Florida Blue Chiropractic Benefits

**Did you know** that as an ICUBA member you have access to a unique set of benefits that allow you considerable flexibility at a low cost to you? ICUBA members receive a benefit to see chiropractors at a low cost share. This cost share is applicable to members who utilize in network providers. Florida Blue recently expanded their network offering by partnering with American Specialty Health.

This partnership opened the door for more provider access, while still allowing members to have the same great benefits as before. With the change to American Specialty Health on April 1, 2015, there could be providers who are no longer part of the new network and extensive efforts have taken place to add new providers and contract with most of the providers who were previously participating.

In fact, over 80% of the providers who were participating prior to April 1, 2015 are continuing with American Specialty Health. In addition, the new network totals well over 120% of the total network size compared to prior to April 1, 2015 meaning there are even more chiropractors in network than before.

Should you be in a situation where your provider no longer participates with American Specialty Health, rest assured that your benefit levels are not impacted as a result of this change. In fact, until April 1, 2016, you can continue to see your previous out of network chiropractor at the same benefit level as you did before.

There has been no change to the benefit level for ICUBA members however, Florida Blue’s contract with American Specialty has altered the reimbursement methodology for the providers. In most cases this will be transparent to you.

ICUBA is working with Florida Blue to move to the Alliance Network on April 1, 2016 that will more closely align with what the providers were used to prior to April 1, 2015. This change will be widely communicated and will not change the participating status of the chiropractors you have access to today.

Here’s how it works...

**Step One**
Log on to www.floridablue.com and Click on the Find a Doctor Link.

**Step Two**
Select a Plan “BlueOptions”.

**Step Three**
Enter the Provider Type “Specialist” and Specialty “Chiropractor”.

**Step Four**
Enter the Search area you would like to see a listing for (example: 50 miles)

**Step Five**
Use the Search Now button to see a listing of providers in your search area.

**Step Six**
Contact Provider to schedule an appointment.

It’s That Easy!!!!!!!

Florida Blue’s customer service department is available Monday through Friday; 8am – 6pm to answer any questions you may at 1.800.664.5295.
MHNet Behavioral Health
Resources for Living Employee Assistance Program (EAP)

You have many demands on your time — work, family, finances, and maybe caring for elderly parents. Staying on top of it all can be challenging and sometimes it’s hard to know the difference between everyday stress and something more serious.

Support for life’s challenges

Sometime our lives are so overwhelming that we’re not sure we’ll get through the day. Many days we can manage on our own or rely on friends and family, but at one time or another, we may need professional help to manage stress or other mental health issues. It’s OK! Your EAP and Behavioral Health benefit programs provide you with the tools and services you need 24 hours a day, 7 days a week so you can start feeling like yourself again.

Your Employee Assistance Program (EAP) provides short-term counseling to you, all members of your household and your adult children up to the age of 26, regardless of your medical insurance coverage. EAP visits are confidential sessions for non-clinical problems, i.e. counseling and relationship support, financial and legal services, worklife balance, and other services. These sessions are limited up to six free face-to-face counselling sessions per presenting issue per plan year and are solution based, short term therapy. Visit www.mylifevalues.com to access online EAP services. Username: ICUBA Password: 8773985816

Behavioral Health benefits are provided through MHNet, not your Florida Blue Medical Plan. Behavioral Health services are for individuals with specific diagnoses requiring longer care that can have a more debilitating effect on your mood and behavior. These issues could include, but are not limited to alcohol and drug abuse, anxiety and depression, ADHD, and other behavioral health concerns. These issues affect more people than you think. Among U.S. Adults, these conditions are more common than diabetes, cancer or heart attacks. Visit www.mhnet.com to access information on major behavioral health issues.

Depending on the intensity of your condition, a license behavioral health specialist can provide inpatient, partial hospital, and intensive and standard outpatient treatment. Just like medical issues, behavioral health issues are treatable. By accessing behavioral health care, you can address these issues and improve your overall life. Unlike EAP sessions, there is normally a copayment for these services.

MHNET Member Resources: Visit www.mhnet.com to access information on major behavioral health issues and articles and links to help you: Understand common behavioral disorders, know when to seek treatment, take steps to access care, find out what to expect when you meet with a mental health provider, and learn how to improve the long-term success of your treatment.