

# Sibanye Stillwater

we are one

# Health & Wellness News




## Important Phone Numbers

### Benefits/Claims/Member Services/Provider Directory

#### Alligiance

1-855-999-1521

Askalligiance.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

1-406-322-8930

www.stillwaterfamily.org

### Tria Health

1-888-799-8742

www.triahealth.com/enroll

**NEW IN 2022!**

# Tria Health



Tria Health is a free and confidential benefit available through your health plan to help you optimize your health and feel your best. If you have a chronic condition or take multiple medications, Tria Health's pharmacists are ready to support you in managing your health.

***This does not replace the existing care management programs we have through St. Vincent and Billings Clinic – this works alongside those programs.***

### Why Participate?

- Make sure your medications are working correctly
- Answer any questions you have about your health or medications
- Coordinate care with your doctor(s)
- Help you save money!



### Who Should Participate?

Tria Health's Pharmacy Advocate Program is available to all employees and/or dependents on Sibanye-Stillwater's health plans, those who take multiple medications or have one of the following conditions:

- Diabetes • Heart Disease
- High Cholesterol • High Blood Pressure
- Mental Health Issues • Asthma/COPD
- Osteoporosis • Migraines

### Save Money on Your Medications!

Active participants will receive **free generic medications** and 50% off select brand medications\* used to treat targeted chronic conditions. You are not required to change your medications, pharmacy or doctor to receive this benefit. (\*Chronic pain medications are excluded)



### Free Diabetes Meter & Testing Supplies!

Participants with diabetes will also have access to a **FREE** blood glucose meter, testing strips and a digital dashboard. Your data will be available online and through Tria Health's mobile app.

### How to Sign Up

Visit <https://triahealth.com/client/SibanyeStillwater> or call 1-888-799-8742 during the following hours, Central Time:

Mon-Thurs	8:00 am - 9:00 pm
Friday	8:00 am - 7:00 pm
Saturday	9:00 am - 5:00 pm

### General Prescription Questions?

Don't have a chronic condition but have questions about a medication you're on? All health plan members have access to the Tria Health Help Desk as a clinical resource for questions about their medications. Simply call 1-888-799-8742 during the above hours.



# February is American Heart Month



According to the Centers for Disease Control (CDC), heart disease is the leading cause of death in the United States. You can greatly reduce your risk for heart disease through lifestyle changes and, in some cases, medicine.

## Heart Disease Risk Factors

- **High Blood Pressure** – Having uncontrolled high blood pressure is one of the biggest risks for heart disease and stroke.
- **High Blood Cholesterol** – Increases your risk of heart disease. Diabetes, obesity, smoking, eating unhealthy foods and not getting enough physical activity contribute to unhealthy cholesterol.
- **Smoking** – Damages the blood vessels and can cause heart disease.
- **Obesity** – Carrying extra weight puts stress on your heart.
- **Diabetes** – Causes sugar to build up in the blood which can damage blood vessels and nerves that help control the heart muscle.
- **Physical Inactivity** – Staying physically active helps keep the heart and blood vessels healthy.
- **Unhealthy Eating** – Sodium increases blood pressure. Diets high in trans-fat, saturated fat and sugar increase the risk for heart disease.
- **Excessive Alcohol Use**

## COVID-19 At Home Test Kits

As you're probably aware, the Federal Government issued guidance recently requiring private health insurance companies and group health plans to cover the cost for over-the counter COVID-19 home tests beginning on January 15, 2022. For Sibanye-Stillwater health plan members, this benefit will be accessible through your pharmacy program with Express Scripts.

### Member Details:

- A written prescription or prior authorization is not required.
- Each member is eligible for up to eight (8) OTC COVID-19 tests per month.
- **In-Network:** Take your Allegiance ID card to a retail pharmacy in your network. Check out at the pharmacy counter and show your ID card. The test kit should automatically ring up at no cost to you.
- **Out of Network:** You can submit your receipt for reimbursement and receive up to \$12 per test online at the [Express Scripts COVID-19 resource center](#).

You can also order, one time, 4 free at-home COVID test kits directly from the Federal Government to be delivered to your home through the United States Postal Service. Simply go to [special.usps.com/testkits](https://special.usps.com/testkits) to place your order.

**Please note that all test kits have a narrow expiration window and you are discouraged from stockpiling kits. Kits are for the sole use of enrolled Sibanye-Stillwater health plan members and cannot be shared or sold.**

**For assistance filing claims, contact RxBenefits Customer Service:**  
**By phone:** 1-800-334-8134  
**By email:** [customercare@rxbenefits.com](mailto:customercare@rxbenefits.com)  
**Hours:** 7:00am – 8:00pm

## Get Well and Stay Well with Amwell!

Beginning January 1st, all Amwell telehealth visits have a **\$0 copay** for Sibanye-Stillwater health plan members.

**24/7/365 Access to Doctors** – Doctors are available around the clock for virtual visits so you can be seen wherever, and whenever, you need.

**Talk to a Therapist** – Schedule a 45-minute counseling session to get extra support when you're experiencing anxiety, depression, grief, stress, and more.

**Visit with a Psychiatrist** – The psychiatrists you can see through Amwell may provide medication management for many common health conditions.

**To sign up, go to [Ascendant.amwell.com](https://ascendant.amwell.com) or download the Amwell mobile app. Enter the Service Key: SSMC when signing up so the \$0 copay will apply.**



## Taking Care of Your Mental Health

Mental health conditions are as real and serious as any other medical conditions. As pandemic fatigue begins to settle in, you may be feeling exhausted, stressed, overwhelmed, anxious and depressed. You have been through a lot in the past year and now it's time to prioritize self-care.

### Help Is Available

Sibanye-Stillwater has resources available to you and your dependents through MINES and Associates.

**Call:** 1-800-873-7138  
**Visit:** [www.minesandassociates.com](http://www.minesandassociates.com)  
**Username:** stillwater  
**Password:** employee

If you or someone you know needs help, please call 1-800-273-8255 for the National Suicide Prevention Lifeline.

**Benefit Spot**  
POWERED BY HUB INTERNATIONAL



Access your benefits anytime, anywhere!

- Benefit e-guide
- EAP
- Telehealth
- Educational videos
- Contact information, and more!

Download the 'Benefit Spot' App from the Apple App Store or Google Play, or scan this QR code, and enter the appropriate company code:

**Salaried employees:**  
SMCSalaried

**Bargaining Unit employees:**  
SMCBargaining

[www.Askallegiance.com/smc](http://www.Askallegiance.com/smc)

