
Impact Solutions EAP
Check out this quarter’s EAP webinars. Topics range from Clear Your Clutter to Master Your Mind: Emotional and Physical Health Connections. Impact Solution’s webinars are recorded and are available on the first day of each month.

For a list of this quarter’s webinars or to learn more about Impact’s services, call 800-227-6007 or log in today at http://bit.ly/ImpactEAP.

Events and Opportunities
Join us on May 22nd for our second annual Live Happy Be Well event featuring speakers on topics like mindfulness, movement, and healthy eating! First 150 attendees will receive a special gift, and all in attendance eligible for Be Well UC will earn points. This event will be held at Kowalewski Hall (Pharmacy School).

Find all of the information you need on this website: http://bit.ly/LiveHappy2019

What’s New?!
IngenioRx (an Anthem company) will replace ExpressScripts as the pharmacy benefit plan manager for UC medical plan members. This transition will provide UC medical plan members with 24/7/365 customer service access along with improved online services and information. There are no changes to UC medical or pharmacy plans as a result of this change and plan members can continue to use the same retail pharmacies used today for pharmacy purchases. Plan members with questions are welcome to contact Anthem at the phone number on their ID card.

Anthem Engage
UC introduced Castlight several years ago to help employees and their families shop for healthcare, compare doctors and other medical services based on quality, convenience, and price. Castlight is now known as Anthem Engage. Anthem Engage is available at no cost to UC employees and their dependents covered under a UC medical plan. Effective April 2019, Anthem Engage includes dental plan information – including information about providers and dental plan services.