

Open Season: Nov. 12 - Dec. 10

APWU Health Plan, Your HealthCare Companion

This Open Season, let the APWU Health Plan be your healthcare companion. The APWU Health Plan offers exclusive premiums for union members and innovative value-based benefits that provide members financial incentives to get and stay well. As a department of the APWU, the APWU Health Plan is the only plan that is designed specifically for the members of the union.

The plan offers two distinct options, comprehensive benefits, as well as a nationwide preferred provider organization (PPO) which makes finding a doctor simple.

The High Option (HO)

The High Option has been in existence since 1960 and over the years it has evolved into a solid benefits package that continues to offer a sensible alternative to other comparable plans. The High Option has a lower deductible and copay without a reduction in coverage. The High Option is sure to be a perfect fit for any lifestyle.

NEW for 2013:

- Well Woman benefit that provides 100% coverage for a full range of in-network preventive services
- Routine preventive exam every year with \$0 copay for an in-network provider
- Acupuncture benefit enhanced to include services by a licensed acupuncturist
- 100% coverage for shingles vaccine in-network for members over the age of 60

HO Premiums

	Self Only (471)	Self & Family (472)
Non-Postal		
Biweekly	\$ 61.25	\$138.51
Monthly	\$132.72	\$300.10
Postal Category 1		
Biweekly	\$ 40.43	\$ 91.41
Postal Category 2		
Biweekly	\$ 45.94	\$103.88
APWU Members		
Biweekly	\$ 37.98	\$ 87.76

How to Enroll

Postal employees can enroll through *PostalEASE* by calling 1-877-477-3273, and selecting Option 5, or by accessing the Lite-Blue Web page at <https://liteblue.usps.gov>. You will need your Employee Identification Number and USPS PIN number in order to access *PostalEASE*.

The Consumer Driven Option (CDO)

The Consumer Driven Option is APWU Health Plan's solution for inexpensive and comprehensive care. By making our members the primary decision-maker regarding the health care they receive and pay for, we limit the unnecessary usage that occurs and pass the savings on to the member.

CDO Premiums

	Self Only (474)	Self & Family (475)
Non-Postal		
Biweekly	\$ 43.65	\$ 98.20
Monthly	\$ 94.58	\$212.77
Postal Category 1		
Biweekly	\$ 28.81	\$ 64.81
Postal Category 2		
Biweekly	\$ 32.74	\$ 73.65
APWU Members		
Biweekly	\$ 8.73	\$ 19.64

NEW for 2013:

- Well Woman benefit that provides 100% coverage for a full range of in-network preventive services
- Free in-network preventive care and screenings
- Annual colonoscopy and sigmoidoscopy screenings
- Acupuncture benefit enhanced to include services by a licensed acupuncturist

Health Management Programs

Members have praised the financial incentives received by joining the programs and the difference the programs have made in their lives. The APWU Health Plan has perfected, and will continue to offer the following programs in 2013:

- *Diabetes Management Program* (High and Consumer Driven Option)
- *Hypertension Management Program* (High Option)
- *Weight Management Program* (High Option)

For more information on all our Health Management Programs, visit www.apwuhp.com.

Open Season Hotlines

8 a.m. to 6 p.m. (Eastern Time) Monday- Friday
Open Season Hotline: (800) PIC-APWU
Customer Service: (800) 222-2798 or
 (800) 622-2511 (TDD)