



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

1-406-322-8930

www.stillwaterfamily.org

Tria Health

1-888-799-8742

www.triahealth.com/enroll



Preventive Services... More Important Than You Think

If you could lower your chances of having a heart attack or stroke, wouldn't you?

The purpose of preventive care is to prevent illnesses and disease, or to detect it at an early stage, when treatment is likely to work best. **Yet only 39% of our employees and their families had a preventive visit last year. That's almost 2,500 people who missed out on potentially life-saving screenings and services. Under Sibanye-Stillwater's health plans, a preventive services well-check is covered every year, at NO COST to you, when you see an in-network provider.**

According to the Centers for Disease Control (CDC), chronic diseases, such as heart disease, cancer, and diabetes, are responsible for 7 of every 10 deaths among Americans each year. These chronic diseases can be largely preventable through a close partnership with your healthcare team, or can be detected through appropriate screenings, when treatment works best.

Screenings for Chronic Conditions

Your primary care physician (PCP) is able to screen for chronic conditions such as hypertension (high blood pressure), hyperlipidemia (high cholesterol), and diabetes. These conditions, while common, can pose significant health risks when left untreated.

High Blood Pressure

High blood pressure can damage your arteries by making them less elastic, which decreases the flow of blood and oxygen to your heart, leading to heart disease. Uncontrolled high blood pressure increases your risk of serious health problems, including heart attack and stroke. You can have high blood pressure for years without any symptoms, which is why it is known as the 'silent killer.'

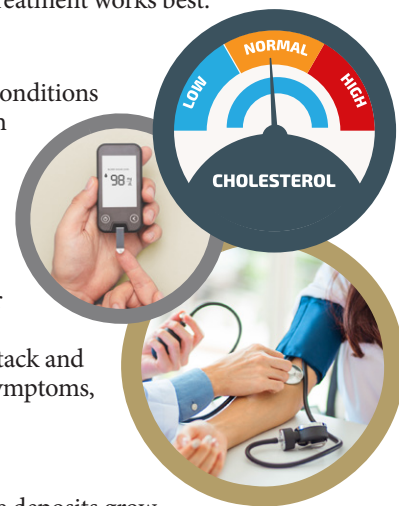
High Cholesterol

Fatty deposits can develop in your blood vessels. Eventually, these deposits grow, making it difficult for enough blood to flow through your arteries. Sometimes, those deposits can suddenly break off and form a clot that causes a heart attack or stroke.

Diabetes

Diabetes can lead to excess sugar (glucose) in your blood. Too much sugar in your blood can lead to serious health problems, with long-term complications developing gradually. The longer you have diabetes – and uncontrolled blood sugar – the higher the risk of complications such as heart disease, stroke, nerve damage, kidney damage, eye damage, and foot damage, including amputation from loss of circulation. High blood pressure and high cholesterol can increase your risk for developing diabetes.

Seeing your doctor regularly is crucial for screening of these conditions and managing them before they cause complications.



If you need assistance finding a PCP, please contact:

Allegiance Member Services:

1-855-999-1521

St. Vincent/Rocky Mountain Health Network:

1-406-237-5623

Billings Clinic:

1-406-435-6456

What would you do with an extra \$75 a month? \$900 a year?

When you complete your annual preventive visit and biometric screening, you get paid! Individuals earn an additional \$75 per month in wellness incentives, as do spouses! That's up to \$150 a month if you're married and you and your spouse both participate. Better health + more money in your pocket = win, win! Simply have your provider sign your Wellness form during your preventive visit and submit to HR by December 31st.



What Exactly Is Preventive Care?

Your health plan through Sibanye-Stillwater covers the following preventive services **at no cost to you:**



Preventive Care Benefits	EPO & PPO In-Network
Routine Well Care	Covered 100%
Breast Cancer Screening, Testing and Counseling	Covered 100%
Cervical Cancer Screenings	Covered 100%
Routine Colonoscopy/Flexible Sigmoidoscopy	Covered 100%
Diabetes Screening	Covered 100%
Dietary Education (including diabetic education)	Covered 100%
Hypertension (High Blood Pressure) Screening and Counseling	Covered 100%
Hyperlipidemia (High Cholesterol) Screening and Counseling	Covered 100%
Immunizations and Vaccines (as per the CDC)	Covered 100%
Prostate Specific Antigen (PSA) Test	Covered 100%
Tobacco Cessation Benefit (including screening, counseling, and treatment)	Covered 100%
Obesity Screening, Counseling and Treatment (excluding surgery)	Covered 100%

Oral Health Is Important Too...

Annual dental exams and cleanings are also covered at 100%, but **in 2021, only 43% of insured members had a cleaning and 48% of our population did not use their dental benefit AT ALL.**

When you get your annual exam, dental issues are identified early, usually allowing for easier treatment. Skipping your exams or letting a problem linger can result in more complex and expensive procedures. Additionally, during the exam your dentist will check for signs of oral cancer, tooth decay, gum disease, tooth grinding, alignment problems and any other issues. Your dentist can also detect signs of many diseases, including diabetes and heart diseases. Even if your teeth feel just fine, underlying issues can sneak up on you. Don't miss out on this free benefit! To find a dentist near you, visit www.deltadentalins.com.



Keeping An EYE On Your Health

Like a window into your health, a thorough eye exam can detect far more than just bad vision. Serious conditions such as diabetes, multiple sclerosis, brain tumors, and certain types of cancers can be detected. Early detection of these serious conditions is key, making annual eye exams just as important as annual medical exams. **That being said, only 33% of our employees and their families had routine eye exams in 2021.** Visit vsp.com to find a provider near you.

vsp.
vision care



The fair is coming to town! The BENEFITS FAIR, that is!

Come and meet representatives from our benefits partners including Allegiance, Sibanye-Stillwater Health Partners, Tria, RxBenefits, Delta Dental, VSP, and Finanacial Finesse as well as both local health systems, Billings Clinic and St. Vincent.

Tuesday, October 25th	Wednesday, October 26th
Billings: 7:00am-9:30am	Big Timber: 7:00am-9:30am
Columbus: 12:00pm-2:00pm 2:00pm-4:00pm 6:00pm-8:00pm	Columbus: 12:00pm-2:00pm 2:00pm-4:00pm 6:00pm-8:00pm

Locations will be announced shortly.

www.Askallegiance.com/smc

