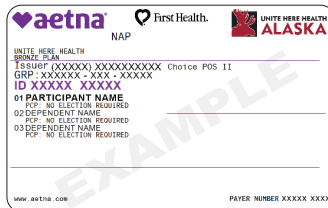
## Getting to Know Your Insurance Cards!

You have 2 main insurance cards, your **medical card** and **prescription card!**

### Medical Card:

Show this card at the:

- Doctor
- Hospital or
- Lab



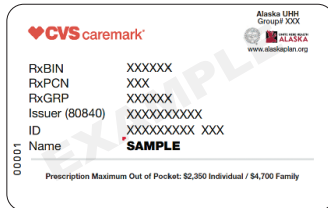
Visit [www.aetna.com](http://www.aetna.com) to find a doctor in the network, view and print ID cards, or for more information.



### Prescription Card:

Show this card at the pharmacy for:

- Prescriptions
- Refills
- Mail orders



Visit [www.caremark.com](http://www.caremark.com) to print ID cards or for more information.



## Dental and Vision (employees only)

**Dental:** There is no ID card for dental! You can go to any dentist. Tell your dental office you have dental benefits with UHH Alaska Plan. They can call Customer Service at **844-427-8501** to verify. **Information on dental is on the back of your Aetna medical card.**

**Vision:** Your vision benefit is provided by Vision Service Plan (VSP). VSP doesn't issue ID cards for vision. You can view or print your ID card on the VSP portal. Visit [www.VSP.com](http://www.VSP.com) or call **800-877-7195** for more information.



# Important Contacts:



## Customer Service

**844-427-8501**

Monday - Friday  
8:30am - 4:30pm  
(Alaska Time)

## Other helpful numbers



**Advocacy Line**  
(your benefit helpers)  
844-427-8516



**Aetna Nurse Line**  
(24 hour medical advice)  
800-556-1555



**CVS/Caremark**  
(pharmacy)  
866-818-6911



**National CooperativeRx**  
(prior authorization for specialty medication)  
1-608-416-8702



**Teladoc**  
(doctor by video)  
855-835-2362



**VSP**  
(vision)  
800-877-7195

Visit your Alaska Plan website at [www.alaskaplan.org](http://www.alaskaplan.org)

