



Important Phone Numbers

Benefits/Claims/Member Services/Provider Directory

Allegiance

1-855-999-1521

Askallegiance.com/smc

Prescription Medications

Express Scripts administered by RxBenefits

1-800-334-8134

www.express-scripts.com

24-Hour Nurse Line

1-888-546-8463

Employee Assistance Program (EAP)

MINES and Associates

1-800-873-7138

www.MINESandAssociates.com

Human Resources

406-322-8930

www.stillwaterfamily.org

Should You Skip Your Annual Doctor Visit This Year?



The short answer is, no. So much of our attention is focused on COVID-19 that it's easy to forget about other health issues, such as cancer, heart disease or diabetes, but they still exist. The good news is that with regular screenings, oftentimes you can prevent issues or catch them early when treatment is most effective.

We know that minor health issues can become serious health issues if left unchecked, but under current circumstances, people with chronic or worsening conditions are also at the highest risk for COVID-19 infection, making preventive care more important than ever.

According to Johns Hopkins Medicine, routine tests and screening such as mammograms, colonoscopies, pap, cholesterol and blood pressure tests are effective means of spotting disease before they get worse. They recommend sticking to your schedule for these tests which help give doctors early warnings if your health is changing.

Tests You Shouldn't Skip During the Coronavirus Pandemic

For Kids:

- Pediatric check-ups and well-child visits

For Women:

- Pap tests
- Mammograms
- Bone mineral density tests

For Men:

- Prostate cancer screening

For Men and Women:

- Colonoscopy
- Tests for heart and vascular health
 - Blood pressure and BMI
 - Blood sugar
 - Cholesterol
 - Coronary artery calcium
 - C-reactive protein
 - Other factors as your doctor suggests



If you are experiencing any new symptoms, don't wait, contact your healthcare provider! Most providers are offering virtual visits as well as in-person visits. Talk to your doctor about what's right for you.

Source: Johns Hopkins Medicine August 6, 2020

Why Is It Important to Have a Primary Care Physician?

Establishing a relationship with a Primary Care Physician (PCP) who knows you and your medical history will oftentimes result in significant health benefits. When you see the same physician regularly, they're more likely to notice changes in your health and proactively address those issues before they become serious.

Regular visits to your PCP allows them to see early signs of cancer, chronic disease or depression and can ensure that you get the right care, in the right setting, by the most appropriate provider. When you have established that trust, it's easier to discuss private medical concerns. And knowing your family history, they are better able to screen for issues that aren't yet showing symptoms.

During times like these when in-person visits may be limited, your PCP is better able to provide comprehensive virtual care when you've already established that relationship. Instead of just going to the doctor when you're sick, it's important to make an annual visit to your PCP a priority. If you participated in one of the onsite biometric screening events, remember to take your screening results with you next time you see your PCP so they can help interpret the results and address anything that was out of range.

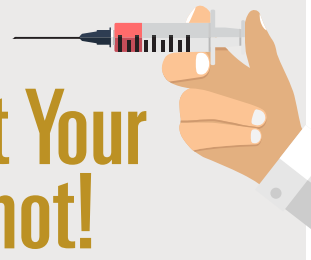
If you are on one of the Sibanye-Stillwater Health Partners EPO Plans (Billings Clinic EPO or St. Vincent EPO), you are required to select a PCP for each member of your family. If you have changed PCPs since you first signed-up, or never submitted your selection, please complete the attached [PCP Enrollment/Change Form](#) and return to Sibanye-Stillwater Health Partners. Even though PPO plan members are not required to select a PCP, it is a good idea for each family member to establish a relationship with a provider and see them each year.

If you need assistance finding a PCP, please call Allegiance Member Services at 1-855-999-1521.

A primary care physician is essential in navigating the healthcare system to keep you healthy, prevent disease by identifying risk factors and coordinate and manage chronic disease so you may enjoy a better quality of life.



Don't Forget Your Flu Shot!



According to the CDC, everyone 6 months of age and older should get a flu vaccine every season. Vaccination is particularly important for people who are at high risk of serious complications from influenza, such as adults age 65 and older, pregnant women, young children, people with asthma, COPD, diabetes and heart disease. Getting a flu vaccine during 2020- 2021 will be more important than ever. Flu vaccines will not prevent COVID-19, but they will reduce the burden of flu illnesses, hospitalizations and deaths.



Preventing the Flu

- Get vaccinated every year!
- Avoid close contact with people who are sick
- Stay home when you are sick
- Cover your mouth and nose when coughing or sneezing
- Wash your hands often
- Avoid touching your eyes, nose or mouth
- Practice other good health habits – get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food

Have You Registered to Use Amwell Telehealth Services?

Did you know that you can see a licensed clinician 24-hours a day, 7-days a week, 365-days a year? No more unnecessary trips to the ER in the middle of the night for a cough or earache. All you need to do is register and you'll be ready to access urgent care, therapy or psychiatry services using your smart phone, tablet or computer.

[Click here](#) to see how easy it is!

Simply download the Amwell app or go to ascendant.amwell.com and sign up. Once you're registered, you will use the Service Key: **SSMC** to access a \$25 copay for each telehealth visit – no deductibles or coinsurance apply!

During the National Emergency due to the Coronavirus, copays are waived for Urgent Care medical visits through Amwell.

www.Askallegiance.com/smc

