



NEVADA PUBLIC EMPLOYEES' BENEFITS PROGRAM

2nd Quarter—Plan Year 2024

Quarterly Newsletter

October 2023

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UMR On-Site Claims Assistance

Have questions about your claims? **CDHP, LD and EPO participants may join a UMR representative in-person in Las Vegas or Carson City** to help you get your questions answered.

To schedule a meeting, call UMR at 1-888-763-8232 or log into your UMR member account and use the chat feature.

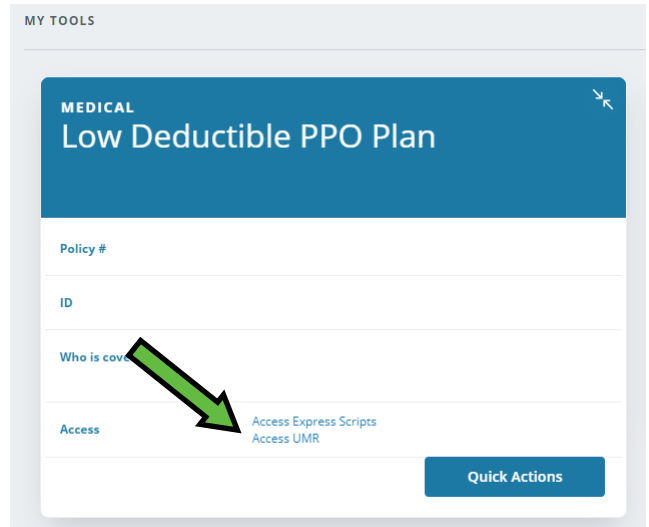
From your [E-PEBP portal](#), use the single sign-on feature to access your UMR account. Under “MY TOOLS” click on “Access UMR.”



Meeting Locations

UMR Campus in Las Vegas
2716 N. Tenaya Way
Las Vegas, NV 89128

PEBP
3427 Goni Road, Suite 109
Carson City, NV 89706



Via Benefits Exchange—HRA Assistance

Retirees enrolled in a supplemental medical plan with Via Benefits may be eligible for Exchange—Health Reimbursement Arrangement (HRA) funds.

or on-going HRA issues by connecting you to an HRA Specialist. To schedule a phone appointment or an on-site, in-person appointment at the PEBP office in Carson City call **Via Benefits HRA Assistance Appointments at 1-844-266-**

1395.

For general account questions, call the Via Benefits Service Center at 1-888-598-7545.



Visit to view [Meetings and Events](#) to view PEBP's calendar of events



A c c e s s . Q u a l i t y . A f f o r d a b i l i t y .

PEBP and Via Benefits' Fall Meetings

Register for one meeting at <https://my.viabenefits.com/PEBP> depending on your needs.

Pre-Medicare/Aging into Medicare Meeting:

For those enrolled in a self-funded plan (CDHP, LD or EPO) or Health Plan of Nevada (HMO) who have not yet enrolled in Medicare and would

like an overview of how to make the transition once they turn 65 and/or retire. This webinar will provide an overview of the enrollment process, HRA funding, and PEBP's Medicare requirements.

Via Benefits HRA/Medicare Open Enrollment Meeting:

This meeting is for Medicare eligible participants and focuses on Medicare open enrollment, and how to use the retiree Health Reimbursement Arrangement (HRA) ac-

count to help pay for out-of-pocket health care expenses and/or health care premiums.



<p>Monday, October 16th 11:30am – 1:00pm PT https://my.viabenefits.com/PEBP</p>
<p>Tuesday, October 17th 12:00pm – 1:30pm PT https://my.viabenefits.com/PEBP</p>

<p>Monday, October 16th 2:00pm – 3:30pm PT https://my.viabenefits.com/PEBP</p>
<p>Tuesday, October 17th 9:30am – 11:00am PT https://my.viabenefits.com/PEBP</p>

For detailed information, [view the official PEBP and Via Benefits' fall events communication here.](#)

2nd.MD \$75 Gift Card Incentive

If you're enrolled in the CDHP, LD or EPO plan and are recommended to have a surgery or medical procedure soon, 2nd.MD is here to help make sure that you're on the right treatment path. Get access to virtual expert second opinions from leading specialists. **You can receive a \$75 Visa gift card** when you complete a qualifying consultation before December 31, 2023. Second opinions are **no additional cost** as part of your benefits.



Call 1-866-269-3534
 Sign up at www.2nd.MD/pebp
 Use the 2nd.MD mobile app (download for free from the Apple Store or Google Play)

3 Simple Steps to Claim your \$75 Reward!

1. Request a consultation for a qualifying previously recommended surgery or procedure and a registered Care Team nurse will contact you to discuss your diagnosis, collect your medical records and connect you with an expert specialist.
2. Speak with an expert specialist who will discuss your treatment plan and any alternate solutions available— all from the comfort of your home.
3. **Get a \$75 Visa gift card if you complete your consult by December 31, 2023.**

What is Hinge Health?

Hinge Health provides personalized care plans to help people accomplish their health goals related to musculoskeletal (back, muscle, and joint) health.

What could be included in my treatment plan?

1. Access to the Hinge Health app with guided exercise therapy
2. Virtual visits with members of your care team
3. Kit with a tablet and tools to assist in guiding exercise therapy



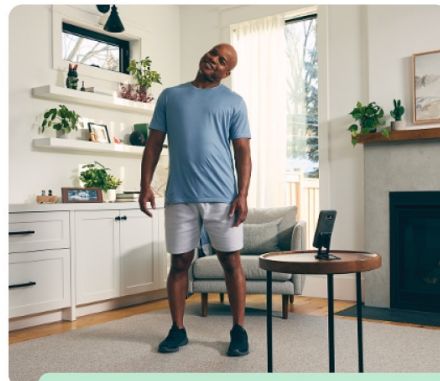
How much does the program cost?

It's free for eligible participants enrolled in the CDHP, LD and EPO plans. This includes access to your care team, the

Hinge Health app, and any materials sent to assist in your care.

hinge.health/nevadapebp

Or call 1-855-902-2777



Exercise therapy made easy

Follow along in the app for simple, 10-minute exercise therapy sessions.



Treatment from your care team

Get help overcoming pain, recovering from an injury, preparing for surgery, and more!

Get Real Results with Real Appeal



Small Steps. Lasting Change.

Real Appeal is an online weight management program that makes it easy to set your nutrition, exercise, and weight loss goals — then track your progress. Plus, you'll get recommendations for small daily steps to stay motivated.

Get Started with Real Appeal



Real Appeal is available to participants and their eligible dependents who meet BMI requirements and are enrolled in a PEBP plan at no additional cost as part of your health insurance plan.

Be sure to have your health insurance ID card handy when enrolling.

A c c e s s . Q u a l i t y . A f f o r d a b i l i t y .

Fall Vaccine Clinics

Who	Where	When	How
<p>RENO</p> <p>UNR, TMCC & DRI active employees enrolled in a PEBP plan (CDHP, LD and EPO plans)</p>	<p>UNR Joe Crowley Student Union, Room 422 1644 N. Virginia St. Reno, NV 89557</p>	<p>Monday, October 9th 9:00am—4:00pm (Event has been extended)</p>	<p>Photo ID, insurance card and consent form are required.</p> <p>View the NSHE event flyer here.</p>
<p>LAS VEGAS</p> <p>All active employees and retirees enrolled in a PEBP plan (CDHP, LD and HMO plans)</p>	<p>Nevada Business Center 4th Floor-Nevada Room 3300 W. Sahara Ave. Las Vegas, NV 89102</p>	<p>Wednesday, October 11th 10:00am-2:00pm</p>	<p>Photo ID, insurance card and consent form are required.</p> <p>View the Las Vegas event flyer here.</p>
<p>CARSON CITY</p> <p>All active employees and retirees enrolled in a PEBP plan (CDHP, LD and EPO plans)</p>	<p>PEBP Board Room 3427 Goni Rd., #117 Carson City, NV 89706</p>	<p>Thursday, October 19th 10:00am-3:00pm (Event has been extended)</p>	<p>Photo ID, insurance card and consent form are required.</p> <p>View the Carson City event flyer here.</p>

No out-of-pocket costs for eligible participants and their covered dependents.

What The following vaccines are available: flu (regular and senior formulation), COVID-19 booster, Tdap (Tetanus, Diphtheria, Pertussis), Hepatitis B, Pneumonia, and Shingles. Vaccinations are subject to age and time since last dose requirements. For more information click on the corresponding event flyer above.

Why PEBP’s mission is to provide eligible employees, retirees, and their families with access to high quality benefits at affordable prices. Holding vaccine clinics makes getting preventive care convenient and easy for our participants.

Administrative leave is authorized per NAC 284.589.6(b) for **active employees** attending a PEBP coordinated event. PEBP recommends employees work with their supervisor to request approval to attend a clinic.