

HEALTH BENEFITS E-NEWS

Department of Human Resource Management
Office of State Health Benefits

February 13, 2023

Open Enrollment Coming in Early May

Open Enrollment for health benefits and flexible spending accounts (FSAs) will be held from May 1 through May 15, 2023. Please be sure to update your contact information for each of your agency groups in the Cardinal system to receive important Open Enrollment information.

Here is the navigation in Cardinal: Navigator > Benefits > Employer Information > BA Contacts. Once you are on the BA Contact page, enter the Agency number, click search and Cardinal should return with the option(s) for the agency. Similar to the BES system, there are four positions for contact information per agency/payroll group.

Two Providers Leave Delta Dental Network

Delta Dental of Virginia has notified DHRM that Virginia Children's Dentistry of Christiansburg and Hethwood Dental of Blacksburg will no longer be in-network providers for all Delta Dental networks. These changes are not specific to Commonwealth of Virginia employees.

The effective date of this change for Virginia Children's Dentistry was December 21, 2022. The effective date for Hethwood Dental was January 1, 2023. There will be no disruption to treatment since most dental services are completed during a single date of service. Claims with dates of service prior to the provider termination will be paid based on the participation status at the time of service. Claims for services that have begun but not completed before the provider termination date will also be processed according to the participation status at that time.

We are always disappointed when a provider decides to leave a provider network that impacts state employees. If a covered employee continues to receive services from one of these providers, Delta Dental will still pay claims according to our benefits levels, but the provider may decide to bill the employee for the remaining balance.

Participants may obtain information on participating providers on the Delta Dental website at <https://deltadentalva.com/dentist-search.html>.

Mary Washington Healthcare to Leave Anthem Network in First Quarter 2023

Unless an agreement is reached, Mary Washington Healthcare has notified Anthem that they will no longer participate in the Anthem network after February 28, 2023. This means that starting March 1, 2023, employees may pay more for care they receive from Mary Washington Healthcare doctors and facilities. Some employees' benefits may continue to cover care from Mary Washington Healthcare at the same level for a limited time on or after

March 1. This coverage will apply if employees are receiving ongoing treatments, have a procedure scheduled, or are admitted to a Mary Washington Healthcare hospital.

Employees may contact the Member Services number on their ID card for more information. Anthem will also send the attached letter to impacted members during the first week in January 2023. The attached letter is only a sample but will contain specific information for the member.

Anthem offers a broad network of doctors and healthcare facilities throughout Virginia. Other in-network hospitals in the area include:

- Spotsylvania Regional Medical Center
- Sentara Northern Virginia Medical Center
- Inova Fairfax Hospital
- Inova Fair Oaks Hospital
- UVA Culpeper Medical Center
- Fauquier Hospital
- Bon Secours Memorial Regional
- VCU Medical Center
- Henrico Doctors' Hospital
- HCA Reston

Employees can use the Sydney Health mobile app or [anthem.com](https://www.anthem.com) to find a list of doctors and healthcare facilities near them.

Please visit [anthem.com/marywashington](https://www.anthem.com/marywashington) for the latest information or contact Anthem directly if you have questions.

Mailing of IRS 1095 Forms to Health Plan Participants

The mailing of IRS 1095 forms for 2022 required under the Affordable Care Act (ACA) to health plan participants began the week of January 30, 2023.

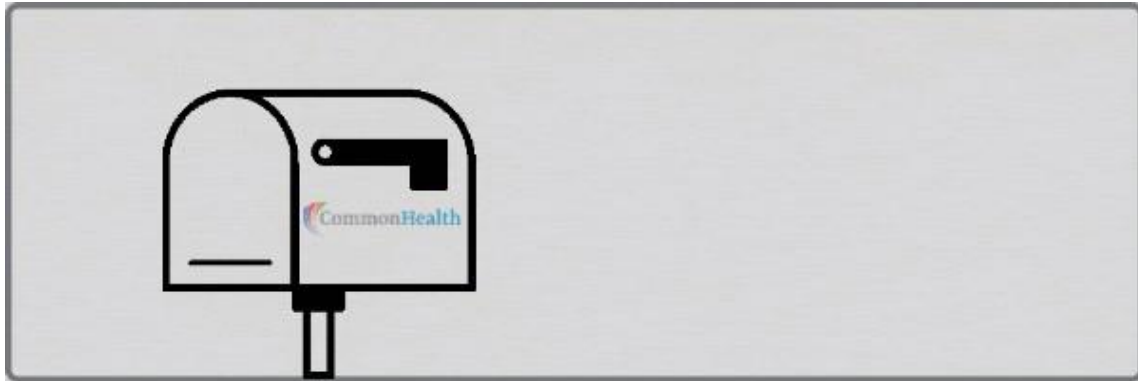
The U.S. Postal Service will send returned 1095 forms to the mailing house for the DHRM Office of Health Benefits. The forms will then be forwarded to the appropriate agency Benefits Administrator.

It is the responsibility of the Benefits Administrator to forward the returned forms to the intended recipient whenever possible. Returned 1095 forms that cannot be forwarded or provided to the recipient should be shredded or disposed of in compliance with HIPAA Privacy and your agency's confidentiality protocols.

If you are notified by an employee that they did not receive their 1095 form, please have them send a request to ohb@dhrm.virginia.gov for a duplicate form. The request should include the employee's name, Employee ID and a current mailing address. Once the request is received, it will take 7-10 business days to issue a replacement.

Please do not reply to this email. You may send inquiries to the Office of Health Benefits mailbox at ohb@dhrm.virginia.gov .

CommonHealth Weekly Wellnote



Social Rest – Do You Need More or Less Time with People?

A social rest deficit occurs when we have trouble figuring out the relationships that help us feel restored and relationships that drain us. It can also occur when we are engaging in too much or too little social interaction. This varies from person to person, so it's important to check in with your needs (like are you feeling introverted, extroverted, or balanced between the two).

We all occasionally need a break from the social roles we play in one another's lives. In every relationship there is an exchange of energy and attention; sometimes we receive from others, sometimes we give. But if you're constantly feeling overwhelmed by others' demands on you, it may be time for social rest.

If you are feeling disconnected on the other hand, be present and show up for people. This will deepen your relationships. People are dynamic and it's important to embrace all of your social needs. Are you religious? Then you may want to make sure that you find the right place of worship. Are you really into board games? Join a board game meetup so you can play with like-minded individuals. Whatever you're into, there is a group of people who like the same thing – keep looking!

Virginia Department of Health Kicks Off American Heart Month

with Activities to Promote Heart Health

(Richmond, Va.) — February is American Heart Month, and the Virginia Department of Health (VDH) will kick off the observance with free, easily accessible activities for all Virginians interested in beginning the process of improving their overall health. VDH has partnered with The Arthritis Foundation to offer Walk with Ease (WWE), a six-week program that provides guided activities and resources via the [VDH Walk With Ease for Heart Health registration and resources online portal](#).

“Adding physical activity into our daily lives is one of the most important steps we can take to keep the heart healthy, said **Patrick Wiggins, Heart Disease and Stroke Prevention supervisor, Division of Prevention and Health Promotion**. WWE participants will receive tools and an e-Book through the online portal that will provide instruction on how to exercise

in ways that are safe and comfortable, whether participating as an individual or as part of a group.”

WWE is open to all Virginians. It runs from Wednesday, February 1 through Monday, March 6, 2023. The e-Book and resources are free and are available while supplies last.

“Heart disease is the leading cause of death in the United States and the leading cause of death in the Commonwealth,” said **Dr. Margaret Kadree, clinical specialist, Division of Prevention and Health Promotion**. In 2019, heart disease became the number one leading cause of death in Virginia. “Preliminary analysis shows that heart disease will continue to be the leading cause of death for Virginians in 2022. “

To reduce risk for heart disease, VDH recommends the following tips:

- **Choose healthy meals and snacks.** Incorporate a lot of fruit and vegetables in your diet, and choose foods lower in sodium and saturated fat. Click here for some [heart healthy recipes](#) and check out the [MyPlate resources](#) from the U.S. Department of Agriculture.
- **Make physical activity a regular part of your day.** It is [recommended](#) that adults get at least 2 hours and 30 minutes of moderate-intensity exercise, such as brisk walking, running, bicycling a week. Learn more about ways to increase your physical activity throughout the day [here](#).
- **Take steps to quit smoking** by contacting Quit Now Virginia, which offers free telephone or web-based counseling services and also offers Text2Quit support, self-help materials and referrals to local resources. 1-800- QUIT NOW (1-800-784-8669) or learn more at the [Quit Now Virginia Website](#).
- **Monitor your blood pressure.** Read more about ways to [prevent and manage blood pressure](#). Here are some helpful [tips for talking with a doctor](#) to manage and monitor your blood pressure.

For more information about heart disease, visit <https://www.vdh.virginia.gov/heart-disease/>.