Law Enforcement Health Benefits, Inc.

2233 Spring Garden Street | Philadelphia, PA 19130
215-763-8290 | www.lehb.org

Ray Convery - Administrator
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FALL 2026

Fall PROGRAMS & EVENTS

By joining LEHB's programs and screenings, you are taking care of your health and contributing to cost savings for the entire membership. See below for our current offerings.

Comprehensive Health Screenings
Every year LEHB holds up to ten Comprehensive Health Screenings at various locations. The screening consists of three stations:

- **Height, Weight, Blood Pressure and BMI:** Identifies obesity and hypertension.
- **Blood Draw:** Identifies pre-diabetes, diabetes, high cholesterol and PSA scores for men.
- **Retinal Eye Scan:** Identifies retinopathy, eye tumors and other ocular issues.

DATES AND LOCATIONS

Thursday, Sept. 17th
Airport
12 pm to 3 pm

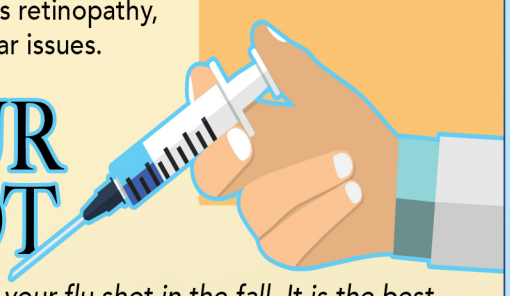
Tuesday, Sept. 29th
25th District
8 am to 11 am*

Thursday, Oct. 8th
3rd District
8 am to 11am*

Thursday, Nov 19th
Police Training Center
11 am to 4 pm*

**Flu Shots also available.*

GET YOUR FLU SHOT



It is critical that you receive your flu shot in the fall. It is the best preventative measure against influenza. All Officers and their family members (ages nine or older) should attend one of these events. Please note LEHB is NOT giving out the new MRNA vaccine. We will still be administering the Flucelvax Trivalent vaccine as we have done in previous years.

Saturday, October 3rd – Police Training Center (Walk Thru) – 9am to 2pm*
Wednesday, October 14th – FOP (Drive Thru) – 2pm to 6pm*
Wednesday, October 28th – FOP (Drive Thru) – 3pm to 6pm

**The Philadelphia Department of Public Health will now require waivers to be signed.*

In addition, we will be having mini vaccination events at the following districts/units.

Tuesday, October 13th – 35th District – 8am-9:30am
Tuesday, October 13th – Narcotics – 10:30am-12:00pm
Monday, October 26th – Airport – 8am-9:30am
Monday, October 26th – 18th District – 10:30am-12:00pm
Tuesday, November 3rd – DVIC – 8am-9:30am (for DVIC Staff Only)
Tuesday, November 3rd – Traffic – 10:30am -12:00pm
Thursday, November 5th – Police HQ – 11am-1pm

Flu Shots will also be available at the LEHB Main Office at 2233 Spring Garden St. in late September/early October and at the Temple Medical Office at the LEHB Health and Wellness Center.

Additional Programs and Events

- **Smoking Cessation Programs:** Hypnosis performed by two different doctors in the area or counseling provided by a certified tobacco treatment specialist.
- **Healthy Beginnings Program:** Program for expectant mothers which offers reimbursements, incentives, resource information, fitness training and more.
- **Temple Heart Scan:** Identifies plaque and calcium deposits which can result in blockages.
- **Temple Lung Scan:** Identifies nodules, tumors and other pulmonary issues.
- **Diabetes Prevention Program:** One-hour virtual sessions for three weeks which helps lower your risks of developing type 2 diabetes.
- **Fitness Reimbursement:** Receive up to $100 every 6 months when you complete 70 visits or more at a fitness center or in a fitness program.

And more! Call LEHB to register for LEHB events, to find out more information about our LEHB programs!
215-763-8290

REMINDERS

• LEHB does not have **Dental and Vision cards**. In-network Dental and Vision providers will use your Payroll Number or Social Security number to bill for services provided to you and your family.

• **In-network Dental and Vision** providers are located on the LEHB website. You can go to lehb.org, click "Forms and Guides" then click "Dental Providers" or "Vision Care Providers".

• **In-network IBX providers** can be located using the provider finder feature at ibx.com and clicking on "Get Care" or by calling IBX at 1-800-ASK-BLUE.

• If you do not go to an in-network provider you will have higher out-of-pocket costs for services. In addition to the $500/$1,000 **Out-of-Network Deductible** and 50% coinsurance, you will be responsible for the difference between the amount the provider charged and the amount the IBX has allowed for the service.

• Our **Express Scripts prescription plan** has an $18,000 tier limit. Once the cost of your prescriptions reaches $18,000 for you and the dependents on your plan combined, the benefit changes to 50% of the costs until you reach the out-of-pocket maximum for prescriptions ($6,000 individual, $12,000 family) for the remainder of the benefit period.

• Our prescription **benefit period** is July 1st – June 30th. Every July 1st, your prescription drug coverage spend resets to $0 and your prescription drug cost will accumulate through to June 30th.

• As a courtesy, LEHB periodically sends letters to members who are incurring higher prescription costs to make them aware of how close they are to reaching the $18,000 tier limit. However, the most accurate way to find out your most up-to-date spend is to create an **Express Scripts on-line account** and log in to the website or the smart phone app. You can also call LEHB at any time to find out how much you've spent so far this benefit period.

• **Physicals** for school, sports and work are not covered by our plan. Vaccines for school, work or travel are also not covered. However, if you are due for a routine physical or a certain vaccine, the plan will cover those services as long as the provider bills it as a preventive service and it's being given in accordance with the schedule/frequency. If the provider bills the service as for sports, school, travel or work, it will not be covered.

• If you **change** your address, phone number or email address you must call LEHB to change it with us.

• LEHB posts weekly on social media to keep our members up to date with important information and reminders. Please follow us on **Instagram @LEHB2233** or on **Facebook** by searching "Law Enforcement Health Benefits".

• LEHB also sends important updates by text message. All members were automatically enrolled in text messages as of 7/1/2025. If you never received a text message from us, please call LEHB to make sure we have your correct cell phone number and text "LEHB" to 833-362-5667 followed by a separate text with your name to **enroll in text messaging**. If you unsubscribed from a text, you will no longer receive any messages from us, to re-enroll text "LEHB" to 833-362-5667. If you are a spouse and would like to receive text messages please text "DEPENDENT" to 833-362-5667.

• If you are adding a dependent, we will need a completed **Add Dependent Form** and a copy of the marriage certificate or birth record/birth certificate. Your spouse will be covered the first of the month after the date of marriage if we receive your information within 60 days of marriage. If we receive the documentation after 60 days, your spouse will be covered the first of the month after the paperwork is received. If you add your child within 60 days of their birth, they will be covered retroactive to their date of birth. If it is after 60 days, they will be added the first of the month after the paperwork is received.

• If you get **divorced**, you must fill out an application to remove dependent and send us a copy of the divorce decree. If we are not notified of your divorce and your ex-spouse uses LEHB coverage after the date of divorce, you may be responsible for their medical costs.

CancerNavigator

When cancer affects you or your family, it can feel overwhelming. That's why LEHB is partners with **Cancer Navigator**. If you or one of your family members have been diagnosed with cancer, they can help you:

- Find great experts for care
- Schedule appointments quickly
- Prepare for upcoming appointments with tailored questions
- Coordinate appointments and treatment logistics, including second opinions
- Find convenient transportation
- Manage medication and side effects
- Identify potential financial assistance
- Locate support groups and resources

This resource is provided by LEHB at no cost to you!

To reach your Oncology Nurse Navigator call 215-774-9248 or visit cancernavigator.com/lehb. You can also call LEHB if you would like more information before calling.



Coordination of Benefits Form

Every year in October/November, LEHB mails out the annual Coordination of Benefits (COB) Form to all our members. This form is required by Independence Blue Cross and includes language mandated by the State of Pennsylvania. This form is critical in allowing your bills to be paid, giving LEHB permission to speak to providers on your behalf and coordinating your benefits if you have an additional insurance plan. If you have moved, please call LEHB to update your address.



"Has your address, insurance, or family relationship changed since you started filling out these forms?"

by Pat Byrnes

Each member should receive a form addressed to them. This is the first form that will arrive at your home. The purpose of the front page of this form is to verify your information and let LEHB know if you or anyone else on your policy have any other insurance. On this form is a list that includes you and all of your dependents. If you have other insurance and have already given LEHB the information, it will be included on the form. If this information has changed, you must include documentation from the employer or other insurance company regarding this change. If you or a family member have other insurance and it is not indicated on this form, you must include documentation from the employer or other insurance company with your other insurance information. **It is very important that you (the member) sign the front page of this form. If you do not have other insurance, all you have to do is sign! If you do not sign this side of the form, none of the medical bills for your family will be paid until you do so.**

The back page of your form serves as an authorization form. All this means is that, by signing this page and initialing the highlighted portions, you are allowing LEHB to speak to any provider on your behalf. If you do not sign this side of the form and you receive bills or need LEHB to speak to a provider for you, we will not be able to do so.

If you have any children who are covered under your plan who are over 18 years of age, they will receive their own COB form, which will be mailed after the member forms. This form must be signed by that dependent.

If you have a spouse, they will receive just the authorization side of the form, which will arrive last. It is important that your children and spouse sign their appropriate forms

LEHB Temple Medical Office
9432 Roosevelt Blvd



HOURS
Monday & Wednesday: 8:30 am - 5:00 pm
Tuesday & Thursday: 9:30 am - 6:00 pm
Friday: 8:30 am - 3 pm
Closed for lunch daily from 12pm-1pm
Call 215-707-2400 Option #2
to make an appointment



Anna Morales-Caraballo, DNP FNP-BC at the LEHB Temple Medical Office is dedicated to assisting our members and covered dependents age 15 and older. If you need a Primary Care Physician, Anna is available. All members and dependents should have a primary care physician. The office also takes walk-ins for sick visits/minor illnesses such as colds, flu, etc. Additionally, they offer certain vaccines (Flu, Hepatitis A&B, HPV, Pneumonia, Meningococcal, Shingles and TDAP). Vaccines can be scheduled or done as a walk-in. Labs and EKGs can be done for established patients only.
This is not an Urgent Care center. Unfortunately, the office does not have the ability to do stitches, x-rays, MRIs, CT scans, mammograms or gynecological services. Members can go to all Jefferson Urgent Care Centers and have their co-pay waived or go to any in-network urgent care providers and pay a $17.00 co-pay. Standard co-pays will apply for all services performed at the Temple Medical Office.

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