

# Benefits of Caring

Summer 2024 newsletter



## Summer is here! Explore your Catholic Health benefits to make the most of the season.

### Inside this summer newsletter:

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- **Page 4:** Read about the Total Rewards website and find our statement on weight loss GLP-1 medication coverage.
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## Want future summers to be a hit? Your pension plan with Catholic Health can help you thrive.

Eligible employees will automatically become a member of the plan when you reach age 21, complete at least one year of service and are scheduled to work a minimum of 20 hours per week on a regular basis.

### Key highlights of the Pension Plan include:

- Your retirement benefit will depend on your eligible earnings, the number of years you were participating in the Pension Plan and the age at which you begin to receive benefits.
- You are vested when you complete five years of continuous service.

Benefits are determined for each year that you work after becoming eligible to participate in the plan. The final benefit is based on a formula rather than on the performance of the stock market—the money you receive in the pension plan never stops for as long as you live!

**Normal Retirement:** This benefit is payable to you as a monthly annuity for your lifetime after you terminate from service, beginning at age 65 or your 10th anniversary of participation in the plan, whichever is later. Therefore, if you are hired after age 55, your Normal Retirement Date will be your tenth anniversary of participation in the plan.

**Early Retirement:** Benefits (in a reduced amount) may be paid to you as early as age 55 if you terminate employment or to your survivors upon your death. Benefit amounts are adjusted if you retire before your Normal Retirement Date or if you elect to receive benefits in a form other than a life annuity.

For more information, call the DRVC Retirement Solution Center at 1 (833) 377-7572 or access the Pension Self Service Portal (<https://client.sbcsystems.com/DRVCess/>). Participants can run their own pension estimates to plan for retirement, and access their personal pension benefit information after one year of service. The portal also provides participants with access to their pension plan status, the most recent annual statement, and the various optional forms of payment at any age starting with their early retirement date.

## Save for college with the NY 529 College Savings Program

A 529 College Savings Plan is a program created to help you save for future higher-education expenses for your child, grandchild, niece, nephew, or even yourself. It's never too early, or too late, to start saving for college, and one of the easiest, most tax-efficient ways to save is through New York's 529 College Savings Program Direct Plan.

### Want to learn more? Sign up for a webinar!

Join a 40 minute webinar, where a Program Representative will review what a 529 College Saving Program is, what you can use the account for, how to contribute and more!

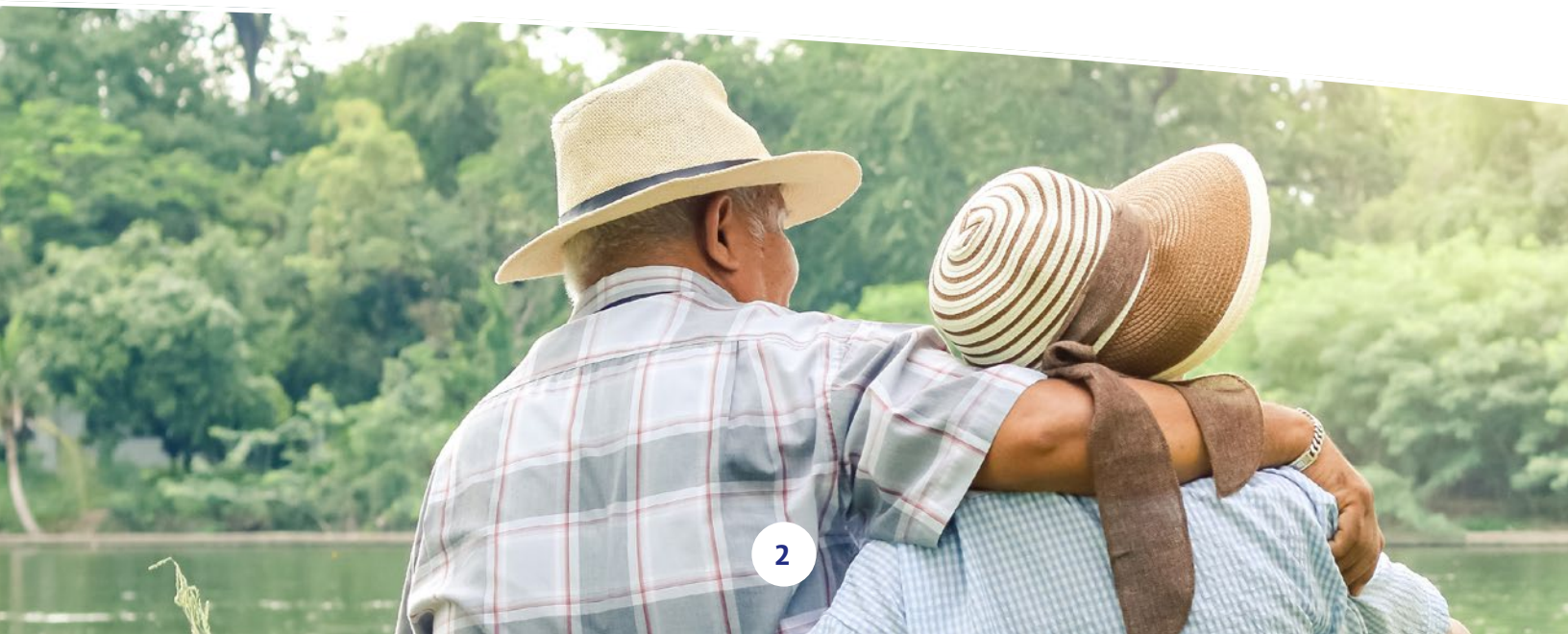


Webinars take place each month on:

- 2nd Monday of the month at 4:00 pm
- Last Wednesday of the month at 11:00 am

Sign up via the Catholic Health Intranet. Select System Departments > MYHR > My Benefits > 529 College Savings plan.

You can also reach the 529 plan at [www.NY529atwork.org](http://www.NY529atwork.org) or 1 (877) 697-2837 (Monday-Friday, 8 am-8 pm).



# Help managing your diabetes is a phone call away

To schedule an appointment, contact a diabetes program administrator.

Call: (631) 465-6060

email: [employeedm@chsli.org](mailto:employeedm@chsli.org)

## What is the Employee Diabetes Management Program?

The focus of this program is to engage our Catholic Health employees and family members toward the goals of achieving optimal clinical and well-being outcomes for each person living with diabetes. In this program, you or your dependent will have the opportunity to engage with a Catholic Health Certified Diabetes Care & Education Specialist (CDCES) and a Catholic Health Employee Diabetes Program Pharmacist (EDPP).

## Why should I join?

Our Employee Diabetes Management Program team includes members who will work collaboratively with you to improve glycemic management, avoid complications associated with uncontrolled diabetes, prevent avoidable hospitalizations, reduce absenteeism and improve quality of life.

As a participant of the program who is currently enrolled in the Catholic Health health plan—and your dependents covered under the Catholic Health health plan—you will have access to free diabetes medications and supplies through My CHS Rx. In addition, as a participant, you will receive personalized health coaching, education and program incentives. If you are not enrolled in the Catholic Health health plan, you can still participate in the program, but there would be no copay waiver on diabetes medications and supplies.

## What can I expect from this employee benefit? What is involved?

During the initial call, the diabetes program administrator will confirm whether you are enrolled in the Catholic Health health plan. You will need to provide your medical and pharmacy ID cards to assist with this process. You will meet virtually with a clinical pharmacist, who is also a diabetes specialist, who will conduct an initial medication assessment and provide education around medication adherence.

After the completion of the initial call, the administrator will schedule an appointment for you at a Diabetes Education Center of choice (Catholic Health has 10+ locations across Long Island), where you will meet with a CDCES and have the opportunity to participate in a 10- to 14-day professional continuous glucose monitoring study with oversight of the CDCES.

## What do I need to do to remain in the program?

The first three visits with the Catholic Health CDCES typically occur within one month of the program start and will be conducted in person. After the first three visits, you can choose to continue your diabetes self-management education either in person or virtually. You must attend at least one education session a quarter to qualify for free diabetes medications and supplies through My CHS Rx.

## How is my information shared once I enroll in the program?

The Catholic Health Employee Diabetes Management Program team is legally required to keep your personal data confidential. We will never give personally identifiable health information to your employer or provider without your permission. We will share the enrollment information with your pharmacy vendor so that you may get free diabetes medications and supplies through My CHS Rx once you enroll and participate in the program.



## Ready to make the most out of your total rewards?

### Find updated information on the total rewards website starting in August.

At Catholic Health, we recognize our greatest asset is our people, and we deeply value your dedication to the organization and to the community that we serve every day. Our goal is to provide you — our employees — with a top-notch, comprehensive benefits program, designed to help protect your health, income and savings now and in the future.

As a reminder, you have access to a Total Rewards website, giving you a personalized overview of your benefits, compensation, and other offerings. The Total Rewards website updates yearly with information from the previous year.

#### Your Total Rewards website offers:

- A holistic view of your compensation, benefits, and Retirement Plan balances.
- An overview of what Catholic Health is contributing on your behalf.
- Your comprehensive retirement balance including 403(b) and Pension.
- Links to additional benefits resources.

This one-stop website allows you the convenience of viewing your benefits in one place and the opportunity to learn more about the programs available to you. With the Total Rewards website, you will have a clear and complete view of the full value of your compensation and benefits package.

Be on the lookout for communications in August with more information on your updated Total Rewards Statement.

## Weight loss GLP-1 medication coverage change

Catholic Health has experienced a meteoric rise in the number of utilizers and associated costs with the coverage for GLP-1 medications prescribed for weight loss. This class of medications are those that you may have heard about that help lower blood sugar levels, and promote weight loss for people with obesity. The brands of GLP-1 medications used for weight loss are Zepbound, Saxenda and Wegovy.

This increase has drastically impacted our prescription claims experience, and without any type of intervention, it is estimated that all Catholic Health members would experience a significant increase in their health insurance premiums—regardless of whether an individual currently takes a GLP-1 medication. To mitigate this impact to health insurance premiums, Catholic Health has made the decision to discontinue coverage for new prior authorization approvals for GLP-1 medications specifically prescribed for weight loss effective 8/1/24. For anyone who currently has a prior authorization and is using one of these medications prescribed for weight loss, coverage will be discontinued as of 8/15/24. **GLP-1 medications prescribed for a diabetes diagnosis will continue to be covered.**

We understand that weight management is a critical aspect of overall health. If you are currently using GLP-1 medications for weight loss, please refer to the letter you received from OptumRx with more detailed information.

This decision is based on a commitment to providing coverage for treatments with demonstrated clinical efficacy and value, while also managing healthcare costs responsibly. If you have any questions, you can review covered medications under the Catholic Health Plan online at [www.optumrx.com](http://www.optumrx.com) or call OptumRx customer service at the number on your member ID card.



# Physical Therapy & Rehabilitation you can trust

**Serving the people of our community—when and where they need it.**

Catholic Health Physical Therapy & Rehabilitation provides the highest quality and most comprehensive outpatient rehabilitation care available on Long Island. Patients of all ages have easy access to one of 14 convenient locations across Suffolk and Nassau counties. Our team of experts, including board-certified physiatrists and physical, occupational and speech therapists, use the latest and most advanced rehabilitation therapies and are dedicated to improving your quality of life with better mobility, function and independence. Patients recovering from orthopedic injuries and surgeries, neurological conditions such as stroke, brain injury and Parkinson's disease and any other illness or condition that impairs function can benefit from our services.

Contact one of the Catholic Health Physical Therapy & Rehabilitation locations listed below to schedule an appointment:

## Suffolk

### Centereach

2100 Middle Country Road  
Centereach 11720  
(631) 580-2526

### Commack

500 Commack Road  
Commack 11725  
(631) 784-1960

### East Setauket

3 Technology Drive  
East Setauket 11733  
(631) 751-8000

### Melville

1895 Walt Whitman Road  
Melville 11747  
(631) 577-3400

### Patchogue

77 Route 112  
Patchogue 11772  
(631) 207-2370

### Port Jefferson

200 Belle Terre Road  
Port Jefferson 11777  
(631) 474-6111

### Ronkonkoma

3279 Veterans Highway  
Ronkonkoma 11779  
(631) 580-8720

### Smithtown

240 Middle Country Road  
Smithtown 11787  
(631) 382-4550

### West Babylon

501A Montauk Highway  
West Babylon 11704  
(631) 465-7150

### West Islip

560 Union Boulevard  
West Islip 11795  
(631) 376-4109

## Nassau

### Bethpage

4295 Hempstead Turnpike  
Bethpage 11714  
(516) 520-2880

### Westbury

761 Merrick Avenue  
Westbury 11590  
(516) 421-4270

### Greenvale- Dematteis Center

101 Northern Boulevard  
Greenvale 11548  
(516) 629-2047

### Rockville Centre

1000 North Village Avenue  
Rockville Centre 11570  
(516) 705-3772



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## Make your summer *one to remember.*

**SAVE UP TO 60% IN 25+ CATEGORIES.**

Make a splash into summer with unbeatable deals on travel, summer favorites, activities for little ones, and the best sales of the season. Don't miss out, these deals won't last forever!

### To get started:

- Sign up at <http://chsli.perkspot.com/>
- When you're on your organization's site, click "**Create Your Account**" to sign up

Scan the  
QR Code  
to register

