



2025 UMP SEBB Newsletter

2025 changes to your UMP benefits

On January 1, 2025, changes are coming to your UMP benefits. To learn more about these changes, read your plan's 2025 certificate of coverage by visiting forms and publications at hca.wa.gov/ump-sebb-coc.

Deductible increasing for UMP High Deductible members: The deductible for UMP High Deductible members is increasing to \$1,650 for a single subscriber and \$3,300 for a family. This is an increase from \$1,600 for a single subscriber and \$3,200 for a family. This deductible increase is required to maintain compliance with IRS rules so that a subscriber can make eligible health savings account (HSA) contributions in 2025. UMP High Deductible members will be receiving a new ID card for 2025 with the updated deductible amounts.

⚠️ Open enrollment is now October 28 to November 25.

Your concerns about the challenges of making open enrollment changes at the end of November and during the Thanksgiving holiday have been heard. To make sure you have help

and support when making changes, the SEBB Program is moving open enrollment to October 28 through November 25, 2024. Make all your changes before Thanksgiving!

Changes to the UMP Preferred Drug List:

Starting in November, you can view a list of anticipated changes to the UMP Preferred Drug List. Visit ump.regence.com/sebb/benefits/prescriptions, select *Find Forms* at the top of the page, then click *Visit HCA's website to access UMP's forms & publications database*. Type "preferred drug list changes" into the search box and click the *Search* button. The list is updated monthly and is subject to change. It does not contain every anticipated change to the UMP Preferred Drug List. It only contains changes that may negatively impact members, such as increasing a drug's cost or limiting the amount of drug available per refill.

Washington State Rx Services (WSRxS) is changing its name to ArrayRx:

Your prescription drug benefits are not changing, but you will

see ArrayRx referenced instead of Washington State Rx Services on benefit documents and on your new member ID card.

Changes to coverage for supplemental and diagnostic mammograms

Starting January 1, 2025, for all members, services are covered at 100 percent of the allowed amount when they are screening or medically necessary diagnostic, and supplemental breast examinations. These services are subject to the deductible under the UMP High Deductible plan.

⚠️ Benefits 24/7, the new online enrollment system, has replaced SEBB My Account.

You can use it to access your SEBB UMP benefits anytime. Benefits 24/7 is there when you need it, such as when you have a change in employment or when you experience a life event (for example, getting married or the birth of a child). Log in at benefits247.hca.wa.gov.



UMP Plus service area changes for 2025

Before you sign up for UMP Plus, make sure you live in a county UMP Plus covers, and check that your provider is in the UMP Plus network that you enroll in. If you enroll in a UMP Plus plan and your provider is not in that UMP Plus network, your coverage may be affected, and you may have to pay more for your care. Need help finding a UMP Plus provider? Visit *Find a doctor* at ump.regence.com/sebb/finding-doctors or call UMP Customer Service at 1-888-849-3681 (TRS: 711).

UMP Plus–Puget Sound High Value Network (PSHVN)

For 2025, UMP Plus–PSHVN will no longer be available in Chelan and Douglas County. The plan will continue to serve King, Kitsap, Pierce, Snohomish, and Yakima counties. Learn more about the plan by visiting the UMP Plus–PSHVN webpage at ump.regence.com/sebb/plans/2025/plus-pshvn.

UMP Plus–UW Medicine Accountable Care Network (UW Medicine ACN)

UMP Plus–UW Medicine ACN does not have any service area changes. The plan will continue to serve Benton, Franklin, King, Pierce, Skagit, Snohomish, Spokane, and Thurston counties. Learn more about the plan by visiting the UW Medicine ACN webpage at ump.regence.com/sebb/plans/2025/plus-uw-medicine-acn.

Have questions about your 2025 benefits?

Attend a benefits fair!

Attend a SEBB benefits fair to meet with plan representatives and learn more about your options for 2025. Benefits fairs will be held across Washington between **October 28 and November 7**. All fairs will run from 10 a.m. to 6 p.m. Get presentation schedules, parking information, maps, and additional details at hca.wa.gov/sebb-fairs.

School employees who are considering retiring and are in the Seattle area can also attend the benefits fairs sponsored by the University of Washington from October 21 to 24. These fairs will run from 10 a.m. to 5 p.m. Additional details are available on the *SEBB Benefits Fairs* website.

Important: Please check the website for any late changes before you go!

Visit the virtual benefits fair

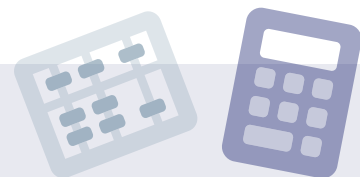
Find out more about all of UMP's plans online with the School Employees Benefit Board (SEBB) Program's virtual benefits fair. The virtual benefits fair is a good way to learn about your benefit options through an online, interactive, and personalized experience. It's available anytime, day or night, on the Health Care Authority's website at hca.wa.gov/vbf-sebb beginning on September 30.

Use your computer, tablet, or smartphone to visit UMP's virtual benefits booth. Once there, you can view UMP's short videos to get an overview of all UMP plans or select a specific plan to see more detailed information.

Drug Price Estimator Tool

Even when you go to network pharmacies, the price you pay may vary based on which pharmacy you use. To get an estimate of what you will pay at network pharmacies in your area, use the Drug Price Estimator Tool at ump.regence.com/sebb/benefits/prescriptions by selecting *Prescription drug coverage and price*

check tool. The Drug Price Estimator Tool provides an estimated cost of prescriptions drugs based on the average price paid to pharmacies based on the average wholesale price from manufacturers. The Drug Price Estimator Tool can compare costs across different network pharmacies within the search area you indicate.



Check out a UMP webinar

UMP is hosting several webinars during open enrollment.

Learn about all UMP plans

To learn more about UMP's plans and benefit options, attend the UMP (SEBB) Open Enrollment online webinar.

UMP (SEBB) Live webinar: November 1, 4 to 5 p.m. (Pacific)

- Register in advance for the Zoom webinar at [regence.zoom.us/webinar/register/wn_dgoq-nbpeqqqf_3yskogria](https://regence.zoom.us/join/wn_dgoq-nbpeqqqf_3yskogria). After registering, you will receive a confirmation email containing information about joining the webinar.
- The recorded session will be available by Wednesday, November 6.
- If you need a transcript of the webinar, send an email to UMPCustomerService@regence.com no later than Friday, October 25.
- Transcripts will be sent by email on Wednesday, October 30.

Learn more about UMP Plus

Puget Sound High Value Network (PSHVN)

- Wednesday, October 23, 4 to 5:30 p.m. (Pacific)
- Register for the Zoom webinar at [us02web.zoom.us/s/88150277514?pwd=pngpmj1hfpauckgd68uay4a6vj8s4b.1](https://us02web.zoom.us/j/88150277514?pwd=pngpmj1hfpauckgd68uay4a6vj8s4b.1).
- The recorded session will be available within five business days on pugetsoundhighvaluenetwork.org.
- For general plan information, visit the plan detail page at ump.regence.com/pebb/plans/2025/plus-pshvn.

UW Medicine Accountable Care Network (ACN)

- Friday, October 25, 4 to 5:30 p.m. (Pacific)
- Register for the webinar at [us02web.zoom.us/s/86932822442?pwd=ywkokh1g4owklrch-ovkiwmtwu7ryy.1](https://us02web.zoom.us/j/86932822442?pwd=ywkokh1g4owklrch-ovkiwmtwu7ryy.1).
- The recorded session will be available within five business days on pebb.uwmedicine.org.
- For general plan information, visit the plan detail page at ump.regence.com/pebb/plans/2025/plus-uw-medicine-acn.

Live Closed Captioning (CART) Services



Communication Access Real-time Transcription (CART) services, or live closed captioning, are available for this event, on demand. Scheduling CART services requires a request to be placed 2-3 weeks before the event date. To request this accommodation, please submit a request to Lauren Johnston at lauren.johnston@hca.wa.gov as soon as possible. Please submit your request for live closed captioning (CART) services at least one week prior to the event to ensure availability. If you make your request less than a week in advance of the event, the language access manager cannot guarantee that a CART writer will be available.



Virtual care options

Virtual therapy can be more comfortable than going in person, and it can also be a faster way to get care. Many behavioral health providers offer virtual appointments. To find providers in your network, visit regence.com/registration or sign in at ump.regence.com/ump/signin to your regence.com account and select *Get care now*, then select *Find behavioral health support*. You can then select *Find a behavioral health provider* or *In-network virtual care*.

When you see a network virtual behavioral health provider, services are paid at the network rate. If you see an out-of-network provider, telemedicine services are paid at the out-of-network rate. See the "Summary of services and payments" section in your plan's certificate of coverage for more details.

Doctor on Demand

Doctor On Demand is a virtual care service that gives UMP Achieve 1, UMP Achieve 2, and UMP High Deductible members 24/7 access to providers. Doctor On Demand covers primary care and behavioral health services. It is a good option when you need medical attention, but not emergency room or urgent care.

Doctor On Demand providers are board-certified, U.S.-based providers who are specifically trained in video medicine. Members can connect in minutes with doctors face-to-face through a smartphone, tablet, or computer. You can activate Doctor On Demand by downloading the app for iOS, Android, or Windows or by signing in to your Regence account at ump.regence.com/ump/signin.

During a virtual appointment, providers review a member's history and symptoms, perform an exam, and recommend treatment, which may include prescription

drugs and lab work. Doctor On Demand providers can treat most common physical health conditions like asthma, colds and allergies, diabetes, migraines, and more. Providers can also treat mental health conditions like depression, anxiety, and attention-deficit/hyperactivity disorder (ADHD).

All Doctor On Demand providers are considered preferred providers and services are paid at the standard rate. Doctor On Demand does not include the use of audio-only telephone, fax, or email, and it is **not available to UMP Plus members**.

Telemedicine

Telemedicine is a delivery of health care services through video chat, allowing real-time communication between the patient at the originating site and a provider, for the purpose of diagnosis, consultation, or treatment. Telemedicine includes audio-only telemedicine. Telemedicine does not include the use of fax or email.

UMP's telemedicine benefit allows health care providers to share your medical information like lab reports, imaging, and other records with a doctor, radiologist, or specialist at another location. This approach gives you access to a care team that can be made up of providers in different locations, even across long distances. It also uses technology that has security features to ensure patient confidentiality.

If you see a network provider, telemedicine services are paid at the network rate. If you see an out-of-network provider, telemedicine services are paid at the out-of-network rate.

Ready to get started?

To learn more about how telemedicine and Doctor On Demand work, you can visit UMP's Telemedicine (virtual care) webpage at

ump.regence.com/sebb/benefits/telemedicine. If you have additional questions, call UMP Customer Service at 1-800-628-3481 (TRS: 711).

Equip

Equip is a virtual care service specializing in treatment of eating disorders for all ages. Learn more at equip.health.

Charlie Health

Charlie Health is a virtual care service for an intensive Outpatient Program that treats behavioral health needs for members between ages 11 and 34. Learn more at charliehealth.com.

Hazelden Betty Ford

Hazelden Betty Ford specializes in standard residential and outpatient substance use treatment services that include medication-assisted treatment for opioid use disorder and mental health services. Learn more at hazeldenbettyford.org.

Talkspace

Talkspace specializes in counseling for general behavioral health needs for members age 13 or older, and psychiatry and medication management for members age 18 or older. Learn more at talkspace.com.

Array

Array is a virtual care service specializing in psychiatry and counseling services for members age 5 or older. Learn more at arraybc.com.

Note: The providers above are network providers for UMP members as of the date of this mailing or emailing. For the most up to date information, sign in to regence.com to search for in-person or virtual care providers in your network.

Can I get a vaccine at a pharmacy?



You can get covered, preventive vaccinations at no cost at a network vaccination pharmacy. Not all pharmacies offer vaccinations, so check with the pharmacy before you go. Present your UMP member ID card at the pharmacy counter before receiving a vaccine. You can also get vaccinations through your preferred or network provider.

To find out which vaccinations are considered preventive, check the Centers for Disease Control (CDC) immunizations schedules at [cdc.gov/vaccines](https://www.cdc.gov/vaccines). Note that some covered immunizations are classified as “may be recommended” depending on medical condition or lifestyle. For those immunizations to be covered as preventive, you must meet the criteria described on the CDC schedule.

The plan does not cover immunizations for travel or employment, even when recommended by the CDC or required by travel regulations.

Additional resources

Getthefactsrx.com

[Getthefactsrx.com](https://www.getthefactsrx.com) features the Starts with One campaign, which is designed to inform and educate young adults, their parents, and older adults about the dangers of prescription drug misuse and the importance of safe storage, use, and disposal. This campaign is funded by the Washington State Health Care Authority (HCA).

WA Tribal Opioid Solutions

The WA Tribal Opioid Solutions campaign provides educational resources for Tribes and tribal organizations working to address opioid prevention, and overdose response and treatment. This campaign is funded by the Washington State Health Care Authority (HCA). Learn more at [watribalopioidsolutions.com](https://www.watribalopioidsolutions.com).

Authenticated site

Once you’ve received your member ID card in the mail, have it handy and create an account at ump.regence.com/ump/signin or on the Regence app. You can see a timeline of your health history, check your coverage, find in-network care, and explore other resources that come with your health plan. Support is also available through live chat or over the phone.

You’ve got email!

Prefer to receive emails? You can sign up to receive newsletters in your inbox by visiting Benefits 24/7 at benefits247.hca.wa.gov. Select the *Profile* tile and then *Contact information*. Check the *Opt-in to receive email notifications* box and then click *Submit*.



Ready to make changes for 2025?

Open enrollment starts October 28 and ends November 25 at midnight (Pacific). To learn how to make changes to your benefits, see the SEBB Program’s October *Intercom* newsletter or visit the Health Care Authority’s website at hca.wa.gov/sebb-oe.

Considering changing medical plans this year? Before you switch, visit the HCA website (web address above) to learn more about what’s changing in 2025.

UMP Notice of Privacy Practices updated

The UMP Notice of Privacy Practices is being updated and will be effective November 1, 2024. To find the notice, visit the UMP Notice of Privacy Practices webpage at hca.wa.gov/ump-privacy.

Mental health: tools to support your path to wellness

UMP provides behavioral health support you can use at home.

Find Care

Find additional behavioral health resources, get connected to an in-network facility, office, or virtual behavioral health provider, or ask for help when you sign in to your [regence.com](https://www.regence.com) account. If you are having difficulty finding a care provider or are not sure what type of provider you need, UMP Customer Service and the team of Regence behavioral health experts can help match you to in-person or virtual behavioral health providers that offer a variety of behavioral health resources.

Teladoc Health Mental Health

Teladoc Health Mental Health is a self-guided health and resiliency online tool clinically proven to improve emotional health. This secure resource is available 24 hours a day, 7 days a week to members age 13 or older at no cost to you. Teladoc Health's interactive and activity-based tools are personalized to you and address conditions such as depression, anxiety, stress, substance use disorders, and chronic pain. Visit Teladoc Health's Mental Health website at [TeladocHealth.com/start/mental-health-digital](https://www.TeladocHealth.com/start/mental-health-digital), click *Register Now* and use the Teladoc Health code **PEBB: WASEBB** to sign up and learn more or download the app in the Apple App Store or on Google Play.



Is knee or hip replacement right for you?

If you are considering knee or hip joint replacement, the UMP Centers of Excellence (COE) offers evaluation and surgery at low to no cost to you.

Members can receive a single hip or knee joint replacement if they are at least age 18 and have been diagnosed with osteoarthritis or another disabling condition that requires a single knee or single hip total joint replacement. The COE Program also provides spine care services.

The COE also may be able to assist with travel and lodging expenses for you and a care companion. The COE is administered by Premera Blue Cross and services are provided at the Virginia Mason Medical Center (Seattle).

Note: This service is not available for UMP Plus members or UMP Classic Medicare with Part D (PDP) members. If you have UMP High Deductible plans, the surgery and related services are covered after you meet your deductible.

To learn more, visit the Premera website [premera.com/health-care-authority](https://www.premera.com/health-care-authority) or call 1-855-784-4563 (TRS: 711).



HCA complies with all applicable federal and Washington State civil rights laws and is committed to providing equal access to our services. If you need an accommodation or require documents in another format, please call 1-800-200-1004 (TRS: 711) or visit hca.wa.gov/about-hca/nondiscrimination-statement.

La HCA cumple con todas las leyes vigentes federales y del Estado de Washington sobre derechos civiles y tiene el compromiso de ofrecer un acceso equitativo a nuestros servicios. Si necesita alguna facilidad, o si requiere documentos en otro formato o idioma, llame al 1-800-200-1004 (TRS: 711) o visite hca.wa.gov/about-hca/nondiscrimination-statement.

Управление здравоохранения (HCA) соблюдает все применимые федеральные законы и законы штата Вашингтон в отношении гражданских прав и обязуется обеспечивать равный доступ к своим услугам. Если вам потребуются специальные услуги или документы в другом формате или на другом языке, позвоните по телефону 1-800-200-1004 (TRS: 711) или посетите сайт hca.wa.gov/about-hca/nondiscrimination-statement.



Washington State Health Care Authority
PO Box 42684
Olympia, WA 98504-2684

Look inside for important information on your 2025 UMP benefits!



Wondering about 2025 premiums?

For the complete list of 2025 premiums, visit the Health Care Authority's website at hca.wa.gov/sebb-oe.

Note: Employees who work for an educational service district, city, county, port, tribal government, water district, hospital, etc., need to contact their payroll or benefits office to find their monthly premiums.