

## City of Portsmouth Early Retiree Benefit Packet Plan Year 2024

This packet contains links to the documents and forms you need to learn about and enroll in the HealthTrust coverage offered by your former employer. To access these materials, click on the orange "Download" buttons below.

### BENEFITS



#### Benefit Education

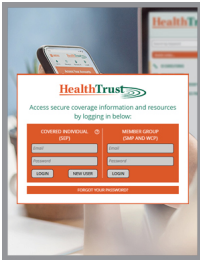
Learn more about the benefit plans, programs and services available through your HealthTrust coverage.



#### Medical and Prescription Plan Information

#### Benefit Comparison

Click on this link to learn more about your benefit plan options.



#### Secure Enrollee Portal (SEP)

Create your account to access benefit resources, digital ID cards, coverage documents, a Secure Message Center, and single sign-on to Anthem, CVS Caremark®, Delta Dental, and more.



#### Choosing the Best Medical Plan for You and Your Family

#### Medical Benefits Overview

Make an informed decision for your health coverage! Read this concise guide designed to help you select a medical benefit option.



#### CVS Caremark Maintenance Choice®

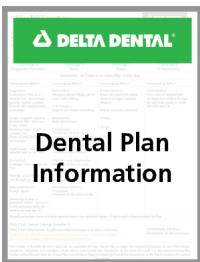
Choose any CVS Pharmacy® or the CVS Caremark Mail Service Pharmacy® to obtain long-term prescriptions (up to a 90-day supply).



#### See How Easy It Is to Save Money on Vision Care

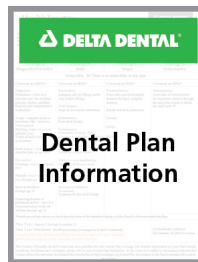
#### Anthem Vision Discount Flyer

Save up to 30 percent off the retail price of vision care products and services.



#### Dental Outline of Benefits: OPTION 3F

This Outline of Benefits describes the specific coverage categories and level of benefits provided under your HealthTrust Dental Plan.




#### Dental Plan Information

#### Dental Outline of Benefits: OPTION 15C

This Outline of Benefits describes the specific coverage categories and level of benefits provided under your HealthTrust Dental Plan.





**Great Savings –  
Up to 35% Off  
Eyewear and  
40% Off  
Hearing Exams!**

**Delta Dental Vision and Hearing Discount Flyer**  
Learn more about how to save money for vision and hearing products and services.




**Health  
through Oral  
Wellness  
Registration  
Process**

**Delta Dental Health through Oral Wellness (HOW) Flyer**  
Learn how to take a free oral health assessment to see if you qualify for additional preventive dental benefits through this program.



## SUMMARIES OF BENEFITS AND COVERAGES (SBC)

**Summary  
of Benefits  
and Coverage**

**AB15/40IPDED(07L)-  
RX10/20/45/5K(L)**  
Click on the link to learn more about the specific cost share details for this medical plan offered by your employer.



**Summary  
of Benefits  
and Coverage**

**AB20(07L)-RX10/20/45/3K(L)**  
Click on the link to learn more about the specific cost share details for this medical plan offered by your employer.




**Summary  
of Benefits  
and Coverage**

**OA20(07L)-RX10/20/45/3K(L)**  
Click on the link to learn more about the specific cost share details for this medical plan offered by your employer.

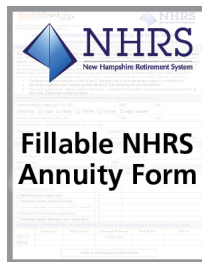


## ENROLLMENT FORMS



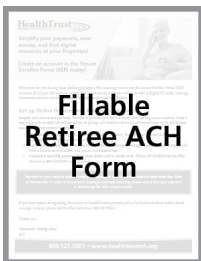
**Fillable  
Retiree  
Application  
Form**

**Retiree Medical and Dental Application and Change Form**  
Complete this fillable form to enroll in or change your Retiree medical and/or dental coverage.

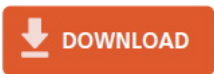
**Fillable NHRS  
Annuity Form**

**NHRS Annuity Deduction Authorization Form**  
If you are a Retiree (or a surviving spouse or child) entitled to receive a benefit from NHRS use this form to authorize the deduction of coverage contribution(s) from the monthly NHRS annuity payments.

**Fillable  
Retiree ACH  
Form**

**Retiree ACH Authorization Form**  
For non-NHRS payments, make it easy to pay your monthly bill. Sign up for an automatic monthly payment option.



# WELL-BEING RESOURCES



## Slice of Life Flyer

Get healthy your way and earn rewards! Click on the link to learn about HealthTrust's Slice of Life program.



## Included Health

Access expert medical help for complex medical care, including expert second opinions, treatment decision support, referrals to local experts for in-person visits, and more.



## Corigen® Medication Safety Program

Discover if the medications you take now – or could take in the future – are right for you.



## SmartShopper

Learn and earn with SmartShopper! Shop for medical services online or by phone, choose a cost-effective provider and earn a reward! It's that simple.



## Aspire365

This 12-month, in-home treatment program for covered individuals age 12 and older with mental health and substance use disorders provides 24/7 clinical support from a team of specialists.



## Aware Recovery Care

For eligible covered individuals age 18 and older with substance use disorders, Aware Recovery Care can provide in-home recovery care from a multidisciplinary team of experts for up to 52 weeks.



## LifeResources

Find the help you need at no cost to you! LifeResources Employee Assistance Program (EAP) offers comprehensive services, resources and support for wide-ranging issues that can impact health.



## LiveHealth Online

See a doctor for non-emergency visits anytime, 24/7, or a behavioral health expert by appointment without leaving the comfort and privacy of your home.



## CVS Caremark® Transform Diabetes Care® Program

Manage your diabetes better with a free blood glucose meter, test strips and lancets, and expert help for staying on track with medications and adopting healthier lifestyle habits.



## CVS Caremark Accordant® Specialty Care

This program lets you talk to a nurse anytime, day or night, at no cost to you for help with rare or complex conditions.





## Lark DPP Flyer

Prevent prediabetes from progressing! The Lark Diabetes Prevention Program provides support and tools to help you adopt healthier lifestyle habits.



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## VIDEOS



### Learn How to Create Your Secure Online Account

Click the video link to learn how to create your account on the Secure Enrollee Portal and access valuable resources.



### Retiree Information

Understand your options for retiree health coverage by clicking the link to view the retiree video.



### SmartShopper

Click the video link to learn how to search for medical services in your area, save money, and earn rewards!

