

## Health Insurance Open Enrollment

The Judiciary's annual medical insurance open enrollment is held in November. During the month, judiciary retirees may have the option to change their health insurance plan.

The Judiciary offers all retirees the option to enroll in the Highmark PPOBlue plan. Retirees in Western PA may also consider the UnitedHealthcare (UHC) PPO or UHC Medicare Advantage plans. **If you are satisfied with your current plan, there is nothing you need to do.**

For questions about the health plans or to change coverage, please contact AOPC/HR at [human.resources@pacourts.us](mailto:human.resources@pacourts.us) or 717-231-3309. Open enrollment ends on November 30, 2024.



## New Fitness Benefit for Highmark Members in 2025

Highmark is changing from Silver Sneakers to FitOn Health beginning January 1, 2025. In addition to offering retirees access to their favorite gyms, FitOn Health provides access to fitness classes, such as yoga and cycling, across the country.

Highmark hopes to have almost all of the gyms enrolled that are currently being used by Silver Sneakers. Stay tuned for more information directly from Highmark.



## Struggling to Find a Therapist? Schedule a Virtual Visit!

Did you know you have access to licensed therapists and psychiatrists from the comfort of your own home?

Highmark and United Healthcare both offer virtual visits for behavioral health conditions such as anxiety, depression, addiction and other mental health disorders from the convenience of your mobile device or computer.

### Highmark Members (Non-Medicare)-



Login to your account at [www.myhighmark.com](http://www.myhighmark.com) or in the My Highmark App and select Get Care.

### UnitedHealthcare Members -



Login to your account at [www.myuhc.com](http://www.myuhc.com) or in the UHC App (non-Medicare eligible) or at [www.retiree.uhc.com](http://www.retiree.uhc.com) (Medicare eligible) and select Find a Provider.

If you experience any issues accessing virtual care, call the telephone number on the back of your respective health plan ID card.



## Vaccinate to Stay Healthy

Judiciary medical plans allow you and your family two convenient and cost-effective options for obtaining vaccinations:

- 1) Visit a participating pharmacy and use your BeneCard ID to receive the vaccines below at no cost.
- 2) Visit your physician's office and use your Medicare, Highmark or UnitedHealthcare (UHC) ID. You may be responsible for a copayment.

**Flu** — With rare exceptions, the CDC recommends everyone 6 months and older get vaccinated every flu season (October through May).

**Pneumonia** — Recommended by the CDC for members age 65 and older, or earlier if identified by a physician as high-risk.

**Shingles** — SHINGRIX has been approved by the CDC for anyone age 50 and older.

**While Medicare does NOT cover this vaccine, Highmark, UHC and BeneCard will cover SHINGRIX for those age 50 and older.**

**COVID** — The CDC recommends COVID vaccines for anyone 6 months of age and older. For more detailed information, visit [www.cdc.gov/covid](http://www.cdc.gov/covid).

**RSV** — Recommended by the CDC for members age 75 and older, or between ages 60-74 if identified by a physician as high risk. **The RSV Vaccine will be covered for qualified members at a participating pharmacy when using your BeneCard ID card.**

You should always discuss the risks and benefits of any vaccination with your healthcare provider.

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## Life Events

Do your benefit contracts need to be updated? If you recently experienced a life event such as a marriage, divorce, change of address, death of a spouse or child dependent or a change to a custody agreement, please contact AOPC/HR at [human.resources@pacourts.us](mailto:human.resources@pacourts.us) or 717-231-3309 to update your information.

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## 2025 Benefit Documents

The 2025 Drug Exclusion List and Preventive Schedules are not yet ready for distribution. When they become available later this year, you will have several options to view and print these documents.

1) Visit and bookmark AOPC Online Services at <https://onlineservices.pacourts.us>. Click Human Resources in the left navigation bar. Next, click on Benefit Documents. As AOPC/HR receives the 2025 information, we will add it to 2025 Medical Summaries.

2) Login to your member account at:

- Highmark—[www.highmarkblueshield.com](http://www.highmarkblueshield.com)
- UHC—[www.myuhc.com](http://www.myuhc.com)
- UHC-MA—[www.retiree.uhc.com](http://www.retiree.uhc.com)
- BeneCard—<https://benecardpbf.com>

If you need a printed copy of any document, contact AOPC/HR.

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