

THE OFFICIAL NEWSLETTER OF THE

POUGHKEEPSIE PUBLIC SCHOOL TEACHERS' ASSOCIATION

APRIL 2026

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



GENERAL MEMBERSHIP MEETING

Thursday, May 7th

3:30pm

PHS Auditorium



Benefit Trust

UMR

Health Navigator

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



Benefit Trust Reminders:



May 7 General Membership Meeting



Retirees are welcome to attend!



We expect representatives from UMR and Health Navigator.



Open enrollment is in May.



Many questions regarding benefits can be answered on ppsta.org.



It is crucial for the Benefit Trust and PPSTA to have updated and accurate email information for both actives and retirees!





PPSTA BENEFIT TRUST



Calendar Year Information:

Medical: January 1-December 31
 Dental: July 1-June 30
 Vision: July 1-June 30
 Legal: April 1-March 31
 Medical 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?



Call Olga: 845-471-3376 at the PPSTA office, with your change of address and phone information. You will also need to notify the PCSD Business Office.

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

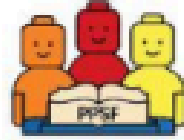
Please visit www.ppsta.org to access your health care information & updates.

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/>



READY, SET, BUILD!
GET YOUR TICKETS TODAY



LEGO PALOOZA!

POUGHKEEPSIE PUBLIC
SCHOOLS FOUNDATION



Earlybird discount promo code: brick

SAVE THE DATE

MAY 31, 2026

Ready, set, build! Join us for the first annual LegoPalooza! fundraiser: Come build, compete, and make a real impact —one brick at a time! Every dollar raised supports the Poughkeepsie Public Schools Foundation, helping to enhance programs and opportunities for local students. Challenge your creativity, enjoy some friendly competition, and have fun every step of the way!

The Poughkeepsie Public Schools Foundation is a nongovernmental, nonprofit charitable organization that raises funds to close opportunity gaps and enrich the education of students who attend City of Poughkeepsie public schools.

Our mission is simple yet powerful: to turn "that could be me" into "that **IS** me."

These aren't just field trips or musical instruments or science equipment—they are windows into possibility. They are moments when a young person realizes that the stage, laboratory, farm, manufacturing plant, or the lecture hall isn't just something they observe, but something they can inhabit.

Join us at DCC on May 31st from 12pm to 4pm for **LEGO PALOOZA!**

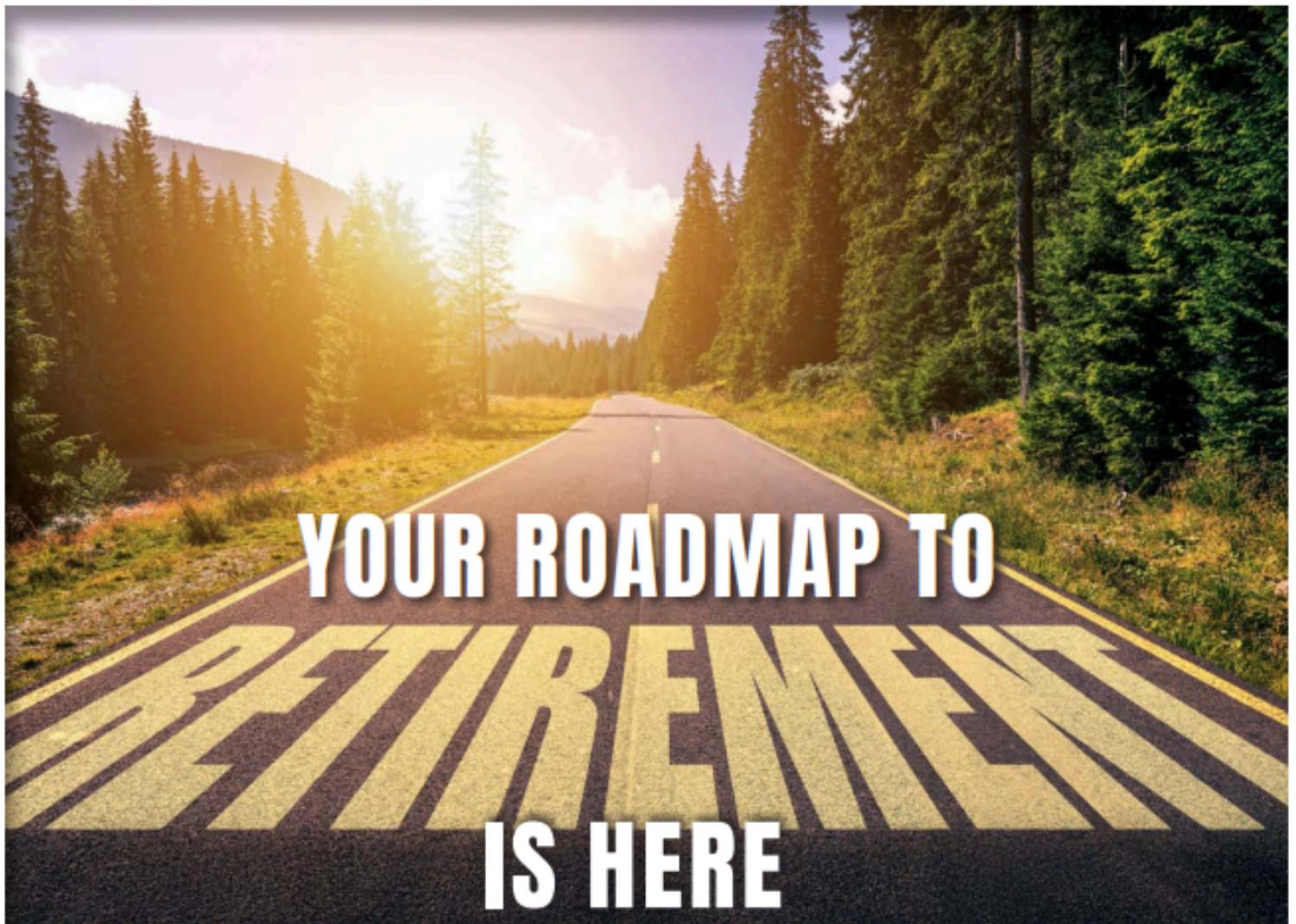
A fundraiser for life-changing experiences for students!

Free admission tickets for PCSD students
will be available starting **May 18th**.

Check ParentSquare that week!

A message from our friends at The Poughkeepsie Public Schools Foundation! Scan the QR code or email psfoundation78@gmail.com

for more information!



YOUR ROADMAP TO RETIREMENT IS HERE

Retirement doesn't mean entering a world of unlimited tee times and champagne coolies. It's important to be properly prepared for the transition from in-service employment to retiree status.

Please note the following information if you are currently enrolled in one or more NYSUT Member Benefits-endorsed program(s) or would like to do so in retirement:

■ **If Your Local has a Retiree Chapter:**

You are encouraged to maintain membership and pay chapter dues to that local (if necessary) to continue membership in NYSUT and our national affiliates, the American Federation of Teachers (AFT) and National Education Association (NEA).

■ **If Your Local does NOT have a Retiree Chapter:**

You will continue your membership with NYSUT, AFT, and NEA through the Retiree Council in your geographic area.

Member Benefits endorses a number of programs that can be purchased through the convenience of payroll or pension deduction – offering reduced premiums or the elimination of service fees in many instances. Approximately 88% of NYSUT members have payroll or pension deduction available to them.

You must have an active NYSUT membership to participate in payroll or pension deduction. If you're currently participating in one or more of our endorsed programs, you will want to look into switching to pension deduction after you enter retirement.

LEARN MORE

Learn more about continuing Member Benefits-endorsed programs by scanning the QR code, visiting mb-nysut.org/retireemembership, or calling 800-626-8101.

SCAN ME

