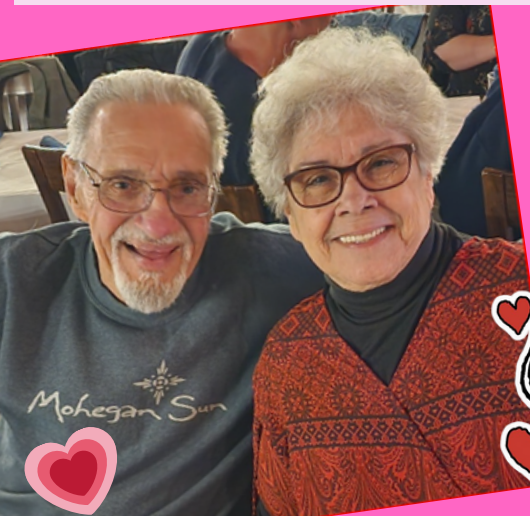


THE OFFICIAL NEWSLETTER OF THE POUGHKEEPSIE PUBLIC SCHOOL TEACHERS' ASSOCIATION



From NYSUT President Melinda Person @NYSUT
Cheers to Kim Popken and the Poughkeepsie Teachers for their remarkable perseverance and dedication! After six years without a contract, they achieved the impossible. Their unwavering commitment to their students is inspiring. 🍷🍏 @nysut @NYSUTMHRO @Matt_L_Haynes #WomenLead

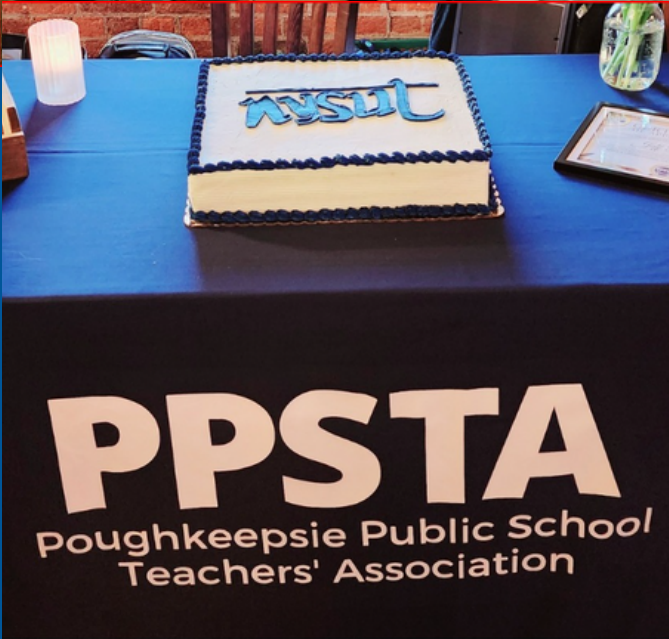


**Phenomenal Night at the Contract
Ratification Celebration!!
Thank you to all PPSTA members for
all you do everyday!!
Let there forever be Strength in
Solidarity! PPSTA PROUD!!
Congratulations!!**

Attention Retirees:

In January the district provided information to NYTRS about the retro money you received from the contract settlement. PPSTA has also reached out and provided information. TRS is reviewing the information and will reach out if necessary.





PPSTA Benefit Trust

Will Day

March 11, 2024

@the PPSTA OFFICE

2:00-5:00pm



**100%
FREE**

**for Active
Members**

Sign up now to take advantage of this FREE benefit of creating your personal simple will.

Please return the coupon below to Olga at the PPSTA Office.

This is a FREE service for all PPSTA members coordinated through the PPSTA Benefit Trust.

*Book!
Now!*



(Please Print)

YES! Sign me up for Will Day.



Name: _____

Building: _____

Please send me a questionnaire yes_____ no_____

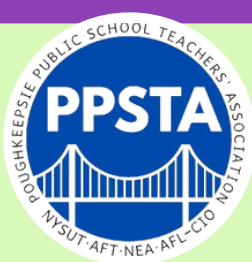
Home Phone or Cell Phone: _____

Time Preference from 2:00 – 5:00: 1*_____ 2nd_____ 3rd_____

(The schedule may be extended if there is a need to include more people)

Return coupon to: Olga Mirabilio at the PPSTA Office via inter-office mail or call.

Response Deadline: March 6, 2024



**For your financial records,
please note:**

Union dues for 2023 were

\$ 873.37

Please contact the PPSTA Treasurer
Kim Coleman at treasurer@ppsta.org if
you have any questions.

****PPSTA Bulletin Deadline
for submissions is the
1st of each month.****

*Do you want to highlight
your classroom or school
event? Do you have
awesome pictures of
union members doing
great things?*

If you have:

***Articles**

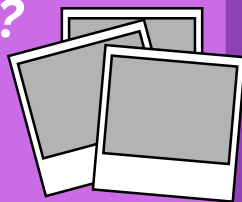
***items of interest**

***Congratulations**

***Pictures**

***Condolences**

Please submit them to
bulletin@PPSTA.org



Office Secretary:
Olga Mirabilio
officesecretary@ppsta.org
Hours: M-F 8am-12pm



PPSTA is located at:
40 Garden Street, Suite 207
Poughkeepsie, NY 12601
845.471.3376
FAX 845.471.6783

**THE PPSTA BULLETIN IS THE
OFFICIAL NOTIFICATION
FOR OUR MEMBERSHIP
REGARDING ALL MEDICAL
AND DENTAL INSURANCE
INFORMATION.**





SPARROWS NEST & PPSTA!



SAVE THE DATE

JOIN US FOR OUR DRESS DOWN DAY 3/15/24

PPSTA extends its deepest sympathies and support to our colleagues who have lost a loved one...

Kristina Antonucci

Annie Gemmel

Carrie Knickerbocker

Katie Livermore

Stephanie Volkland



The PPSTA Benefit Trust has engaged Health Navigator for actives and retirees no matter what their choice of medical plan. Members can use the service for not only their immediate dependents but parents, parent in laws and non-dependent adult children over the age of 26.



Sun Life



Health Navigator

Health Navigator now has an app: SunLife Health 360

The app can be used to get healthcare support or various wellness workouts.

You can also call 888-352-4969 or go to

www.PinnacleCare.com/health-navigator-support

CLICK HERE



Health Navigator Services

Sun Life Health Navigator Care Advisors provide a high-touch, personalized model of support, offering in-depth medical knowledge of all health conditions.

Once Members engage with a Health Navigator Care Advisor, they continue working with the same trusted person throughout their engagement.

When a Member is facing a complex medical condition such as cancer, our Care Advisors help get access to top experts quickly, confirm diagnoses, and determine appropriate treatment options.

Members with less complex medical needs are provided assistance with navigating the healthcare system based upon their unique circumstances, needs, and preferences. The range of services includes:

Health Advisory & Advocacy

- Dedicated personal advisor
- Expedited access facilitation and appointment scheduling with top specialists

Treatment Decision Support & Navigation

- Review and confirmation of diagnosis from medical professionals
- Data validated research on treatment options
- Identification of clinical trials

Member-Physician Matching

- Preferences for in-network or best-in-class specialists, including geographic preferences
- Physician credentials, including education, fellowship training, and ongoing research
- Physician experience and evaluation of medical licensing qualifications, certifications, and disciplinary sanctions
- Physician affiliations with hospitals/medical centers

Expert Medical Opinions

- Expedited medical records collection and organization
- Clinical case review
- Identification of top in-network physicians
- Facilitated virtual consultations, written or video
- Facilitated in-person appointments

PPSTA BENEFIT TRUST

Calendar Year Information:

Medical: January 1- December 31

Dental: July 1- June 30

Vision: September 1- August 1

Legal: April 1- March 31

Opt-Out: September 1- August 31

Notice to all PPSTA/UMR Plan members:

Members can locate providers by logging onto **UMR** or through the **PPSTA website** under Benefits page, just scroll down to:

Health Benefit Summary Plan Description

GETTING MARRIED:

Call Olga at the PPSTA office for a change of status form. After you receive the marriage license, please send a copy to Olga. New family members must be enrolled within 30 days!!

GYM REIMBURSEMENT:

Find this form on the **PPSTA website** under Benefits page..

MOVING?



It is critical that when your address changes that you notify Olga (officesecretary@ppsta.org) and Debbie (benefittrust@ppsta.org). If we don't have your correct address things like dental and medical reimbursements will go to your old address and they don't always get sent back to UMR!

Are you expecting a new family member?

Newborns are automatically covered during the first 30 days following birth. Enrollment is required during the first 30 days to continue coverage! From date of adoption, provided family or dependent coverage is applied for within 30 days of adoption or legal custody. You **MUST** contact the PPSTA office in the first 30 days. Please send a copy of the birth certificate and Social Security Card to the PPSTA office.

Status Changes:

Members are responsible for updating the plan within 30 days of any changes in health or dental coverage. (for any covered member) or any changes in family status (divorce, separation, retirement, birth, death, adoption, change in full time student status, no longer an eligible dependent due to age, etc.) **If you need to make changes to your enrollment status, or the enrollment of any of your eligible dependents, please contact the PPSTA Benefit Trust office.**

Did your child graduate from college recently?

All children are covered under their parent's plan until the age of 26 as long as they are enrolled in the plan.



Do you have a child in College?

Dependents in colleges are enrolled in the plan regardless of how far they live from home. There is no Out of Area coverage needed.

Traveling to a foreign country this summer?

PPSTA Medical coverage is limited to Emergency Care and is subject to the Emergency Care Copay plus an additional \$250 Copay for foreign Travel. The bills need to be detailed in English or which are translated to English with the medical procedures clearly listed.

For a non-emergency situation, if you are out of the country less than 6 weeks, the \$250 Copay would apply to any service and the balance of the charges would be paid as an out of network benefit subject to the NPPO deductible (\$1,000) and coinsurance (30%).

When you travel in a foreign country, we recommend that you get some temporary travel insurance that is appropriate for the country you will be visiting.

***If you are returning from a leave of absence**, it is your responsibility to contact the PPSTA office to re-enroll for benefits.

Medicare Eligibility:

Once you and/or your spouse are no longer actively employed and Medicare Eligible, you need to update your enrollment status. Please provide the plan with an updated enrollment form along with a copy of your Medicare ID Card. You must enroll in both Medicare Part A & B once you are no longer covered under a plan of a member who is actively at work. You must contact the District for information on reimbursing your Medicare Part B premiums.

If you need to make changes to your enrollment status, or to enrollment of any of your eligible dependents, please contact the PPSTA Benefit Trust Office!

If you have other questions regarding your available benefits, including the preventive and routine services available to you and your dependents, contact:

UMR 800-826-9781 Monday-Friday from 8am - 5 pm

Questions about prescription drug, contact OptumRx 1-877-559-2955

If there is ever any problem with the adjudication of claims or with a provider, PLEASE call the PPSTA office!

NEWS

Benefit Trust Coordinator: Debbie Kardas

benefittrust@ppsta.org

Office hours: 10:30-1:30

Tuesday, Wednesday & Thursday

845-471-3376

www.ppsta.org

Please visit www.ppsta.org to access your health care information & updates.

To comply with the federal Transparency in Coverage Rule, UnitedHealthcare, UMR and HealthSCOPE Benefits creates and publishes the Machine-Readable Files on behalf of the PPSTA Benefit Trust. This link will be active July 1, 2022.

To link to the Machine-Readable Files, please click on the URL provided: <https://transparency-in-coverage.uhc.com/>



Check out all your union membership has to offer!

Free Premium Calm App for All NYSUT In-Service AND Retiree Members!



- The #1 app for sleep, meditation, and relaxation
- Unlimited access to the full library of content
- Add up to five dependents (age 16 or older) to receive their own premium Calm subscription

The Calm app -- recognized as Apple's Best of 2018 award winner, Apple's App of the Year 2017, and Google Play Editor's Choice 2018 -- is the #1 app for sleep, meditation, and relaxation with over 100 million downloads. Whether members have 30 seconds or 30 minutes of time available, the diverse content library offered by Calm includes numerous resources for their schedule and needs.

Members can explore guided meditations and specialized music playlists to help with stress and focus, mindful movement video and audio, relaxing sleep stories, nature scenes and sounds, specific content tailored for children, masterclasses led by experts, and more.

To learn more about how to create your Calm account and access the premium content for free, visit memberbenefits.nysut.org/free-member-benefits and then click on "Premium Calm Service." From there, you will find detailed instructions on how to create your Calm account along with a helpful Frequently Asked Questions document about the service. You will need your NYSUT ID number to create an account with your email address and password. Your NYSUT ID number can be found on your NYSUT Membership Card or by visiting <https://www.nysut.org/memberid>.

Once you create your free Calm account on your computer, it is recommended that you download the Calm app for your iOS or Android device. After downloading the Calm app for your preferred mobile device, you can then log in with your email address and password to unlock the premium Calm content.



Learn more by scanning the QR code to the left,
visiting memberbenefits.nysut.org,
or calling 800-626-8101.

