



Total. Local. Care.

Part-Time EMPLOYEE BENEFITS OVERVIEW

June 1, 2021 through May 31, 2022



MEDICAL | DENTAL | VISION | GROUP LIFE & AD&D | VOLUNTARY LIFE & AD&D

Benefits overview intended for summary purposes only.

The health of our employees is a priority, and we recognize the importance of providing quality benefits as part of our overall compensation package. This Employee Benefits Overview (EBO) is provided as a convenient reference document of your benefit options. Please refer to the carrier's Summary of Benefits and Coverage (SBC) and/or Certificate of Coverage for detailed descriptions of all available employee benefit programs and exclusions. If you require further explanation or need assistance regarding claims processing, please refer to the customer service telephone numbers at the back of this guide.

Eligibility & Change in Family Status

Employees working between 24 and 29 hours per week are eligible for all benefits outlined in this summary. Benefits are effective on the first of the month following 30 days after your date of hire and coverage is available for you, your spouse and/or dependent child(ren). Dependent child(ren) are eligible for coverage up to age 26 for medical, dental and vision benefits.

We have adopted an IRS-sponsored Section 125 Plan that allows premiums for medical, dental, vision insurance, contributions to FSA accounts and/or certain supplemental policies to be deducted from your paycheck on a pre-tax basis. Under Section 125, changes to pre-tax benefits can be made ONLY during the Open Enrollment period unless you or a qualified dependent experience a change in family status (or Qualifying Event). Examples of Qualifying Events are as follows:

- Marriage/Divorce/Legal Separation
- Birth/adoption or placement of a child for adoption
- Death
- Loss of coverage (for you or dependents)/loss of eligibility status for dependents

It is your responsibility to notify Human Resources within 30 days of a Qualified Event if you want to add or remove a dependent from your benefit plans. The effective date will be the same day as the status change (for example, your newborn's birth date or date of marriage).

Participation in the Section 125 Benefit Plan is automatic for all eligible employees who are enrolled in health, dental and/or vision insurance programs offered. Under the Section 125 Plan, your gross taxable income will be reduced to pay your share of premiums for these group insurance programs on a tax-free basis. If you wish to pay your share of premiums post-tax, please notify human resources.



Take Advantage of Preventive Care Benefits

Preventive care is covered in full when performed in a preventive capacity by an in-network provider. The types of tests or procedures typically covered as preventive may include mammograms, pap smears, prostate specific antigen (PSA) tests, colonoscopies, and preventive screenings for newborns and children. Some testing may have age or gender requirements.

Examples of Preventive Care



Flu Shot

Can help prevent the flu



Colonoscopy

Can help prevent colon cancer, or find it in the early stages when it's more treatable



Mammograms

Can help prevent breast cancer, or find it in the early stages when it's more treatable



Annual checkup

Can help prevent health problems such as diabetes and high cholesterol before they start or get worse

Your medical coverage is designed to help promote good health and protect you and your family from major financial hardships in the event of illness or injury. Anthem of Kentucky is your health insurance carrier. See chart below for medical summary.

Each health plan offered has unique features. You have the option to choose a medical plan that fits your needs and your budget by balancing the cost of premiums, deductibles, maximum out-of-pocket amounts, coinsurance, and copays. Generally, if you choose a plan with a higher deductible and maximum out-of-pocket, your monthly premium will be lower. Consider your family's overall typical or expected health plan utilization to choose the plan that is right for you.



Medical Benefits Summary	Base Plan In-Network Benefits		Core Plan In-Network Benefits		
	T.J. Domestic	Anthem Retail	T.J. Domestic	Anthem Retail	
	Calendar Year Annual Medical Deductible	No Deductible	\$2,750 individual \$5,500 family	No Deductible	\$2,000 individual \$4,000 family
Coinsurance (Plan/Member)	80% / 20%	70% / 30%	80% / 20%	70% / 30%	
Medical Maximum Out-of-Pocket	\$1,500 individual \$3,000 family	\$4,500 individual \$9,000 family	\$1,250 individual \$2,500 family	\$3,250 individual \$6,500 family	
Rx Maximum Out-of-Pocket	\$1,000 individual \$2,000 family	\$1,000 individual \$2,000 family	\$1,000 individual \$2,000 family	\$1,000 individual \$2,000 family	
Covered Services	Member Cost Share		Member Cost Share		
Primary Care Office Visit	\$10 copay	\$30 copay	\$10 copay	\$25 copay	
Specialist Office Visit	\$20 copay	\$60 copay	\$20 copay	\$50 copay	
Preventive Care	No member cost	No member cost	No member cost	No member cost	
Emergency Room	\$150 copay	\$150 copay	\$150 copay	\$150 copay	
Urgent Care Center	\$50 copay	\$75 copay	\$50 copay	\$75 copay	
Inpatient Facility Services	20%	Deductible then 30%	20%	Deductible then 30%	
Outpatient Services	20%	Deductible then 30%	20%	Deductible then 30%	
Rx Drug Copay	Generic	\$4	\$15	\$4	\$15
	Preferred	\$20	\$45	\$20	\$45
	Non-Preferred	50% (min \$35-max \$75)	50% (min \$75-max \$125)	50% (min \$35-max \$75)	50% (min \$75-max \$125)

1. Maximum Out-of-Pocket includes all copays, coinsurance, and deductibles when applicable for fully ACA compliant plans.

There's More to T.J.'s Employee Pharmacy than Filling a Prescription!

Employees have the convenience and cost savings of filling their prescriptions at the T.J. Samson Onsite Pharmacy as an alternative to Anthem's retail pharmacy network or mail order program.

The pharmacy is available to employees, spouses and children covered under the health plan with reduced copays.



The programs offered to T.J. Regional Health employees are 100% voluntary. For employees who reach “Engagement Status” and do not use nicotine, you can receive discounts on your premiums. If a spouse is covered under the T.J. Regional Health current Health Plan, they can also receive the same discounts as employees.

Medical Payroll Deductions

24 Pay Periods

* Engagement and Non-Tobacco Credits apply to Employee and Spouse only.

▶ EMPLOYEE

Plan Option	Engaged Non-Tobacco	Engaged Tobacco	Non-Engaged
Base Plan	\$271.00	\$309.00	\$346.00
Core Plan	\$298.00	\$336.00	\$373.00

Alternative Standard

If due to a medical condition it is unreasonable for you and/or your covered spouse to meet specific engagement criteria, an alternative standard may be made available to you. See Human Resources for details.

▶ EMPLOYEE + CHILD(REN)

Plan Option	Engaged Non-Tobacco	Engaged Tobacco	Non-Engaged
Base Plan	\$547.00	\$585.00	\$622.00
Core Plan	\$596.00	\$634.00	\$671.00

▶ EMPLOYEE + SPOUSE

Plan Option	Both Engaged - Both Non-Tobacco	Both Engaged - Either EE OR SP Tobacco	Both Engaged - EE AND SP Tobacco	One Engaged - Non-Tobacco	One Engaged - Tobacco	Both Non-Engaged
Base Plan	\$576.00	\$614.00	\$651.00	\$651.00	\$689.00	\$726.00
Core Plan	\$633.00	\$671.00	\$708.00	\$708.00	\$746.00	\$783.00

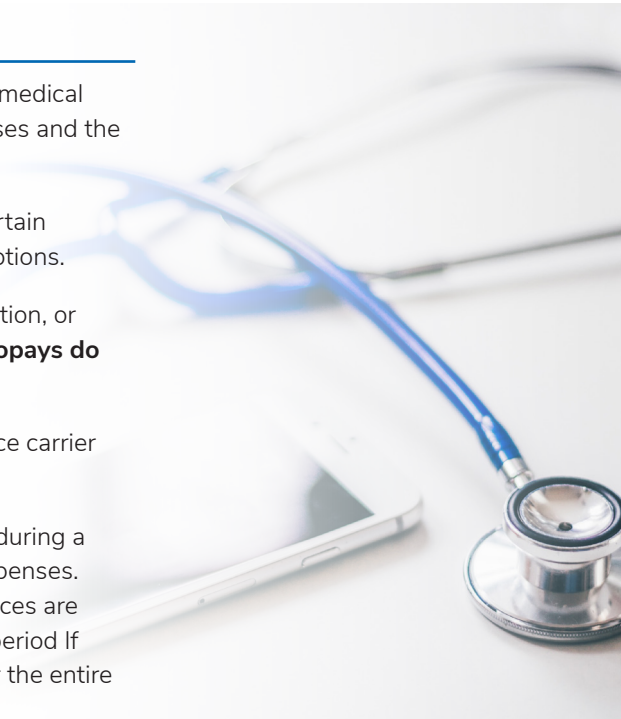
▶ FAMILY

Plan Option	Both Engaged - Both Non-Tobacco	Both Engaged - Either EE OR SP Tobacco	Both Engaged - EE AND SP Tobacco	One Engaged - Non-Tobacco	One Engaged - Tobacco	Both Non-Engaged
Base Plan	\$957.00	\$995.00	\$1,032.00	\$1,032.00	\$1,070.00	\$1,107.00
Core Plan	\$1,044.00	\$1,082.00	\$1,119.00	\$1,119.00	\$1,157.00	\$1,194.00

PPO Medical Benefits Definitions

The information below provides key definitions and a review of your PPO medical benefits. The benefit summary grid will outline your out-of-pocket expenses and the benefit period specific to your plan.

- **Copays** are flat dollar amounts listed on your Benefit Summary for certain services. Typically, copays apply to physician office visits and prescriptions.
- When you use services such as MRIs, CT Scans, lab work, hospitalization, or surgeries you must meet the **deductible** as indicated on your plan. **Copays do not apply to your deductible.**
- **Coinsurance** is a percentage of costs that you share with the insurance carrier after your deductible has been met.
- **The Maximum Out-of-Pocket** is the maximum amount you will pay, during a benefit period, and includes all deductible, copay, and coinsurance expenses. When an individual meets the maximum out-of-pocket, covered services are paid in full by the plan for that individual until the end of that benefit period. If the family maximum is met, services are covered in full by the plan for the entire family until the end of the benefit period.





With 'click to chat' feature!

Anthem's Mobile App

Meet 'Sydney', the mobile app that runs on intelligence and keeps pace with you!

Anthem's digital app 'Sydney' provides a single, convenient location for a digital ID card, plan details, spending accounts, claims and more!

You now have advanced integrated help and support with click to chat features and the ability to schedule a call back.

Sydney's ON THE GO!

Download the Sydney app at



2021 Engagement Process

Achieve “Engagement” Status

Step #1:

Participate in free biometric screening.

You may also visit your Primary Care Physician and return a biometric form. Remind your provider to bill the claim as Preventive so it is covered at 100%.

Step #2:

Complete Health Risk Assessment (HRA) by visiting

TJRegional.personalhealthsurvey.net/portal.

Nicotine-Free

Step #3:

Affirm nicotine-free status by completing Nicotine Affidavit when you enroll in your benefits at www.tjsamson.bswift.com.

Current nicotine users must be nicotine-free for 90 consecutive days in order to receive the discounted premiums.

Maintain Current Payroll Deduction

Beginning in June, new payroll deductions will go into effect based on your level of participation.

Participation = \$\$\$



Health Awareness & Improvement at T.J. Regional Health!

T.J. Regional Health is pleased to continue our Health Awareness & Improvement programming for 2021-2022. Employees and spouses who are enrolled in T.J. Regional Health's medical insurance program may receive additional discounts toward their monthly insurance premiums through voluntary participation in the Employee Engagement program.

To reach the first level of participation and become "**Engaged**", employees and spouses must complete the annual biometric screening and personal risk assessment when it is available – typically in the spring of each year. For individuals hired after this annual screening, they and their spouses, will be able to attain **Engaged** status by completing the personal risk assessment only. The biometric process will be completed annually when the entire T.J. Regional staff is offered the opportunity. Information about the personal risk assessment process is mailed to newly hired employee's homes by Marathon Health, the company that partners with T.J. Regional Health to provide the medical care and coaching services at the Fit for Life Health & Wellness Center. During the time between being hired and the annual biometric screening, these employees and families are eligible (and encouraged) to receive care at the T.J. Fit for Life Health & Wellness Center.

The next level of involvement is determined by the **Tobacco/Nicotine** usage of the employee and spouse. To receive the maximum allowable premium discount this year, the employee and covered spouse must be Tobacco/Nicotine free; however, if only one of you satisfies this requirement, there is a partial discount that is applied to the monthly medical insurance premiums.

Maintaining **Engaged** status is required to continue receiving the discounts on the medical insurance premiums. If the results of the biometric screening process indicate that you or your covered spouse have 3 of 5 Moderate Risk Factors or 1 of 5 High Risk Factors (see page 7), you must participate in the Coaching program offered at the T.J. Fit for Life Health & Wellness Center. Individuals meeting this criteria will receive a personalized letter explaining their results as well as the details surrounding the Coaching requirements and related timeframes. **It is imperative that the individual fulfill the Health Coaching requirements or the discounts will be removed and the medical insurance premiums will increase immediately.**

*For the 2021-2022 benefit plan year, individuals that require coaching will participate in three Health Coaching sessions prior to February 28th, 2022. **The first coaching session must be completed by July 31st 2021!** There is an opportunity to reduce the required number of coaching visits from three (3) to one (1) if an individual improves their risk factors to non-coaching required status (two or fewer Moderate Risk Factors and zero High Risk Factors). If risk factor(s) have not improved, the two (2) remaining visits will be required. If you are required to complete the remaining two (2) coaching visits, visits must be completed by November 30th, 2021 and February 28th, 2022, respectively. Health Coaching sessions must be scheduled in advance and the first "no-show" will result in the **Engaged** status being forfeited until the visit has been rescheduled and completed. Additional "no-shows" will result in the **Engaged** status being forfeited through the remainder of the benefit plan year.*

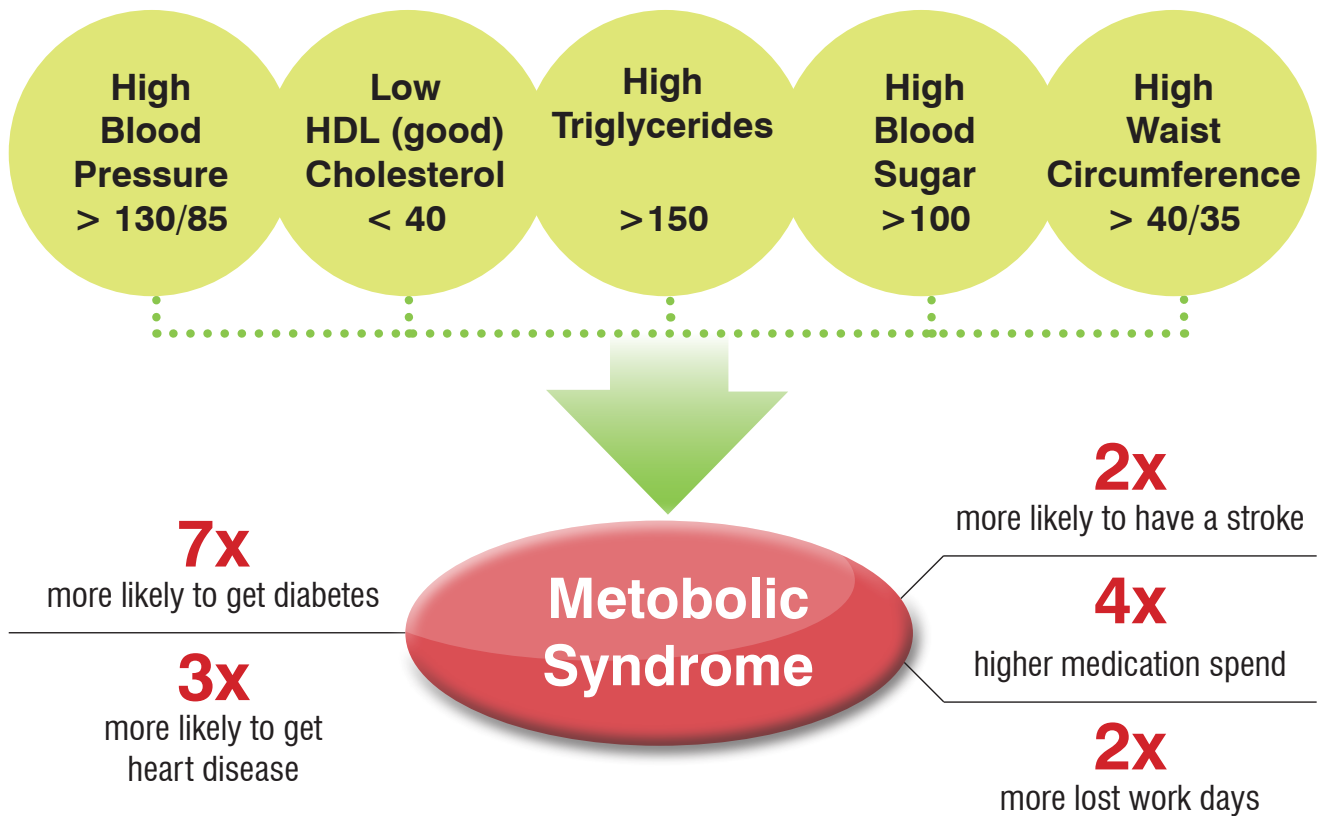
Understand Your Health!

The first step towards enjoying good health is understanding your current health and the numbers that clinicians use to define health status. Participating in the health awareness program is the first step toward that goal!

All employees and spouses have the opportunity to participate in the annual biometric screening. The lab test results from the screening will be used to determine your health status.

A Devastating Combination...

Did you know any 3 of these 5 risk factors means you have Metabolic Syndrome?



Risk factors can be either Moderate or Severe. The Employee Engagement Program requires health coaching from the T.J. Fit for Life Health and Wellness Center for individuals with 3 or more Moderate Risk Factors or 1 or more High Risk Factors as listed below.

Moderate Risk Factors (3 of 5)
Glucose = 101+
Triglycerides = 200+
Blood Pressure = 130/81+
BMI = 30+
Male HDL Ratio = 5.1+
Female HDL Ratio = 4.5+

High Risk Factors (1 of 5)
Glucose = 126+
Triglycerides = 500+
Blood Pressure = 140/90+
BMI = 35+
Male HDL Ratio = 9.6+
Female HDL Ratio = 7.0+

Health Coaching & Education Center

T.J. Regional Health remains committed to supporting health and wellness services as part of its efforts to improve employee health. The services offered at the T.J. Fit for Life Health & Wellness Center are designed to complement the care provided by your personal Primary Care Provider and help you achieve your highest level of health.

The Center is a convenient place for all eligible participants to obtain preventive and routine healthcare, health coaching and education about chronic conditions as well as receive treatment for acute conditions such as the flu, bronchitis, etc.

Health Coaching services offered at the Center are designed to help you address health risks such as increased blood sugar, cholesterol, triglycerides, blood pressure and weight. In conjunction with programs such as C=Care and T.J.'s employee engagement process, covered plan members can enjoy the benefits of better health for their lifetime.



FIT FOR LIFE
Health & Wellness Center
A T.J. Regional Health Initiative

Scheduling an appointment to receive any of these services – at no cost to you – is easy!

**T.J. Fit for Life
Health & Wellness Center:**

270-651-4422

Monday	7 am - 4 pm	Wednesday	7 am - 5 pm
Tuesday	7 am - 4 pm	Friday	7 am - 3 pm
Thursday	7 am - 4 pm		

Health Improvement & Savings Opportunities!



Waived copays and deductibles for Rx, supplies and labs.

If you or your spouse have been diagnosed with a cardiovascular disease or diabetes, the C=Care Program can be very beneficial for you.

Cardiovascular - Employees (and spouses) enrolled in the T.J. Regional Health Medical Insurance Program and who are being treated with medication for hypertension and dyslipidemia.

Diabetes - Employees (and spouses) enrolled in the T.J. Regional Health Medical Insurance Program who have been diagnosed with Diabetes can enroll in the C=Care Program and will also be enrolled in the cardiovascular program.

Once acclimated to the program, participants will meet with a health "coach" approximately once per quarter to assist in setting goals of compliance for their disease state. Examples of goals are maintaining proper blood sugar levels, blood pressure, and cholesterol levels.

In exchange for participation in the program, your copays and deductibles for certain disease related medications, specific labs, and certain supplies will be waived at any T.J. Regional Health pharmacy, laboratory, or Primary Care Physician's office!

The average participant in the C=Care program will give 6 hours of their time to the program spread out over a year in exchange for \$\$\$ hundreds in waived prescription, supplies, & lab expenses!!!! **GET STARTED TODAY!**

Privacy: Your PRIVACY and the confidentiality of your health information is of utmost importance to T.J. Regional Health. For that reason, we have partnered with Applied Analytics and Marathon Health, who will maintain and store records of screenings, Health History and Risk Assessment results, participation and overall compliance with the program for the purpose of payroll deductions. Applied Analytics will provide aggregate reports to T.J. Regional Health that contain information on overall population health and the employee's/spouse's participation status only. No HIPAA protected health information or employee specific health scores, measures, or results will be shared with T.J. Regional Health.

Dental Benefits

Your Delta Dental Plan allows you access to two dental network options that are both considered **In-Network**: the PPO Network and the Premier Network. PPO and Premier Network providers agree to contracted amounts for their services, which prevents the provider from balance billing you for any amount that is discounted by Delta Dental.

To confirm if your provider participates with either the PPO or Premier Networks, you may contact Delta Dental (contact info provided at back of this booklet).

Which network is better? The PPO Network offers the deepest negotiated discounts, which results in more savings to you! The Premier Network includes more providers, but the discounts are not as deep as the PPO Network.

If you choose an out-of-network provider, dental services are paid by Delta Dental, but you may be subject to paying additional money, over what Delta Dental has paid, since this is not a contracted provider. This is called balanced billing.

Below is a comparison of the three networks:

Here is an example:	Delta Dental PPO Dentist	Delta Dental Premier Dentist	Out-of-Network Dentist
Dentist's Normal Fee	\$750	\$750	\$750
Allowed Amount	\$590	\$680	\$680
Dentist's Fee Write-off Due to Delta Agreement	\$160	\$70	None
50% Benefit Paid by Plan	\$295	\$340	\$340
Your Responsibility	\$295	\$340	\$410
Balanced Billing?	No	No	Yes

The Purpose of Dental Coverage

Dental insurance is designed to help you offset the cost of your dental care and to help you maintain good overall oral health. That's why we focus on preventive care to catch signs and symptoms of dental disease early. This could reduce the chance that you will need more complex treatment later.

If an issue does arise, dental insurance will usually help cover a portion of the treatment cost, so you don't have to pay the full bill yourself. This combination of preventive services covered at 100% and lower out-of-pocket costs makes dental insurance a valuable benefit.

Dental Benefits Summary



Dental Benefits	PPO Dentist or Premier Dentist
Calendar Year Annual Dental Deductible	\$50 individual \$150 family
Dental Maximum Benefit per Year (per member)	\$1,500
Covered Services	Member Cost Share
Diagnostic & Preventive <ul style="list-style-type: none"> - Exams, cleanings, fluoride, space maintainers - Emergency Palliative Treatment - Sealants - Brush Biopsy - X-rays 	No member cost
Basic Services Deductible Applies <ul style="list-style-type: none"> - Minor Restorative Services - Endodontic Services - Periodontic Services - Oral Surgery Services - Denture Repair 	20%
Major Services Deductible Applies <ul style="list-style-type: none"> - Major Restorative - Relines and Rebase - Fixed Prosthodontic Repair - Implant Repair - Adjustments to Dentures - Implants - Prosthodontic Services 	50%
Orthodontic Services <ul style="list-style-type: none"> - Braces 	50% to \$1,000 lifetime max.
Orthodontic Age Limit	to age 19
Dental Payroll Deductions - 24 Pay Periods	
Employee	\$10.05
Employee + One	\$20.75
Family	\$37.48





Amplifon Hearing Aid Discount

You have access to a hearing health care program brought to you by Delta Dental and Amplifon Hearing Health Care.

Amplifon provides custom hearing solutions that best fits your lifestyle and budget from one of 10 manufacturers. Amplifon also provides one year of free follow-up care, two years of free batteries, and a three-year warranty! You are covered by a risk-free 60-day trial with a 100% money-back guarantee. Also, if you find the same product at a lower price, Amplifon will not only match that price, but beat it by 5%!

For more information and to find a provider call Amplifon at **1-888-832-1867**. Amplifon will help you schedule an appointment and make sure the discount is applied!



Vision Benefits

We are pleased to provide access to a comprehensive vision program through Anthem's nationwide **Blue View Vision Network**. The amount you pay for vision services depends upon whether you visit a network or non-network provider. To find a network provider, contact Anthem Vision (contact info at back of this booklet). A brief description of benefits is provided here.

Vision Benefits Summary



In-Network Benefits	Anthem Blue View Vision
Copays	
Exams	\$20 copay
Materials	\$10 copay
Service Frequency	
Exams	Every 12 months
Lenses	Every 12 months
Frames	Every 24 months
Lens Coverage	
Single Vision Lenses	Paid in full (after copay)
Lined Bifocal Lenses	Paid in full (after copay)
Lined Trifocal Lenses	Paid in full (after copay)
Frames	\$130 allowance then 20% off any remaining balance
Contact Lenses	
Elective	\$130 allowance
Disposable	\$130 allowance
Medically necessary	Paid in Full

Vision Payroll Deductions - 24 Pay Periods

Employee	\$4.14
Employee + Spouse	\$7.04
Employee + Child(ren)	\$7.45
Family	\$11.18





GROUP BENEFIT SOLUTIONS

[Formerly known as Cigna]

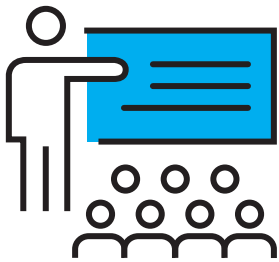
- Employer-Paid Group Life and AD&D
- Voluntary Life and AD&D
- Disability



Employer-Paid Group Life and AD&D

Life insurance is a critical component of financial planning and is used to support your loved ones in the event of your death. Basic life insurance is employer-paid. This policy also includes Accidental Death & Dismemberment (AD&D). AD&D insurance provides benefits to you or your beneficiary if you suffer loss of life or limb due to an accident. AD&D is considered “double indemnity” which means that if your death is due to an accident, your beneficiary would receive double the life insurance benefit.

Your basic life insurance policy is equal to one time your annual salary with a minimum of \$10,000.



Group Life and AD&D Insurance



Voluntary Life and AD&D

You may also purchase additional life insurance for you, your spouse and child(ren) that would pay in addition to the basic group life policy we provide. Premiums are based on your age and the amount of insurance you want to purchase. The Guarantee Issue amount below is available upon initial eligibility without Evidence of Insurability (no medical questions required). Your policy may include benefit reductions based on specific ages, so please refer to the carrier’s policy for details.

	Employee	Spouse	Child(ren)
Voluntary Life and AD&D Increments	\$10,000	\$5,000	\$10,000
Minimum Amount	\$10,000	\$5,000	\$10,000
Guarantee Issue Amount	\$130,000	\$30,000	\$10,000
Maximum Amount	\$300,000	\$150,000	\$10,000

NOTE: Voluntary life election of employee is often required to enroll spouse/child(ren) in additional coverage. Contact Human Resources with questions.





Employee Assistance Program

MaxWell EAP is staffed by a team of highly trained and qualified professionals who are experts in fields such as well-being, family matters, relationships, debt management, employment issues, consumer rights, and much more. You can be confident that the information and referrals you receive will be accurate, up-to-date, and relevant to your particular circumstances.

For more information:

Call toll free: **888-550-5535**

or visit online at: **www.maxwelleap.com**

USERNAME: **tjsamson**
PASSWORD: **employee**



MaxWell EAP



403(b) Retirement Plan

The 403(b) Retirement Plan enables employees to accumulate tax-deferred retirement savings through payroll deductions. Contribution amount is determined by the employee. T.J. Regional Health will match 100% of the first 3% of pay you contribute to the plan through salary deferral plus 50% of the next 2% you defer.



Paid Time Off-PTO/Holidays

PTO will be prorated according to hours worked per week. PTO is available to part-time employees following 90 days of employment.

Part-Time employees will also accrue a portion of the seven (7) paid holidays each year.



Paid Time Off Purchase Program

In an effort to promote increased flexibility within the workforce and to supplement existing paid time-off (PTO), eligible full-time and part-time employees may participate in the Paid Time Off Purchase Program. Eligible full-time employees may purchase up to 40 hours of PTO per calendar year, in four-hour increments. Regular, part-time employees are eligible to purchase up to 20 hours, in four hour increments. As with the regular PTO program, Purchased PTO is eligible to be used following 90 days of employment and the PTO bank maximum cannot exceed 320 hours.

Purchased PTO is available for use as of the first day of the PTO Purchase Plan Year (January 1st). Eligible employees may elect to participate in the PTO Purchase Program during the annual Open Enrollment period or when they first become eligible as a new hire and must enroll in this benefit within their first 30 days of employment.

The cost of Purchased PTO is based on your hourly rate at time of purchase, and the number of hours purchased. When purchasing PTO, the cost is deducted in equal amounts from your paycheck throughout the remainder of the year. Please contact Human Resources for details.



Cigna offers you numerous ways to maintain your health, wellbeing and sense of security.



We value our relationships with our customers and want to provide them with the best opportunities for overall success. Our various programs give you the tools and information that you need to be healthy, secure, and prepared for any life changes.

Healthy Rewards®

Cigna's Healthy Rewards® provides discounts of up to 60% on various wellness programs and services, ranging from Weight Management and Nutrition, to Vision and Hearing Care, and Tobacco Cessation. To learn more about these and other Healthy Rewards® programs, visit Cigna.com/rewards (password: savings) or call **1.800.258.3312**.

Will Preparation

Cigna's Will Preparation Program helps you and your family to plan and protect your financial future by using a simple, online tool. The tool allows you to build state-specific customized wills and other legal documents such as last wills, living wills and power of attorneys. Cigna's Will Center is secure, easy-to-use and available to you and your covered spouse seven days a week, 365 days a year. Visit CignaWillCenter.com to learn more about the Will Preparation Program.

Life AssistanceSM Program

Just when you think you have life figured out, along comes a challenge. But whether those challenges are big or small, Cigna's Life AssistanceSM Program is available to help you and your family find solutions to many of life's challenges and restore your peace of mind. For more information about the program call at **1.800.538.3543**.

GO YOU.

Offered by: Life Insurance Company of North America or Cigna Life Insurance Company of New York.

Cigna Secure Travel®

Cigna Secure Travel® provides special assistance for emergency medical, financial, legal and communication assistance when you travel. This program gives covered individuals access to a travel assistance customer service center from anywhere in the world when traveling at least 100 miles from home. For more information about Secure Travel, call **1.888.226.4567**.

Identity Theft

Cigna's Identity Theft Program provides customers with access to personal case managers who give step-by-step assistance and guidance to individuals who have had their identity stolen. This program provides valuable resolution services, including real-time support all over the world, assistance in credit card fraud, and help with emergency travel arrangements. For more information on these and other services in the Identity Theft Program, call **1.888.226.4567**.

Your participation in these valuable programs can mean long-term protection and wellness for you and your family.



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Contact Information At-A-Glance

 <p>General Information</p>	 <p>Regional Health Total. Local. Care.</p>	<p>Pamela Bray Benefits Administrator 270-651-4886 email: pbray@tjsamson.org</p>	<p>Rachel Forrester Compensation Analyst 270-651-4501 email: rforrester@tjsamson.org</p>
 <p>Benefits Enrollment Information / Provider</p>		<p>www.tjsamson.bswift.com</p>	
 <p>Medical / Pharmacy Benefits</p>		<p>Customer Service: Refer to Medical ID Card www.anthem.com</p>	
 <p>Health & Wellness Center - Health Coaching & Education Clinic</p>		<p>Customer Service: 270-651-4422 www.marathon-health.com</p>	
 <p>Dental Benefits</p>		<p>Customer Service: 1-800-955-2030 www.deltadentalky.com</p>	
 <p>Vision Benefits</p>		<p>Customer Service: 1-866-723-0515 www.anthem.com</p>	
 <p>Employer-Paid Group Life and AD&D</p>	 <p>[Formerly known as Cigna]</p>	<p>Customer Service: 1-800-732-1603</p>	
 <p>Employee Assistance Program</p>		<p>Customer Service: 1-888-550-5535 www.maxwelleap.com USERNAME: tjsamson / PASSWORD: employee</p>	
 <p>403(b) Administrator</p>		<p>Customer Service: 1-800-547-7754 www.principal.com</p>	
 <p>Additional Assistance</p> <p>Claims, Billing, & Enrollment Resolution</p> <p>Benefit Planning Firm</p>		<p>Rose Taylor Client Service Concierge Phone: 859-255-9455 ext. 102 email: rose@bimgroup.us</p>	

The benefits overview is intended for summary purposes only. It is not to be relied upon for the determination of any policy benefits, limitations or exclusions. The master insurance policies issued by the respective carriers will be relied upon exclusively to determine all benefits.



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