



Law Enforcement Health Benefits, Inc.

2233 Spring Garden Street | Philadelphia, PA 19130

215-763-8290 | www.lehb.org

John J. Gaittens - Administrator
Ray Convery - Assistant Administrator

FALL
2023

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 hosts 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.

Participate and receive
a Beach Blanket and
Wawa gift card.



DATES AND LOCATIONS

Thursday, Sept. 21st
25th District
8 am to 12 pm

Wednesday, Oct 4th
3rd District
8 am to 12 pm

Tuesday, Oct. 17th
22nd District
8 am to 12 pm

Wednesday, Nov 1st
Police Training Center
12 pm to 4 pm

Wednesday, Nov 8th
Philadelphia Public
Services Building
12 pm to 4 pm

Asthma Challenges in the Fall

September is one the most difficult months for individuals with breathing issues. Experts fear this September will be worse than previous years! Students returning to classrooms, a record number of heat waves in our area, and poor air quality across the US from wildfires could affect your breathing, even if you don't have asthma or allergies.

The third week of September is known as "Peak Week" as doctor's offices and hospitals treat more people for asthma than at any other time of the year. These unhealthy trends continue through October with the highest number of office visits for families of asthmatics in October.

Be prepared to take control of your asthma now.

- Schedule an asthma check-up with your physician.
- Update your asthma action plan with your physician. Provide a copy to the school nurse.
- Have all your medication refilled and readily available. Continue your daily inhalers as ordered and be sure you have quick relief medications available. Provide the school nurse or after care providers with your child's rescue medication with instructions and a copy of their asthma action plan.
- Nebulizers: due to Covid 19, nebulizers may not be permitted in a school setting. If used at home, use nebulizers in an area where the air is expelled outside, such as a porch or patio, or near an open window so that you may decrease the risk of spreading any germs in the droplets. Change the filter in your nebulizer machine.
- Clean your aero chamber or holding device according to manufacturer's recommendations.
- Summer slack: irregular use of medications over summertime will make you more at risk for a flare up in September. Other risk factors include: high levels of ragweed and mold, returning to schools that have been vacant, that could be dusty.
- To reduce the risk of flare up: Wash hands frequently
- Avoid being outside when pollen is high or air quality is poor. Using a mask will help with this issue. Some people have recently reported little or no cold symptoms while mask wearing.

If you have any questions about managing your asthma, call to speak with one of the LEHB Nurse Navigators at 215-763-8290.

25% of all children's
asthma hospitalizations
occur in September



10.5M school days
are missed annually
due to asthma

14.2M work days
are missed annually
due to asthma

Source: American College of Allergy, Asthma & Immunology;
Journal of Allergy and Clinical Immunology; National Jewish Health.

Flu Shots

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.



Dates and Locations

Saturday, September 30 th	Wednesday, October 11 th	Wednesday, October 25 th	Wednesday, November 8 th
Police Training Center (Walk Through) 8 am to 2 pm	FOP (Drive Through) 2 pm to 7 pm	FOP (Drive Through) 3 pm to 6 pm	Phila. Public Services Building 12 pm to 4 pm

Flu Shots will also be available at the LEHB Main Office at
2233 Spring Garden St. in late October.

NEW Programs and Events

Call LEHB to register and for more information at 215-763-8290.

• **Burnalong:** A wellness platform with over 30,000 live and on demand classes in over 60 categories. To register go to lehb.org and click the yellow highlighted link in the middle of the front page or type join.burnalong.com/lehb into your browser.

• **PSA testing with University of Pennsylvania:** Receive PSA testing and Prostate Health education on October 7th at the LEHB Health and Wellness Center. Call for appointment times.

• **Men's Health Seminar:** Virtual and In-person seminar at the LEHB Health and Wellness Center presented by our Nurse Navigator, Tracy, to educate men on prostate health and prostate cancer. Call LEHB for more information on the date and time.

• **Nutrition Health Fair:** Learn all about the importance of nutrition and healthy eating. Snacks and giveaways will be available! Thursday, October 26th at the FOP Heroes Ballroom from 10-4.



Additional Programs and Events

Virtual or In-Person Cooking Demonstrations:

Learn to cook healthy meals with our Registered Dietitian

• **Smoking Cessation Programs:** Hypnosis by two different doctors in the area or counseling provided by a certified tobacco treatment specialist.

• **Healthy Beginnings Program:** Program for expectant mothers offering 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 or a year-long program (virtual and in person) 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.

• **Health Transformation Program:** A year-long program providing you with access to a custom nutrition and exercise plan, fitness expert and the opportunity to win cash prizes and more!

Call LEHB to register and for more information at 215-763-8290.





LEHB REMINDERS

Follow-Up Care Is Not Covered in the Emergency Room or Urgent Care Center

Follow up care, such as the removal of stitches, is not covered in the Emergency Room or in an Urgent Care Center on your LEHB Personal Choice group plan. Members should contact their physician after receiving services in an emergency room. LEHB strongly recommends all members have a Primary Care Physician to provide you with preventive services, sick care and follow-up services resulting from an emergency room visit. If you need assistance locating a Primary Care Physician, please call Independence Blue Cross at 1-800-ASK.BLUE (1-800-275-2583) or LEHB at 215-763-8290.

Staying in the Network and Finding BlueCard Providers

Whenever you are choosing a new provider, it is important to make sure you are choosing an in-network provider. If you receive services at an out of network provider you will incur out-of-pocket costs. For information on how to find an in-network medical provider please call LEHB at 215-763-8290. To find an in-network dental or vision provider please call Vision and Dental at 215-364-3529. To find an in-network behavioral health provider please call the LEHB Health and Wellness Center at 267-350-5405.

If you receive medical services outside of the Independence Blue Cross Service area (Bucks, Chester, Delaware, Philadelphia and Montgomery counties) you may also incur out-of-pocket costs if the provider is not a BlueCard provider. To find a BlueCard provider please call 1-800-810-Blue.

Adding and Removing Dependents

When you get married or have a child it is important to contact LEHB immediately to add your spouse or child to the plan. You can visit our Center City location or LEHB will mail you out a form that you must fill out and return with additional documentation (Marriage certificate, birth record or birth

certificate). We cannot add someone to the plan until we receive all proper documentation. If you add a spouse to your plan and they have not yet changed their name but plan to do so at a later date, we must receive an updated copy of their driver's license or identification once they have changed their name so that we can make the change in our system. If you have not yet received your child's social security card at the time that you submit your application, you can call us once you receive the social security number and give us that information over the phone. Step-children are not covered under the LEHB plan unless legally adopted.

If you get divorced, LEHB must receive a copy of the divorce decree along with a completed application to remove. **If your former spouse incurs any claims after the date of divorce due to your failure to remove them from the plan, you will be financially responsible for those claims.**



KEEP IN TOUCH

LEHB wants to simplify using your medical benefits and taking advantage of all we have to offer. In order to make this happen, there are a few ways you can assist us in helping you:

LEHB sends out numerous important mailings, notifications and advertisements throughout the year by mail, phone call and email. LEHB must be notified directly of any address, email or phone number changes. Even if you submit a change of address form to the Police Department, LEHB does not get notified. Please call LEHB to ensure we have your updated information on file.

LEHB also posts advertisements and important notifications to our social media accounts. Please follow us!



Type "Law Enforcement Health Benefits"



@LEHB2233



@LEHB2233

Introducing our LEHB Registered Dietitian!

Lehb now has a full-time Registered Dietitian at the Health and Wellness Center at 9432 Roosevelt Blvd.



Emily Rykaczewski,
MS, RD, LDN

Topics include:

Medical Nutrition Therapy
Mindful Eating
Weight Management
Sports Nutrition
Meal Planning
Eating on a Budget

Appointments are available in person and virtually. To schedule an appointment please call 267-350-5405.



The difference between an Explanation of Benefits (EOB) and a Bill.

When you receive services from a provider, you may receive an Explanation of Benefits (EOB) from Independence Blue Cross. An EOB is NOT a bill, but it helps you understand your possible out-of-pocket costs.

The Explanation of Benefits includes:

- **If a check was sent to you:** Usually if a check was sent to the member, this means you or one of your family members went to an out-of-network provider. When you receive services from a provider with whom IBC does not have a contract to accept payments or is not in the network, IBC will send you a check to pay the provider. **We recommend that you deposit the check into your account and write a new check to send to the provider along with a copy of the EOB.** This will help you track when the check is cashed in case there are any further issues.

- **Provider May Bill You:** A summary of what you may owe the provider. If your EOB says that the provider may bill you, you should wait until you receive the actual bill from the provider. Once you receive the bill, you can send a copy to LEHB for assistance if you believe that you should not owe the amount.

If you have Medicare as your Primary Insurance and receive a bill, Independence Blue Cross needs a copy of your Medicare EOB in order to pay their secondary payment.

If you or one of your family members receive a bill from a provider and believe it is incorrect, please send it to LEHB with your payroll number on the bill or in the email.

Mail: 2233 Spring Garden St. Phila, PA 19130

Fax: 215-763-8808

Email: dcc@lehb.org

Drop off: 2233 Spring Garden St. Phila, PA 19130
or 2848 St Vincent St. Phila, PA 19149

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ANTHONY DOE
121 CREASYLANE
CREASYTOWN, NY 12145

Customer Service: 1-800-123-4567
Visit your local plan website

Summary		Member info:		Claim Information	
Total Bill:		Group No:	Plan No:	Claim No:	Service Date
Total Benefits Approved:		12345	67890	12345	12/15/15
Amount You May Owe Provider:		Amount No:	Amount No:	Amount No:	Amount No:
\$45.00	\$16.20				
\$18.00	\$1.80				
The following charges for this claim were adjusted:					
Service Information					
Service Description	Service Date	Amount Billed	Not Covered	Covered	
Medical Emergency	11/16/15	\$45.00	\$27.00 (0)	\$18.00	
Total		\$45.00	\$27.00	\$18.00	
Coverage Information					
PARTICIPATING PROVIDER OPTION (PRO) REDUCTION					
Total		\$45.00	\$27.00	\$18.00	
Deductions					
Your 10% Coinsurance Amount					
Total Deductions		\$45.00	\$27.00	\$18.00	
Total Benefits Approved					
Amount You May Owe Provider		\$45.00	\$27.00	\$18.00	
Total covered benefits approved for this claim		\$45.00	\$27.00	\$18.00	
on 12/15/15					

TOTAL COST OF SERVICE \$45.00

WHAT YOUR INSURANCE PAYS \$27.00

WHAT YOU MAY OWE \$18.00