



Here are some helpful tips to help you prepare yourself for moving to your new SEBB plans effective January 1, 2020.

Tip #1

If your dependents failed to verify, you must appeal within 30 days of the date the determination was posted on your “SEBB My Account”. **Do not delay!**

- ✓ Contact your district benefits staff to confirm that they are not verified.
- ✓ Follow this link for information regarding filing an appeal <https://www.hca.wa.gov/about-hca/file-appeal-sebb#who-can-appeal>

Tip #2: Prescriptions

Did you know that Walgreens is not part of the Uniform Medical Plan network?

It’s a good idea to make sure your pharmacy is in network. If not, you can move your prescriptions to an in-network pharmacy in December. Be sure that the new pharmacy is in network with your current insurance carrier too. In most cases the new pharmacy can simply contact your current pharmacy and transfer your prescriptions to them. To see if your current pharmacy is in network, contact your new insurance company:

- ✓ For the **Uniform Medical Plan** click: [UMP Prescriptions](#) or call:1-888-361-1611
- ✓ For **Premera** call 1-800-807-7310
- ✓ For all **Kaiser** plans: go to kp.org – follow the prompts to set up a new account or call 1-800-728-2779 (before January 1)

Tip #3: Transition of care

If you are in the middle of treatment you will want to consult your doctor to make sure that all steps are taken to ensure that there isn’t an interruption of care.

- ✓ Call customer service for the plan you signed up for now to make sure you know what steps need to be taken to ensure that everything goes smoothly on January 1.
- ✓ If your case is complex, the Healthcare Advocacy line is available to WEA members and most WEA Select plan participants. You can reach them at **1-855-668-5039**, 7:30-5:00pm Pacific Monday-Friday. This service continues through the end of February.
- ✓ Now is a great time to work with your doctor to get the procedure authorized with your new plan.

Tip #4: Check your networks

If you didn't verify that your doctors were in network during open enrollment now is the time to do that. Your new plan customer service department can help you with this to make sure you don't have any surprises. If your healthcare provider is not in their network be sure to ask them how you can request that a provider be added.

- ✓ For the **Uniform Medical Plan** click: [UMP Providers](#) or call:
 - UMP: 800-628-3481
 - UMP Plus – Puget Sound: 877-345-8760
 - UMP Plus – UW Medicine: 855-520-9400
- ✓ For **Premera** call 1-800-807-7310
- ✓ For all **Kaiser** plans: go to kp.org – follow the prompts to set up a new account or call 1-800-728-2779 before January 1. **After January 1:** Kaiser NW (Southwest WA) 800-813-2000; Kaiser WA 1-888-901-4636.

Tip #5: Dental benefits

Some people may notice a difference in their dental coverage. The Uniform Dental Plan, through Delta Dental, has cost shares for some services, e.g. fillings, crowns and root canals. If you are expecting to receive any of these services, you may want to contact the insurance company to find out your anticipated cost share and to see if any prior authorization is needed. Note: If you signed up for an FSA you can use it for dental expenses.