

September 24, 2007

To: UW Uniform Medical Plan Participants
From: UW HR - Benefits
Subj: Your Uniform Medical Plan Benefits

As a Uniform Medical Plan enrollee, did you know that you have access to a number of free services that can help you and your family members make the most of your health care benefits?

Preventative Care

Did you know that you don't have to pay toward your annual medical deductible for preventative care services if you use a preferred provider? When you see a network provider for preventative care services like annual checkups and immunizations, UMP pays 100%. That means no co-payment or enrollee co-insurance to pay. If you go to a non-preferred provider, coverage drops to 60%. You have many choices available with thousands of PEBB network providers available statewide. Check out UMP's list of Preventative Care Services at:

www.ump.hca.wa.gov/medical/prevent.shtml

Earn a \$30 Rebate by Taking a Health Risk Assessment (HRA)

As a UMP enrollee, you can take the eHealth Survey and earn 40 points toward the 100 needed to receive a \$30 rebate. Even if you participated in Health Counts in 2006, you can qualify for **another** \$30 rebate in 2007 by renewing your commitment to staying healthy. Just take the eHealth Survey again and fill out your score card. It's easy, convenient and confidential. To learn more, visit: www.wellness.wa.gov/prevention/plan_uniform.shtml

If you still have questions about HRAs, read this helpful FAQ:

www.wellness.wa.gov/prevention/assessment_faqs.shtml

Flexible Spending Account (FSA)

An FSA is a tax-free account that allows you to save money to pay for out-of-pocket prescription drug costs, medical, dental, vision and hearing expenses for you and your eligible dependents. Enrollment in the 2008 FSA program starts October 29, the first day of Open Enrollment. Remember, even if you were enrolled for the 2007 plan year, you must enroll again for the new plan year.

If you enroll in the program beginning January 1, 2008, you will be eligible to take advantage of the **FSA debit card feature** that makes billing fast and easy. To learn more about this feature, attend one of our informational seminars offered on Tuesday, November 6. Click this link for a list of times and locations:

www.washington.edu/admin/hr/benefits/insure/fac-staff-lib/meddent/fsa.html

Free Smoking Cessation Program

Do you or a family member smoke? If so, you are eligible to participate in the nationally-recognized Free & Clear® Quit for Life Program offered through UMP. Thousands of people have quit tobacco successfully with this program. You can be one of them!

By enrolling in the program, you will receive one full year of personalized counseling at your pace and schedule—**free of charge** to you as a UMP enrollee, plus you will have unlimited, toll-free access to "Quit Coaches" while you are in the program. To learn more, visit www.freeclear.com/ump/