




# THE OFFICIAL NEWSLETTER OF THE POUGHKEEPSIE PUBLIC SCHOOL TEACHERS' ASSOCIATION

MAY 2024



## Important Dates


June 5 Wed.


 **APPR Observations  
Conclude**

(Please be sure to submit a copy of  
your APPR survey form to your  
advisor.)


 **PPSTA Executive  
Board Meeting**

June 7 Fri.


 **PPSTA End of Year  
Celebration (TBD)**

 **Stock the Shelves CM2**

June 12 Wed.

 **PPSTA CBR Meeting**

June 18 Tues.

 **PPSTA Rep. Brd. Meeting**

June 19 Wed.

 **Juneteenth No School**

June 26 Wed.

 **Last Day of School**

**PPSTA Supports Summer Reading!**

# STOCK THE SHELVES

*With New Books!*

COMMUNITY  
MATTERS 2 INC.

Please bring in **NEW UNUSED** books for ages  
K - 12 to fill the shelves at the New  
Community Matters 2 library!

PPSTA will collect them on June 7th

**UPDATE**

**nysut**

We thank our allies in both chambers for  
overwhelmingly passing bipartisan  
legislation that would return teacher and  
principal evaluations to local control.

This has been a decade-long fight, and we  
are relieved to see it near the finish line.  
It would not have been possible without the  
tireless advocacy of our members, our  
legislative supporters and our statewide  
education partners."

 Melinda Person  
NYSUT President





President Popken and Delegate John Hines at the 2024 NYSUT Representative Assembly with AFT President Randi Weingarten!



**Thank You to the Poughkeepsie Public Schools Foundation, the Poughkeepsie Children's Cabinet, PCSD Community Schools and our own wonderful Olga for wishing PPSTA a Wonderful Educator Appreciation Week!!**





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

**Jay'Quan Floyd**

**Jenna Tonyes**

**Yessenia Carrion-Ward**

**Tiffany Ward**

**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**

**DON'T  
MISS  
OUT!**



## **Benefit Guide: Health Navigator**

**Health and wellness support  
at your fingertips**

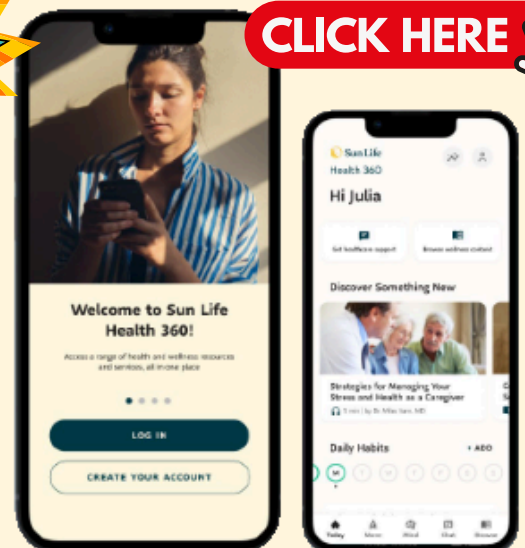
The Sun Life Health 360 mobile or web-based app gives you **direct access to chat with Health Navigator Care Advisors** and more!

- Self-led **mental health support** and educational content
- An expansive library providing you with **physician-reviewed health and wellness information**
- **Preventive health support** to promote healthier living through daily habits
- Fitness content, meditations, and tracking capabilities to support a **healthy lifestyle**



Creating an account is simple, just visit **[sunlife.com/health360](https://sunlife.com/health360)** to get started!

**CLICK HERE**



NEW

# Vision Plan Information



If you have moved and HAVE NOT reported your new address to Olga, you MUST send the information to [benefittrust@ppsta.org](mailto:benefittrust@ppsta.org). Enrollment cards are going to be mailed based on the address we have in the UMR system. The enrollment cards will arrive in a plain white envelope, so be careful not to throw it out. You will have access to an app that has your card as well.

For retirees, the Benefit Trust has voted that we will pay the premium for the first year for those of you that have been on GVS. We will access in the Spring if this can continue. We may have to set up a system like dental.

As I am working to get an accurate eligibility file put together, one of the things that I have noticed is there are many children that we have never received their social security numbers. For them to receive the vision benefit, we must have that information.

If you do not have the PPSTA medical or dental, and you want vision you must contact Debbie at [benefittrust@ppsta.org](mailto:benefittrust@ppsta.org).

NEW



# Vision Plan Information



## A vision plan that's more than an exam and eyewear benefit.

We provide numerous valuable plan features and network choices for employees.

### Enhanced maternity and pediatric benefits.

Vision changes during pregnancy and throughout a child's school years are common, so we've added more coverage without adding more cost.

Two eye exams are covered each plan year for mothers-to-be and children up to age 13. If their prescription changes 0.5 diopter or more, a new pair of eyeglasses are also covered. Copays apply.

### A large, balanced network — locally and nationwide.<sup>1</sup>

- 170K access points nationally — and growing. Our vision network has doubled in just 7 years.
- 1,765 private and 2,990 retail access points in New York, plus access to online providers Warby Parker and GlassesUSA.com
- 95.6% of New York members chose a network vision provider in 2019.<sup>2</sup>



48 of the top 50 vision retailers;<sup>3</sup> with a wide variety of price points.



UnitedHealth Group is invested in New York.<sup>4</sup>

Employees:  
**6,333**

Offices:  
**22**

Members:  
**4.06M**

Annual community investment:  
**\$2.9M**

Annual financial investment:  
**\$3.5B**

NEW



# Vision Plan Information

## UnitedHealthcare

Vision Sold UAF for POMCO - Poughkeepsie Public School Teachers Association

Effective Date: 07/01/2024

Vision Services		TH662 New Standard			
Legal Entity		UnitedHealthcare Insurance Company of New York (30400)			
		In Network	Out of Network		
Plan Options					
Contribution	100% Employer Paid				
Product Type	Exam with Materials				
Network Type	Standard Network				
Exam(s) Co-pay	\$0	Not Applicable			
Material Co-pay (Frames/Spectacle Lenses or Necessary Contact Lenses)	\$0	Not Applicable			
Service Frequency					
Exams/ Lenses/ Frames/Contacts	12/12/12/12				
Eye Examination					
Exam(s) (Includes additional eye exam for ages 0-12 and pregnant or breastfeeding women)	100%	Up to \$50			
Lenses					
Single Vision	100%	Up to \$50			
Lined Bifocal	100%	Up to \$60			
Lined Trifocal	100%	Up to \$80			
Lenticular	100%	Up to \$80			
Frames					
Retail Frame Allowance	Up to \$200	Up to \$100			
Discount on Frame Coverage at participating providers	30%	Not Applicable			
Elective Contact Lenses					
Contact Lens Material Allowance	Up to \$200	Up to \$175			
Contact Lens Fitting and Evaluation Allowance	Up to \$40	\$0			
Necessary Contact Lenses	100%	Up to \$210			
Lens Options					
Covered-in-full Lens Options	Polycarbonate Lenses for Children up to Age: 19 Standard Scratch Coating	Not Applicable			
Non-covered Lens Options	Price Protection available for non-covered lens options ranging from 20-60% off retail pricing at participating providers (except where not permitted by state law).				
Additional Benefit(s)					
Retinal Screening Photography	\$39	Not Applicable			
Value Services					
Laser Vision Discount	UnitedHealthcare is proud to add value to your vision care program by offering access to discounted laser vision correction procedures through QualSight LASIK, the largest LASIK manager in the United States. Member savings represent up to 35% off the national average price of LASIK. Discounts are also provided on newer technologies such as Custom Bladeless (all laser) LASIK. Visit myuhcvision.com for more information.				
Blue Light Protection Eyesafe Discount	UnitedHealthcare Vision has collaborated with Eyesafe® to provide members with a 20% discount off the retail price on blue-light screen filters for their devices. Members can receive the discount by visiting myuhcvision.com and clicking on the Eyesafe link.				
Children's and Maternity Eye Care					
Replacement Eyeglasses					
Additional eyeglass frame/lenses due to prescription change (ages 0-12 and pregnant or breastfeeding women).	Members ages 0-12 and members pregnant or breastfeeding who have a prescription change of 0.5 diopter or more are eligible for a replacement frame and lenses. The replacement benefits are the same as the benefits for the initial frame and lenses. Not applicable for Exam Core or Exam with Discounted Material Plans.				

NEW



A message from  
Debbie Kardas:

On behalf of United Healthcare and myself please use the following as instructions to look up a Vision provider on our UHC website.

Please go to:

[www.myuhc.com](http://www.myuhc.com)

To Find a Provider:

- Select "Find a Vision Provider"
- Select "Employer & Individual Plans"
- Enter Search Information (i.e zip code, address, county)
- Choose Desired Specialty
- Enter Search Radius
- For additional search options "Specialty", "Gender", "Language Spoken", etc select More Filters to fine tune the search

**Vision Plan  
Information**

**Claims Address:**

The claims address is:

UnitedHealthcare Vision  
Attn: Claims Department  
PO Box 30978  
Salt Lake City, UT 84130-0567





# 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:

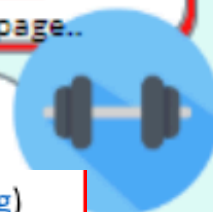
Find this form on the **PPSTA website** under Benefits page..



## MOVING?



It is critical that when your address changes that you notify Olga ([officesecretary@ppsta.org](mailto:officesecretary@ppsta.org)) and Debbie ([benefittrust@ppsta.org](mailto: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](http://www.ppsta.org)**



Please visit **[www.ppsta.org](http://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/>**





# WHAT ARE YOUR PLANS THIS SUMMER?

NYSUT Member Benefits offers a variety of endorsed programs & services that can help you enjoy today, while planning for tomorrow.



As a NYSUT member, you have access to participate in a number of programs and services endorsed by NYSUT Member Benefits. These products have been carefully cultivated to provide members with quality programs at competitive prices, including insurance programs to help you protect your family; legal and financial plans to help you plan for the future; and shopping, travel & personal services to help save you money.

Member Benefits also offers a number of benefits available free of charge to members such as the premium Calm service, Peer Support Line, Financial Learning Center, and more.

Participation in our endorsed programs features the added protection of having a trusted advocate on your side. Our staff take great pride in stepping in to support members with any questions, concerns, or issues that may arise.

**No matter what your plans may be, NYSUT Member Benefits is a great place to start. Explore all that your union membership has to offer!**



Learn more by scanning the QR code to the left, visiting [memberbenefits.nysut.org](https://memberbenefits.nysut.org), or calling 800-626-8101.

For information about contractual endorsement arrangements with providers of endorsed programs, please contact NYSUT Member Benefits.

