

# What's New or Changing for 2024

Refer to the Benefit Selection Guide (BSG) at [kehpn.ky.gov](http://kehpn.ky.gov) for more details.

## **Castlight**

Castlight is the Plan's new wellness partner! See more info on page 3 of this packet. You can earn up to \$480 in premium discounts when you complete the LivingWell Promise by July 1, 2024. The Promise is fulfilled by taking the Castlight Health Assessment.

**Biometric screenings will no longer be an option to satisfy the Promise.**

## **Carrum**

Helps members get the highest-quality healthcare experience possible, for far less cost! Carrum Centers of Excellence provide cancer care and a range of surgical procedures such as knee, hip, heart, and weight loss surgeries. No surprise bills! No cost share (copays or deductibles) to you! Your journey to a healthier life. Connect with Carrum. —> Meet your care specialist who will help you throughout the process to lend a hand and answer any questions. —> Carrum coordinates your surgery, from planning your first appointment through post-op physical therapy. —> Carrum works with the top 10% of doctors across the nation so you know you'll be in the best hands on the day of surgery, with full Carrum support. —> High-quality healthcare doesn't have to cost you thousands of dollars. Your health plan covers most, if not all, of the medical costs related to your surgery, including certain travel expenses.

## **CVS Weight Management Pilot Program**

This weight management program provides customized support to reach your health goals including: one-on-one support from a team of clinicians; a nutrition plan personalized just for you; a connected body weight scale; a weight app with helpful guides, recipes, and goal setting. Participation in this pilot program is required for continued coverage of certain weight loss medications. Enrollment in the program will run through April 15, 2024, but is subject to continuation depending on the results of the pilot.

## **Flexible Spending Account (FSA)**

The amount you can contribute to a Healthcare Flexible Spending Account will increase to \$3,050 per year. The carry over maximum from 2024 to 2025 will increase to \$610 per year.

## **Live Tobacco Free Program**

The LivingWell Health Clinics conduct a 7-week lifestyle management program that is virtual via Zoom. Classes will be in a virtual group setting with weekly sessions lasting 30-minutes each. Once you've completed the program, you may schedule a virtual visit with the provider for Nicotine Replacement Therapy. *Note:* This program is for employees only.

## **PrudentRX**

PrudentRx is now available in all plan options. Save money with your specialty drugs! PrudentRx has collaborated with CVS Caremark® to offer a third-party (manufacturer) co-pay assistance program that may help save you money when you fill your prescription through the CVS Specialty network. Once you're enrolled in the PrudentRx program, you'll pay nothing out-of-pocket — that's right, \$0 — for medications on your plan's specialty drug list dispensed by a pharmacy in the CVS Specialty network. Your enrollment in the program will be started automatically, but some additional steps may be required, such as signing up for a manufacturer's co-pay assistance program. You can choose to opt out at any time, but if you do opt out, a 30% co-insurance will apply to your specialty medications.

## **UK Healthcare Acupuncture**

UK Healthcare Integrative Medicine and Health and KEHP have been piloting an acupuncture program at no cost to KEHP members! The maximum number of visits has increased to 20 visits for 2024 based on the member's treatment plan. No physician referral is required. Just call UK Healthcare Integrative Medicine and Health at 859-323-HEAL (4325).

## **Value Benefits**

This program has reduced costs on certain maintenance prescriptions and supplies. Currently, this is for Diabetes, COPD, and Asthma. We are now including Hypertension (high blood pressure) to this value benefit.