

MAINE MUNICIPAL EMPLOYEES HEALTH TRUST

UPDATES FOR RETIREES WITH THE GROUP COMPANION PLAN

Fall is upon us already and we would like to take the opportunity to share updates with you about your coverage under Medicare and the MMEHT Retiree Group Companion Plan. This newsletter is also available on the Health Trust Website, www.mmeht.org, which may provide you easier access to the links included.

Your Coverage Through Medicare

Your coverage through Medicare includes Part A and Part B, as outlined below. Medicare D is not necessary, as you have prescription coverage through your Group Companion Plan with MMEHT.

Part A - Hospital Coverage

This policy helps cover:

- Inpatient care
- Skilled nursing facility care
- Hospice care
- Home Health Care

Part B - Medical Coverage

This policy helps cover:

- Physician office visits
- Outpatient care
- Home health care
- Durable Medical Equipment
- Preventive services (including vaccines, screenings, and wellness exams)



Medicare does not cover routine physicals; therefore, your Group Companion Plan does not cover routine physicals. Routine exams include past medical, social, and family history, in addition to a physical exam and review of the body systems. However, Medicare will cover yearly wellness visits. The annual wellness visit is not a physical exam, but more of a check in with your provider to update your personalized plan to prevent disease or disability.

Medicare will continue to cover telehealth visits throughout the United States through 2024.

The COVID 19 vaccine and boosters continue to be covered by Medicare.

Diabetic testing supplies and equipment, including continuous glucose monitors, test strips, and lancets are covered under your Medicare plan. There is zero cost to you once the items are billed through Medicare Part B and your Group Companion Plan.

New Medicare Covered Services

Starting January 1, 2024, Medicare will cover lymphedema compression treatment items, if you have a prescription from your physician and have been diagnosed with lymphedema.

Beginning January 1, 2024, Medicare will cover intensive outpatient program services provided by hospitals, community mental health centers, federally qualified health centers, and Rural Health Clinics. Partial hospitalization and intensive outpatient services are more rigorous than care you would receive in a physician or therapist's office. To learn more about these services, please visit: <https://www.medicare.gov/coverage/mental-health-care-partial-hospitalization>.

Also beginning January 1, 2024, Medicare will cover mental health visits with a marriage and family therapist as well as a mental health counselor.

Chronic Pain Management and Treatment Services

Beginning January 1, 2024, Medicare will cover monthly services for people living with chronic pain (persistent or recurring pain lasting more than 3 months). Those services may include pain assessments, management of your medications, and coordination of care.

Retiree Resources



The Maine Association of Retirees is a local resource for retired public employees. MAR can assist you with technology questions and offer additional discounted benefits for their members. For more information, please visit their website: <https://maineretirees.org/>.

A comprehensive list of helpful resources and information for senior citizens is available on the State of Maine website at <https://maine.gov/portal/residents/seniors.html>. This includes financial, housing and legal support, as well as recreational opportunities, such as free day passes to Maine state parks.

Prescription Pharmacy Changes



CarelonRx Pharmacy will take over the Health Trust's mail delivery service as of January 1, 2024. If you currently use the mail order pharmacy, you should have received notification from CarelonRx Pharmacy regarding the change.

If you have refills available on your current medications, these will transfer over to CarelonRx Pharmacy, as will your automatic fills you have set up currently. However, controlled substances will require a new prescription.

You will not need to re-enroll. If you do not have refills left on your medications, a member of CarelonRx pharmacy will reach out to your doctor's office to have them send a new prescription. Additionally, there will be some new online features including enhanced order tracking, chatting with a pharmacist, and the ability to save money by using coupons.

CarelonRx Specialty Pharmacy will change to BioPlus Specialty Pharmacy on April 1, 2024. Enrolled members will receive notification of the change in February. This should be a seamless change. There will be more information available in the coming months.

The Health Trust staff is available via phone at 1-800-852-8300 Monday through Friday, 8:00 am to 4:30 pm, to assist you with your questions or concerns.

Please email us at MMEHTinfo@memun.org or visit the Trust's website for more resources at www.mmeht.org.

Best Wishes for the holiday season and a healthy and safe 2024!