

*****PLEASE SEE BELOW FOR IMPORTANT MEA BENEFITS TRUST PLAN DOCUMENTS AND OPEN ENROLLMENT INFORMATION*****

It's Open Enrollment Time; Your Benefits Are Worth Exploring!

Open enrollment runs from May 2 through May 23 and is the time each year for you to review your benefits and make changes. Even if you aren't planning on making changes this year, the **Benefits Worth Exploring** booklet will provide you with detailed information regarding your health plan options as well as all the great programs and services that accompany your health insurance benefits. You can find a digital version of the **Benefits Worth Exploring** booklet by clicking on the following link. <https://editiondigital.net/view/anthemcc/meabt-benefits-booklet>

The **Benefits Worth Exploring** booklet provides details on programs such as:

- **Virgin Pulse Wellbeing Program**, where you can track your steps, workouts, sleep and healthy habits, and quickly earn \$62.50 each quarter and up to \$250 after completing four quarters
- **Member Assistance Program**, which provides you with Emotional Wellbeing Resources, including the Learn to Live program, as well as legal and financials consultations, and identify theft recovery & monitoring
- **Blue View Vision**, which provides benefits for routine eye exams and allowances towards eye glasses or contact lenses
- **LiveHealth Online** is expanding to include dermatology visits and lactation consulting
- **Future Mom's Program** supports expectant mothers in having a health pregnancy

Important Health Plan Documents For Members:

- The MEABT's **Summary Plan Description (SPD)** can be found on the MEABT's website: www.meabt.org/documents. Once on this page, you can find the SPD under the Central Office section of the page. This plan document wraps around your Certificates of Coverage. (Members may request a free, paper copy of the SPD, by contacting Sharon Beaulieu, Benefits Manager, at sbeaulieu@meabt.org or (207) 622-4418.) Plan participants are

entitled to a comprehensive description of your rights and obligations under the plan. In order to ensure that you fully understand the benefits available to you and your obligations as a plan participant, it is imperative that you familiarize yourself with the information contained within the SPD and Certificate of Coverage.

- The **Certificates of Coverage** (the official health plan contract for members) can be found on the MEABT's website: www.meabt.org/documents. Once on this page, you can find the Certificates of Coverage for each of our plans under the Central Office section of the page. Please note that the Certificate of Coverage will be updated July 1 for the upcoming July 1, 2022 – June 30, 2023 plan year.

(Members can request a free paper copy of the Certificate of Coverage by calling the Member Services phone number on the back of your ID card, 833-990-3607, and requesting a copy.)

- The **Summary of Benefits and Coverage** documents can also be found on the MEABT's website: www.meabt.org/documents. Once on this page, you can find the SBCs for each plan under the Central Office section of the page. (You may also request a free, paper copy of the SBC, by contacting Sharon Beaulieu, Benefits Manager, at sbeaulieu@meabt.org or (207) 622-4418.)

Explore your benefits and take advantage of all the programs and services available to you.