

Fall Update

September 19, 2014

The Joint Insurance Committee

(A collaborative effort of the Boise District & the Boise Education Association)

Welcome to the 2014-2015 school year.

The Joint Insurance Committee (JIC) is responsible for District employee insurance programs: health, dental, and vision plans, and wellness. Wellness is a growing commitment of Boise Schools since 2005.*

CHANGE:

Vision Plan: October 1: New Plan Administrator

- No Change In Benefits: Still VSP, Same VSP Plan
- Why A New Plan Administrator? Ameritas (meets PERSI requirements for electronic billing)
- Should be business as usual. Questions: benefits@boiseschools.org or 854-4074

UPDATE:

Spine Wellness Benefit: The goal of Boise Schools' enhanced Spine Wellness Benefit is to relieve pain, improve mobility and avoid surgery when possible.

Qualification for the enhanced Spine Wellness Benefit is determined by a physician from either St. Al's or St. Luke's spine wellness programs. Spine specialists provide coordinated, evidence-based management of back and neck pain. This "conservative care" approach may include medication, PT, and/or exercise therapy. The benefit has *lower co-pays for qualifying doctor and PT visits* addressing neck and back pain.

- **\$5 co-pay** for 2 visits/year (initial visit and follow-up visit) with a Spine Center Physician
- **\$5 co-pays** for up to 8 physical therapy visits/year with a referral from the Spine Center Physician.
- Additional PT and/or Spine Center Physician visits are subject to deductible and coinsurance.
- For additional information about Spine Wellness see <http://wellness.school.boiseschools.org>

For more information, or to schedule an appointment, please call the number below. You will need to mention you are part of the Boise School District Spine Wellness Plan.

St. Alphonsus Acute Spine Wellness Recovery Program

(208) 367-7644

TIMELY REMINDER: A brochure with wellness details is coming to your home.

2015-2016 Wellness Plan: Three requirements must be met to "opt-in" to the 2015/16 Wellness Plan: Activity component, Personal Health Assessment, and Biometric health screening. The brochure coming to your home has the details. Further questions? *Please contact Wellness Coordinator* Isabel.snell@boiseschools.org phone (208) 854-4083

*The Joint Insurance Committee has worked since 1985 on health-related matters for the District community. We would like you to know who we are. Please contact us with your questions.

Isabel Kurita, Wellness Coordinator
Stephanie Myers, BEA President
Brent Nye, Benefits Manager*

Chris Pickford, Co-Chair, Benefits *
Maria Rella, Human Resource Manager
Blas Telleria, Co-Chair, Dir. Human Resources

Carissa Wahl, Special Education *.
Kathy Yamamoto, BEA Exec. Dir.
* Voting members