

April 2023

State Employee Health Plan Member Newsletter



**BlueCross
BlueShield
of Kansas**

[Spring is here!](#) This season, recommit to getting fit for health.

[Blue365](#) offers premier health and wellness discounts and is free to join. Gain access to health- and wellness-related deals on fitness products, gym memberships, healthy eating and more. Open to businesses, families and individuals who are members of participating BlueCross BlueShield companies.

You Have [SmartShopper!](#)

SmartShopper helps you quickly find high-quality, network providers. [Know what you'll pay](#) for your procedure and earn cash back. Costs vary dramatically depending on where you go.



As an Aetna member, you have access to [Healthcare Bluebook](#) to help you find high-quality care at a fair price, compare facilities, save money, and get the best quality for your medical services. [Unlock medical savings today!](#)

Enjoy special savings as an Aetna member. Save on gym membership fees, home exercise equipment and videos as well as discounted services to many weight loss program providers, [learn more](#).

Mental health issues aren't all the same. Some have few symptoms. And some can be severe. [Make time for your mental health and wellness](#).



Make the Most of Your Dental Benefits

Keep up on your preventive dental exams!

Did you know that Diagnostic & Preventive services, like routine cleanings, are covered at 100% under your plan? There is a single plan, and the Basic Dental Plan applies when you have not had at least one routine cleaning and/or exam in the past 12 months. The Enhanced Dental Plan applies when you have had at least one routine cleaning and/or preventive oral exam in the past 12 months. To view the 2023 Dental Benefits Summary, [click here](#).

Access the [Delta Dental website](#) to view your Preventive dental benefit details, print ID cards, or easily find a dentist using the “Find a Dentist” button by logging in to your online member account at Delta Dental or download the Delta Dental mobile app.

Estimate Your Out-of-Pocket Costs

Easily estimate your out-of-pocket dental care expenses before your next dental appointment by using Delta Dental's [Dental Care Cost Estimator](#) available on the Delta Dental mobile app and the online member account. The Dental Care Cost Estimator estimates your out-of-pocket cost based on the selected dentist, treatment and your dental plan.



Prescription drug coverage through Caremark is included with Plans A, C, J, and N. While the Preferred Drug List (PDL) is the same for all plans, the amount you pay will vary depending on the plan you select. You can set up an account at www.caremark.com.

Once your account is set up, you can find the PDL from your personal portal under the “Plan and Benefits” tab. From there, you can also access the “Check Drug Cost” tool to determine if your prescription drug is covered and what it will cost under your plan. You can decide the most convenient way to fill your Rx – with options like contactless delivery to your door or pickup at a pharmacy in your network. The choice is yours.



Save Money on Your Prescriptions! Rx Savings Solutions is a free service to SEHP members providing an easy way for you to save money on your prescription costs. This service

is linked to your health plan, so everything is personalized for your medications and plan selection.

[Learn more about RX Savings Solutions](#)

Beginning in 2023 new & existing registered members receive 5 HealthQuest credits! You can view your [HealthQuest Portal](#) to verify if you have received your credits and if not [Email HealthQuest](#).



April 5: EAP Webinar

Get Moving: An Introduction to Exercise

[Register Here](#)

May 3: EAP Webinar

Connecting Mind and Body for Healthy Living

[Register Here](#)

June 7: EAP Webinar

Personal & Professional Boundaries

[Register Here](#)

The SEHP is Here for You

Membership Department

- Eligibility
- Enrollment
- Qualifying Events
- COBRA
- Retirement
- HRA - HSA - FSA

[Email SEHP Membership](#)

Benefits Department

- Coverage Questions
- Vendor Issues
- Understanding your benefits

[Email SEHP Benefits](#)

HealthQuest

- [HealthQuest Wellness Program](#)
- [HealthQuest Health Center](#)
- [Employee Assistance Program](#)

[Email HealthQuest](#)

SEHP Website and Resources

[SEHP Website](#)

[2023 Enrollment Resources](#)
