

# ATTN: NEW ENROLLEES



## You Do Not Need to Qualify This Year!

**As a new enrollee with a Benefits Effective Date of 1/1/22 or later, you do not need to complete Qualifying Events (QE) this year.** You will be required to complete Qualifying Events for the Better, Best, or Ultimate plan level in 2023 for plan year 2024 (you will receive more info when the time comes).

We encourage you to receive routine preventive care, such as an annual wellness exam, dental and vision exams, and any age-based screenings as recommended by your physician. Having a strong doctor-patient relationship leads to better care, which is why we encourage all health plan members to establish a relationship with a local primary care provider (PCP).

### Are You Nicotine Exposed?

- If you are currently in the BEST Plan Level due to nicotine exposure, have quit nicotine, and wish to upgrade to the Ultimate Plan Level, please contact Vanessa Rene at [vrene@manateeyourchoice.com](mailto:vrene@manateeyourchoice.com) or 941-748-4501 x6418
- When you're ready to quit, we'll be there to help. All nicotine-exposed members are eligible for the following resources:
  - Tobacco Cessation Aides available at no cost - nicotine patch, gum, lozenge
  - Pharmaceutical Interventions – Wellbutrin, Chantix
  - One-on-One Coaching
  - Visit [www.manateeyourchoice.com](http://www.manateeyourchoice.com) and find the tobacco section under Wellbeing Programs for more information or contact Vanessa Rene at [vrene@manateeyourchoice.com](mailto:vrene@manateeyourchoice.com) or 941-748-4501 x6418.

### Do You Have Diabetes?

Manatee YourChoice Health Plan provides a free glucometer and test strips, free consultations with our on-site Diabetes Educator, and we can help you find ways to save money on your diabetes medications.

- Contact Florey Miller at [fmiller@manateeyourchoice.com](mailto:fmiller@manateeyourchoice.com) or 941.748.4501 x6410 to learn more or visit [www.manateeyourchoice.com](http://www.manateeyourchoice.com) and find the diabetes section under Wellbeing Programs for more info.

### Health Improvement & Incentive Program

Earn up to \$400 in Health Bucks by participating in HiiP.

- Complete Blueprint for Wellness Lab Work by June 30, 2022. (\$100)
- Schedule a Happy Body Session with a Fitness Advocate to improve your posture and balance. (\$100)
- Schedule a Happy Mind Session with a LAMP Advocate to improve resiliency in the face of stress. (\$100)
- Explore our website and complete the Get to Know MYC Scavenger Hunt. (\$100)
- Visit [www.manateeyourchoice.com/HiiP](http://www.manateeyourchoice.com/HiiP) to learn more and get started!

