

Important Phone Numbers

Benefits/Claims/Member Services/Provider Directory

Allegiance

1-855-999-1521

Prescription Medications

Express Scripts administered by RxBenefits 1-800-334-8134

www.express-scripts.com

24-Hour Nurse Line

1-888-546-8463

Human Resources

1-406-322-8930 www.stillwaterfamily.org

Tria Health

1-888-799-8742 www.triahealth.com/enroll

Lyra Health

1-877-932-2101 care@lyrahealth.com

Stillwater Health & Wellness News



What's the Difference Between Preventive Services and Diagnostic Services?

Preventive Services

Preventive Services are often given as part of a routine physical or checkup, when you're symptom free and have no reason to believe you might be unhealthy. Preventive screenings check for early signs of cancer and other conditions in accordance with agebased guidelines and recommendations.

Diagnostic Services

Diagnostic Services are what you receive when you have symptoms or risk factors and your doctor wants to diagnose them. Diagnostic tests may also be performed based on results of preventive screenings.

Preventive Screenings are mandated to be covered under the Affordable Care Act at 100% coverage. The law states that only a certain list of services are considered preventive and are allowed to be covered at no cost. **Diagnostic services** are performed on existing medical conditions and are therefore subject to copays and coinsurance. If you have an existing condition and address it during your preventive care visit, you may be charged for those services. Unfortunately, certain lab tests fall under this category.

Examples of Preventive Services:

- Screening mammogram for women age 50 and over with no existing issues, 40-49 for women at higher risk
- Screening colonoscopy for adults age 45 and over with no existing issues
- Annual preventive visits
- Vaccinations (vary by age)
- Lab tests (vary by age and gender)

Examples of conditions/services that would be considered diagnostic in nature:

- Mammogram due to lump in breast, or previous diagnosis
- Colonoscopy due to colorectal bleeding, polyps, or previous diagnosis
- Certain lab tests

If you are having your biometrics completed at your PCPs office instead of through It Starts With Me, you may run into the issue of being charged for certain lab tests. In order to avoid this, you may want to continue to have them done through It Starts With

> Me and take the screening results with to your annual PCP visit for review. Please contact Allegiance if you have questions about the way your claim was processed. Please contact your provider if you feel a claim has been coded incorrectly or if you have questions regarding your invoice.

Did you know...

Volunteering decreases your risk of depression, helps develop a sense of purpose, reduces stress, increases happiness, and more!





Gratitude... A Very Healthy Habit

We can all use more positivity in our lives. It is possible to train your brain to focus on positive thoughts instead of negative. Below are some ways you can start!



HANK YOU

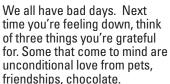
If something frustrates you today, take a breath and focus on three things that are going right.



THINGS

Reach out to a friend or loved one and let them know how much you appreciate them. Those positive thoughts will help you and will likely make

the beauty around you. The blue sky, puffy white clouds, snowcapped mountains... whatever it may be, take a mental snapshot of the beauty you see.



amwe



3905 Wellness Way Bozeman, MT 59718-2402 Urgent Care available Monday-Friday – 8:00am-7:00pm 406-898-1200

Billings Clinic Bozeman Surgery Center

3905 Wellness Way Bozeman, MT 59718-2402

Same Day Care

Beartooth Billings Clinic

2525 N Broadway Ave – 406-446-2345 Monday-Friday – 7:30am-6:00pm

Stillwater Billings Clinic

710 N 11th Street – 406-322-1000 Monday-Friday - 8:00am-5:00pm Saturday - 9:00am-noon

Billings Clinic Miles City

620 S Haynes Ave - 406-233-7000 Monday-Friday – 8:00am-5:00pm

Billings Clinic Express Care 3137 Grand Ave (inside Albertsons) -406-238-2677

Monday-Friday - 7:00am-7:00pm Saturday-Sunday – 9:00am-5:00pm



Walk-in Care – No appointment necessary

Billings

Broadwater - 2019 Broadwater Ave. -406-237-8550 Downtown - 1027 N. 27th St. - 406-237-5110 Heights - 32 Wicks Lane - 405-237-8400 Open 7 days - 7:30am-7:00pm

Laurel – New Location!

Canyon Creek Station – 331 S Washington Ave, Ste B – 406-319-3866 Open 7 days - 7:30am-7:00pm

Monday-Friday -7:30am-5:30pm Saturday-Sunday – 8:00am-5:00pm





Talking to someone can help. Under your Sibanye-Stillwater health plan, you have options.

Virtual Visits: AMWELL – No Cost

their day!

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 <u>Ascendant.amwell.com</u> or download the Amwell mobile app. Enter the Service Key: SSMC when signing up so the \$0 copay will apply.

LYRA – First 10 Visits No Cost, Then Your Medical Benefits Apply

Lyra Coaching and Therapy provides care for your emotional and mental health, including stress, anxiety, and depression. Live chat with Lyra's Care Navigator Team is available 24/7 by phone or email. Virtual and in-person visits (where available, more coming soon!) are also available by following the instructions below.

To sign up, go to sibanyestillwater.lyrahealth.com, download the Lyra Health app, or call 877-932-2101. Take the care assessment to get matched with high-quality providers who have diverse backgrounds and identities. Lyra's providers are custom matched to you and have appointments available right away.

In-Person Visits: Health Partners/Allegiance/Cigna Networks – Deductibles and Coinsurance Apply

In-person visits are available through your health plan under the SSHP, Allegiance, and Cigna networks. To find a provider, simply go to www.askallegiance.com/smc/ findaprovider or call Allegiance at 855-999-1521 for assistance.

If you or a covered family member have been diagnosed with one of the chronic medical conditions below, you may benefit from additional teeth and gum cleanings throughout the year with SmileWay Wellness Benefits.

- ALS
- Cancer
- Chronic Kidney Disease
- Diabetes
- Heart Disease
- HIV/AIDS
- Huntington's Disease
- Joint Replacement
- Lupus
- Opioid Misuse and Addictions
- Parkinson's Disease
- Rheumatoid Arthritis
- Sjogren's Syndrome
- Stroke



Visit Delta **Dental Smileway** for step by step instructions on opting in to the program.

www.Askallegiance.com/smc