



Employee Bulletin from the H&W Trustees July 2020

The Trustees of the PPWC – Employer Trusteed Health & Welfare Plan met on June 11th and would like to update you on a number of items relating to your group benefit coverage.

COVID UPDATES

Virtual Health Visit

The Trustees would like to remind you that here in BC, there is the ability to have a **virtual physician consultation** and have it covered under BC MSP through use of entering in their health care card number. BC residents may access directly through some vendors such as:

- Babylon through Telus - <https://www.telus.com/en/bc/health/personal/babylon>
- Maple - <https://www.getmaple.ca/msp-and-virtual-healthcare/>

Your group health plan with Pacific Blue Cross accepts eligible claims for the following health services being delivered virtually (digital, virtual and tele-health care solutions):

- Registered counselling
- Psychological services
- Naturopathic services
- Speech therapy services

PBC will allow the following until July 31, 2020:

- Physiotherapy
- Chiropractic services
- Occupational therapy services
- Dietitian services
- Hearing services

PBC will re-evaluate if telehealth coverage for Physiotherapy, Chiropractic services, Occupational Therapy, Dietitian services, and Hearing services, will be covered after July 31, 2020, and will issue an updated statement closer to the date. For any questions sign-in to your Member Profile or call us at 1-877-PAC-BLUE. For more information, please refer to <https://www.pac.bluecross.ca/covid19>

Mental Health Resources

The Trustees care about your mental health especially during this time of COVID-19 and would like to remind you that there are various mental health resources available for support, such as:

- Employee & Family Assistant Program (EFAP)
EFAP can provide you with access to tools and resources to support you with personal and/or work related problems impacting your health and wellbeing. Your mill may already offer an EFAP so please check with HR for details on how to access



- Stronger Minds by BEACON



<https://www.mindbeacon.com/>

It is a free digital program for all Canadians available at no charge to support your mental wellbeing through COVID-19. It includes easy to digest resources from a team of psychologists

- Starling Minds



<https://www.starlingminds.com/>

Digital mental health therapy for COVID-19 anxiety available at no charge through Pacific Blue Cross

- Wellness together Canada



<https://ca.portal.gs>

Federal government funded portal containing a mental health assessment followed by access to online tools, applications and counselling services

Dental extra fees

The transition to Phase 2 of the government's COVID-19 responses included the re-opening of community-based healthcare services such as dentistry, under enhanced protocols. The College of Dental Surgeons of British Columbia provides specific guidance and protocols, which includes ongoing pandemic best practices, the use of personal protective equipment (PPE), infection prevention and control principles and strategies to prevent transmission of COVID-19 as part of the care of patients. Please note that some dental offices may charge extra fees for the additional fees related to personal protective equipment they must have to operate and to follow these guidance and protocols.

Travelling out of Province

The Canadian Government discourages any unnecessary out of province/international travel at this time; in fact, we would suggest checking Canada's travel advisory before travelling anywhere at this time <https://travel.gc.ca/travelling/advisories>. In the event of out of province travel, the Trustees would like to remind you that you should consider purchasing an individual travel insurance plan before travelling out of province. As a member of the trusteed Plan you are eligible to receive a special discount of 10%. Simply enter your health and dental policy number and the 10% discount will be automatically applied to your purchase through PBC.

If you have a pre-existing condition, you should consult your individual plan insurer to assess your coverage needs and determine what insurance restrictions apply, including as it relates to COVID-19. For example, the PBC plan includes several limitations that you should be aware of; if you have any questions or concerns, you should discuss further with Pacific Blue Cross (PBC). Please visit www.pac.bluecross.ca for more information.



GENERAL UPDATES

Member Surveys

The Trustees would like to remind you of the two surveys available for you to share your feedback:

- Health and Welfare Plan Survey available online and in PDF on the PPWC National website: <https://www.ppwc.ca/benefit-plans/> to share your general feedback regarding the Plan.
- Disabled Member Survey to be completed once you return from a weekly indemnity or long term disability claim. These surveys can be obtained from your Plan Administrator.

Feedback from these surveys will help the Trustees understand any issues or concerns with the Plan, and the disability process from the member's perspective in an effort to continually improve the process.

Drug Supply Limits for Maintenance Medication

Maintenance drugs are used to control and manage a variety of chronic or long-term conditions such as high cholesterol, high blood pressure, and diabetes. The Trustees would like to remind you that Pacific Blue Cross' standard supply for maintenance medication is 100 days, so that you do not have to visit the pharmacy frequently and incur additional dispensing fee charges. However, during this COVID time, please discuss with your physician and pharmacist about your personal health situation and they can recommend an appropriate supply of medications (if a 100-day supply may not be possible at this time).

Preventing and Managing Type 2 Diabetes and High Blood Pressure

PBC has developed and issued articles with respect to how to prevent and manage type 2 diabetes and how to manage high blood pressure. These articles are available on the PPWC National website as well as PBC CARESNet website under message when you login with your member ID. Please visit PPWC National website [here](#) for more information.

Trustee meeting dates for 2020

October 22, 2020