

4th Quarter—Plan Year 2024

Quarterly Newsletter

April 2024

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View PEBP's upcoming events at [Meetings & Events \(nv.gov\)](https://www.nv.gov/Meetings-Events)

Plan Year 2025 Open Enrollment is May 1st-31st

PEBP's open enrollment (OE) is **May 1st through May 31st**. Any changes made during open enrollment will be effective July 1, 2024.

The OE webinars will offer information about Plan Year 2025 rates, spending account employer contributions, how to complete your OE

event, and other plan benefits with a Q&A to follow.

The OE meetings will be held via live webinar. **You must register to attend an OE meeting.** The links to register for the live webinars are available on PEBP's website under [Meetings & Events](#), or by using the links in the table below.

Webinar recordings will be available on PEBP's website once they have concluded.

[View the OE communications for those enrolled in a PEBP plan.](#)

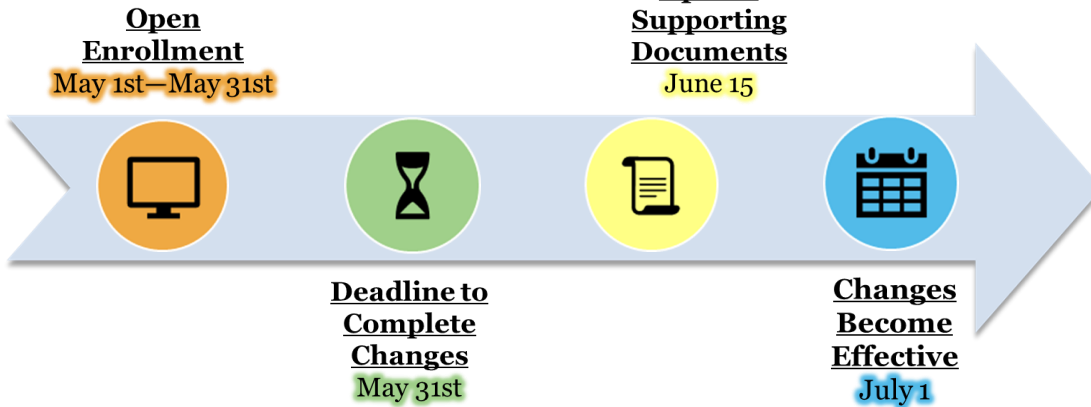
[View the OE communication for those enrolled with Via Benefits.](#)

Plan Year 2025 Effective 7/1/2024—Open Enrollment Webinars

Participants enrolled in Medicare on the Exchange with Via Benefits	Tuesday, April 30th, 2024 10:00am— 11:00am PST Click here to register for this event
	Thursday, May 2nd, 2024 1:00pm— 2:00pm PST Click here to register for this event
Participants enrolled in the Consumer Driven Health Plan, Low Deductible Plan, Exclusive Provider Organization Plan, or Health Plan of Nevada	Tuesday, April 30th, 2024 1:00pm— 3:00pm PST Click here to register for this event
	Wednesday, May 1st, 2024 9:00am— 11:00am PST Click here to register for this event
	Thursday, May 2nd, 2024 10:00am – 12:00pm PST Click here to register for this event

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 an open enrollment meeting. Open enrollment meetings for active employees are scheduled in 2-hour increments.

Open Enrollment Timeline



If you do not want to make any changes to your coverage no action is required.

Allowable Changes:

- Change plan option
- Add or remove dependent(s)
- Switch from the CDHP HRA to the CDHP HSA (if eligible) or vice versa
- Elect or decline voluntary benefits
- Decline coverage
- Enroll in an FSA

Retiree Late Enrollment

In accordance with [Nevada Revised Statute 287.0475](#), a retired public officer or employee, or the surviving spouse or domestic partner of such retiree, can reinstate insurance, except basic life insurance, once during a PEBP open enrollment period. Eligibility and enrollment are subject to review and approval. Please review the Enrollment and Eligibility Master Plan Document for additional details at <https://pebp.nv.gov> under [Getting to Know Your Plan](#).

Retiree Late Enrollment Timeline			
Contact PEBP Between	Complete Enrollment By	Supporting Documents for Dependents Due	Enrollment Effective
April 15 th and May 15 th	May 31 st	June 15 th	July 1 st

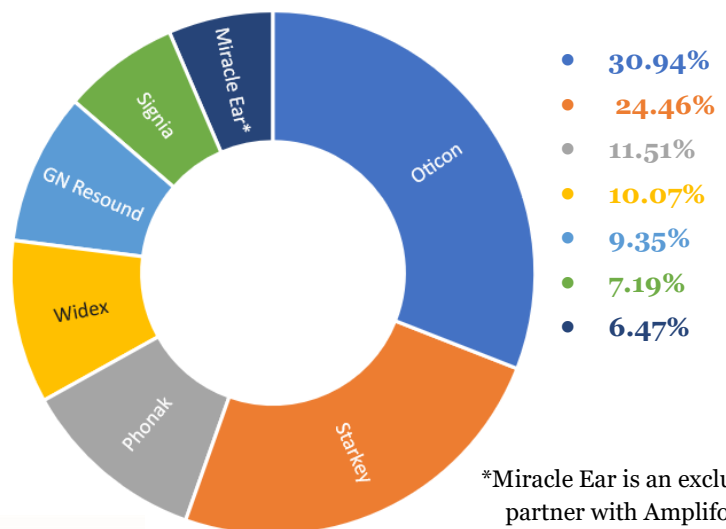
Amplifon: Hearing Health Care

PEBP and Amplifon are teamed together to offer all PEBP participants quality hearing health care.

If you think you may have hearing loss and are interested in a hearing exam or hearing devices, visit Amplifon on the web by clicking on the logo below.

[View the Amplifon flyer here.](#)

Manufacturers Selected by PEBP Participants



(833) 602-0277 TTY:711

Access. Quality. Affordability.

2nd.MD— Specializing in Medical Certainty

What is 2nd.MD?

For those enrolled in PEBP’s CDHP, LD and EPO plans, the service helps people on their medical journey with second opinions from leading experts for every healthcare condition.

What services are included?

Virtual access to experts from top national institutions who are leading the research, clinical trials, and next generation of health care. Whether it’s a new diagnosis, upcoming

surgery, or questions about a chronic condition or pain, 2nd.MD helps you on your healthcare journey.

What are 2nd.MD House Calls?

A webinar series that gives you the ability to

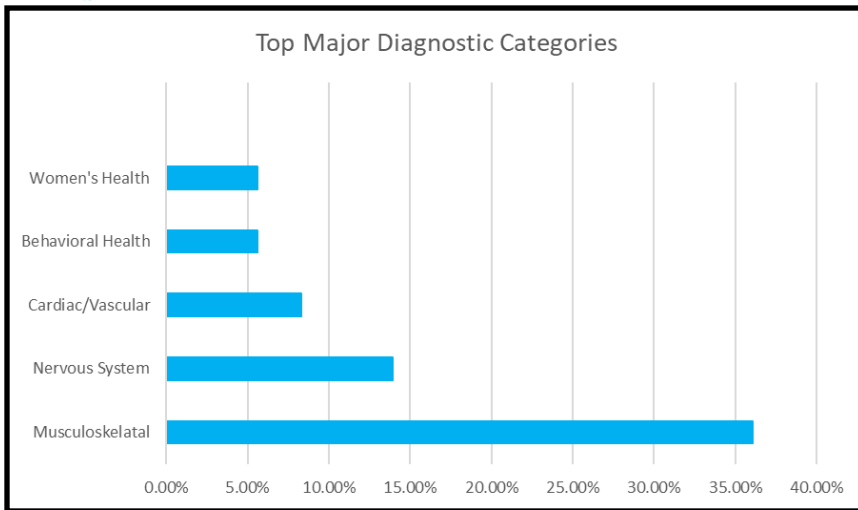
hear from expert specialists on a variety of health topics. When you register, you will have the opportunity to submit questions for that month’s specialist during the live event. All webinars are recorded and available for on-demand viewing.

Register for **HOUSE CALLS WEBINARS** at <https://www.2nd.md/webinars/>

Topic	Date
Trust Your Gut: Learning More About Celiac Disease, IBS, GERD and More	April 18
Exploring Mental Health Conditions and Treatment Options	May 16
Understanding Men’s Health: Prostate Cancer, Erectile Dysfunction and More	June 20

2nd.MD Utilization and Clinical Outcomes

[Activate Your Membership | 2nd.MD](#)
or call (866) 841-2575



86% had an improved treatment plan

41% avoided surgery

36% received an alternative diagnosis

Older Adults Can Receive Additional Dose of COVID-19 Vaccine

The CDC has approved the recommendation for an additional dose of any of the 2023-2024 COVID-19 vaccines (Pfizer, Moderna, Novavax) to **all**

people aged 65+ at least 4 months after their last dose.

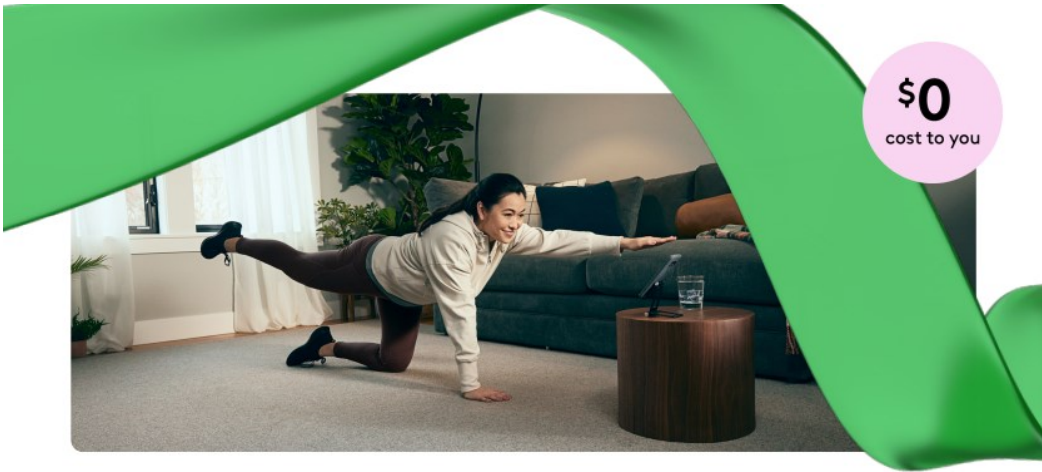
Most COVID-19 deaths and hospitalizations last

year were among people 65 years and older. An additional vaccine dose can provide added protection that may have decreased over time for

those at highest risk.

[View the CDC’s media statement here.](#)

Hinge Health: Personalized Care That Gets You Moving



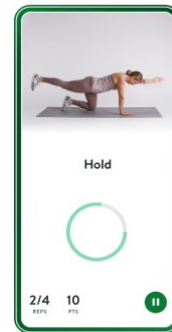
To learn more and apply, scan the QR code or visit

hinge.health/nevadapebp

Questions? Call (855) 902-2777

Relieve joint and muscle pain for those enrolled in the Consumer Driven Health Plan (CDHP), Low Deductible Plan (LD), and Exclusive Provider Organization Plan (EPO), and their eligible dependents 18 years of age and older.

- Virtual sessions anytime, anywhere
- Unlimited 1-on-1 health coaching
- Motion-tracking technology for instant form correction



Testimonials

“I saw my in-person PT yesterday and they have no concerns. They said I’m ahead of the game with my recovery. **I showed her the HH exercises and she agreed it was great and aligned with what she would recommend, especially for my hamstrings and hips.** The exercises prior to the surgery were perfect. My progress remains positive and I may not need to go back for any PT at all.”

-Surgery Back Program, 50-55 years old

“I walked around 11,000 steps WITHOUT my hiking poles. **This is the first time in over two years that I was able to walk that far without any type of aid so that was a huge win for me...** I was able to do all of the exercises today without having increased pain anywhere.”

-Chronic Back Program, 50-55 years old

“Driving back today and with all the walking and driving all weekend hardly any pain!! Feeling great today!”

-Chronic Knee Program, 55-59 years old

“I’m delighted with the program's effectiveness. **Not only did the exercise therapy help me physically, but it also improved my mental and emotional well-being with the informative articles that accompanied each exercise.** I’m still in pain (not as much as before) but I learned to focus more on the increasing functionality and mobility of my knee every day.”

-Chronic Knee Program, 60-65 years old