



## Human Resources Newsletter- Benefits Edition

### Flu Shots

With an in-network provider, HealthSelect participants can get flu shots at Walgreens or by contacting your network PCP covered at 100%. If you receive a flu shot from a provider that isn't in the BCBSTX HealthSelect network, HealthSelect participants could pay 40% coinsurance for the cost of their vaccinations, after meeting the annual \$500 out-of-network deductible per person.



### Flu Prevention Tips

- Avoid close contact with people who are sick.
- Stay home when you are sick to prevent the spread of germs
- Cover your mouth and nose when coughing or sneezing.
- Wash your hands often or use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose or mouth.
- Practice good health habits: get plenty of sleep, be physically active, manage your stress, eat healthy, and drink plenty of fluids.

*(Centers for Disease Control and Prevention)*

### Freestanding Emergency Rooms

In light of the recent news broadcasts regarding the flu epidemic, please remember that while you may visit a freestanding Emergency Room (Ex. ER Now), you will incur higher out-of-pocket expenses. The freestanding Emergency Rooms in Wichita Falls are not in the HealthSelect network. Participants are responsible for any billed charges that exceed the amount HealthSelect pays, regardless of whether the services were the result of a true emergency or non-emergency. Find out more about [freestanding Emergency Rooms](#).

Your Primary Care Physician (PCP), the walk-in clinic associated with your PCP, or [virtual visits](#) are in-network options that are also available to you when seeking medical care.

In case of a true emergency, you should always seek out the nearest emergency room.

All annual deductibles, coinsurance, maximums, and out-of-pocket maximums reset on January 1 of each year. This includes the \$50 per person prescription deductible. To see a list of pharmacies in-network with OptumRx please visit this link: [in-network pharmacies](#)

## 1095-C Electronic Consent Available Through Banner Self Service

We encourage all benefit eligible faculty and staff to consent to electronic delivery of the 1095-C form. Electronic, on-line delivery accomplishes the following:

- Eliminates the chance that the 1095-C statement will get lost, misdirected or delayed during delivery or misplaced after the employee receives it
- Employees can retrieve their 1095-C statements at any time of day and on weekends
- Employees can retrieve the electronic copy sooner than receiving the paper copy via postal mail
- Employees can print multiple copies at their convenience
- Employees are contributing to cost savings (forms, printing and postage expense)
- 1095-C statements will remain online for multiple years

*To choose electronic consent:*

Sign into Banner Self Service

Select "Employee"

Select "Tax Forms"

Select "Electronic W-2 Consent and 1095-C"

Check the box under "My Choice" to consent to receive 1095-C electronically

Be sure to read the instructions given.

***Lost your health insurance or dental card? Please call your insurance providers:***

Blue Cross Blue Shield of Texas, 1-800-252-8039

Optum RX, 1-855-828-9834

HumanaDental, 1-877-377-0987



**BlueCross BlueShield  
of Texas**

**HealthSelect**  
of Texas

