

November 2021 Bulletin from the H&W Trustees

The Trustees of the PPWC – Employer Trusteed Health & Welfare Plan met on October 19th and would like to update you on a number of items relating to your group benefit coverage.

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. Please explain to your physician that your extended health plan allows a 100 day supply for maintenance medications, and to please adjust your prescription to the 100 day supply.

New Weekly Indemnity Rate Effective December 1, 2021

The Trustees review the weekly indemnity claims experience regularly in an attempt to quickly respond to developing trends. Following their review of the claims experience for the first 9-months of 2021 and noting how the experience has continued to deteriorate, it was determined that effective December 1, 2021 the overall weekly indemnity monthly rate will increase by 14.3% from \$1.75 to \$2.00 per \$10 of benefit. The employee portion of the rate will remain the same at 30% of the overall WI monthly rate of \$2.00, which translated into \$0.60 per \$10 of benefit. This is an increase from the current employee portion of the rate.

Pacific Blue Cross – Service Enhancement

A reminder that PBC offers the Health Connected and Internet-based Cognitive Behavioral Therapy (iCBT) for PPWC H&W Plan member

- **Health Connected**

Health Connected is a digital wellness website containing a variety of health and wellness tools and activities that can assist you in better understanding any health risks you may have and activities to improve your health. It is available free of charge to PBC members and their spouses. PBC is also enhancing Health Connected by way of Apple Health Kit as well as Android equivalent integration. Also, new personal and team health challenges will be created and released regularly. Check out the video on the PBC website (and link) to learn more: <https://www.pac.bluecross.ca/advicecentre/story/mgh-tour>

- **Internet-based Cognitive Behavioral Therapy (iCBT)**

PBC has partnered with a number of vendors that can provide internet based cognitive behavioral therapy (iCBT) for members and be eligible for reimbursement under the group plan where psychology benefits are provided. CBT is a type of therapy commonly used to treat individuals with mild to moderate anxiety, depression, sleep insomnia and other mental illnesses, and can be delivered as effectively as virtually as in person. With one in five

Canadians in any given year that will experience a mental health illness, iCBT can offer a clinically proven alternative to live therapy to improve any of the above conditions. iCBT programs include a series of modules of activities and exercises that an individual works through on their own but guided by a psychologist or social worker in order to build skills and improve their overall frame of mind. PBC has partnered with a number of vendors to offer iCBT to its member and they include: TELUS Virtual Health, AbilitiCBT, ALAViDA and MindBeacon. – Check out the link provided to learn more about iCBT, how it works and the vendors whose iCBT programing is eligible under your PBC health plan up to the psychology benefit maximum.

<https://www.pac.bluecross.ca/adminresource/online-cognitive-behavioural-therapy/>

Trustee – Lynn Lindeman

Lynn Lindeman will step down from his role as Union Trustee from the PPWC-Employer Health & Welfare Plan by end of this year. Lynn has been a trustee for over 18 years. We appreciate his contribution to the Trust. Please join us in wishing him the best of health and happiness.

Trustee meeting dates for 2022

February 23, 2022, June 20, 2022 and October 19, 2022