



Don't Sweat It – De-stress for Success

Everyone has stress, but not everyone understands it. You might expect stress when you are going through loss, illness, financial hardship or a personal crisis. But some things that are positive — like taking on a new job, getting married or becoming a parent — also can be stressful because they involve major life changes.

Stress can affect your overall health in many ways, such as raising your blood pressure, upsetting your stomach, and disturbing your sleep.

"IF YOU WANT TO TEST YOUR MEMORY, TRY TO RECALL WHAT YOU WERE WORRYING ABOUT ONE YEAR AGO TODAY." -E. JOSEPH COSSMAN

As a State Health Plan primary member, you might consider connecting with a health coach to discuss what is causing you stress. Health coaching through the stress management program is available at no

cost to you! Your health coach, an experienced health care professional, can help you assess your stress level and suggest ways to handle stress more successfully.

Simply call 855-838-5897 to enroll in the program. You also can get on-the-go health information sent to your mobile phone by dialing 844-284-5417.

Retirement - Be Aware and Prepare!
Part Two: Setting Financial Goals and Building a Financial Safety Net

PEBA's retirement awareness educational series is designed to provide you with information that can help you make smart decisions about your financial future. This three-part program builds upon information in the previous presentations, so we recommend you view them in sequential order to get the most benefit from the information provided.

"Planning for Your Future, Part Two: Setting Financial Goals and Building a Financial Safety Net"



This is the second presentation in our retirement awareness education series. In this presentation, you can learn strategies for setting financial goals and methods for building a financial safety net and hear about the reasons why it is important to begin thinking about and planning for a secure financial future.



HOT Savings: Value-based benefits

Did you know that primary members of the State Health Plan are offered many benefits at no cost? These value-based initiatives are available through network providers and pharmacies. Visit the [PEBA website](#) to learn more!

Annual Physical: Savings Plan participants age 19 and older may receive an annual checkup at an in-network provider's office at no cost.

Adult Vaccinations: As recommended by the [Center for Disease Control \(CDC\)](#), the State Health Plan covers all adult vaccinations within specified age parameters at no cost to the member.

Mammography: If you meet eligibility requirements and visit a network provider, routine mammograms are covered at 100 percent.

Pap Test: Each calendar year, the Plan covers the cost of the lab work associated with a Pap test for covered women ages 18 through 65.

Preventive Screening: The screening includes blood work, a health risk appraisal, height and weight measurements, blood pressure and lipid panels. After the screening, you will receive a confidential report with your results and recommendations for improving your health. Taking this report to your doctor may eliminate the need for tests.

Well Child Benefits: Covered children are eligible for well child care exams until they turn age 19. When services are received from a network provider, benefits will be paid at 100 percent of the allowed amount.