



# Law Enforcement Health Benefits, Inc.

2233 Spring Garden Street | Philadelphia, PA 19130

215-763-8290 | www.lehb.org

John J. Gaittens - Administrator  
Ray Convery - Assistant Administrator



• HIPAA - Due to HIPAA, LEHB cannot speak with members about their spouse or adult child's claims and benefits. In order for a member to speak to LEHB about their dependent's claims or benefits, we need written permission from the dependent giving us permission to speak to the member. The same rules apply if a member would like their spouse or child to speak on their behalf regarding their claims.

## THINGS to know

● ● ● About Staying in Network

• All providers have networks. Staying in the network is the best way to avoid out of pocket costs. In order to find in-network **Medical** providers you can go to [ibx.com](http://ibx.com). To find **Dental** and **Vision** providers go to [lehb.org](http://lehb.org).

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• If you are confirming with a provider that they are in-network please ask them "Do you **participate** with Independence Blue Cross?" or "Are you in the Blue Cross network?". Do not ask if they take your insurance. All providers will take your insurance this does not mean they are in the network.

• Some procedures such as bony impacted wisdom teeth may be paid partially under medical and partially under dental. In these cases, you need to make sure that your provider **participates** with both Independence Blue Cross and LEHB Dental.

• **If you go to an Out-of-Network provider you will be subject to the Out-of-Network deductible and coinsurance. You will be responsible for any out-of-pocket costs.**

• If you are traveling or living out of the Philadelphia 5 county area, you will have to find an out of area medical provider that is **participating** with BlueCard PPO if you are in the United States or GlobalCore if you are traveling internationally. You can call 1-810-BLUE to find a provider.

• Please note, some providers who are **participating** in the 5 county area, such as LabCorp, may not be participating in network when out of area, in places such as Florida.

## LEHB Locations and their Functions

### LEHB Main Office

2233 Spring Garden St.  
Monday - Friday 7 am - 5 pm  
Phone #: 215-763-8290  
Fax #: 215-763-8808  
Email: [QAndA@lehb.org](mailto:QAndA@lehb.org)

The LEHB Main Office is our primary location where most LEHB employees work. Contact the main office for any customer service questions, billing issues, medical benefits questions and program registration. The main office can be contacted by walking in, calling, fax or email.



### LEHB NORTHEAST OFFICE – 2848 St. Vincent St. – HOURS MAY VARY

Phone # 215-338-6110 | The LEHB Northeast Office is a drop off site for any paperwork that you need to submit to LEHB. If the office is closed, you can put in the mail slot. Mail is picked up weekly and delivered to the Main Office.

### LEHB DENTAL AND VISION OFFICE – Mattucci & Associates – 1037 Mill Creek Dr., Feasterville-Treose, PA 19053

Monday - Friday 8AM - 4PM  
Phone#: 215-364-3529 | Contact the LEHB Dental and Vision Office for any Dental or Vision questions or billing issues.

### LEHB Health & Wellness Center

9432 Roosevelt Blvd.  
**Fitness Center - 1st Floor**  
Phone: 267-350-5400  
Mon - Thurs 5 am - 11 pm  
Friday 5 am - 10 pm  
Saturday 8 am - 6 pm  
Sunday 9 am - 5 pm

The LEHB Fitness Center is a full service Gym that is available to only LEHB members and their covered dependents over 15 years old. The fitness center also holds classes such as Zumba, Yoga, Full Body Resistance Training and Line Dancing. LEHB Paperwork and forms CANNOT be dropped off at the Fitness Center

### Behavioral Health – 2nd Floor

Private Entrance -  
By Appointment Only  
Phone: 267-350-5405  
Monday - Friday 10 am - 6 pm

LEHB Behavioral Health can provide individual, couples or family therapy. Psychiatric evaluations and medication management are also available.

### Dietitian, Emily Rykaczewski

2nd Floor – By Appointment Only  
Phone: 267-350-5401

LEHB Dietitian Emily can be seen virtually or in person. Services include: Medical Nutrition Therapy, Mindful Eating Weight Management, Sports Nutrition Meal Planning, Eating on a Budget.

### Temple Medical Office

#### Anna Morales-Caraballo – 2nd Floor

Scheduling#: 215-707-2400 #2  
Mon/Wed/Friday 8:30 am - 5:00 pm  
Tues & Thurs 10:30 am - 6:00 pm  
Closed for lunch everyday from 12 pm - 1pm

Nurse Practitioner Anna Morales-Caraballo, DNP-FNP BC is available for members and dependents 18 and older for Primary Care Services, Walk-In sick visits, lab work, EKGs and some vaccines (Shingles, Flu, TDAP, Pneumonia, Hepatitis A and B.)

## Weight Loss GLP-1 Coverage Update



As of July 1st, Express Scripts began covering weight loss GLP-1 medication with certain requirements. For the medications to be covered, you must have a BMI of 32 or greater OR a BMI of 27-31 with documentation of two comorbid conditions. Your doctor will be required to provide documentation during the prior authorization process. If you want your weight loss GLP-1 medication to be covered by your plan, the following steps must happen:

1. Your doctor has to submit the prescription to the pharmacy which will be rejected as "Not covered – engaged with Omada".
2. The member can create an account by going to [omadahealth.com/express-scripts](http://omadahealth.com/express-scripts)
3. After the rejection is in place and the account is created, this will trigger Omada to generate and email an access code. The access code takes about 24-72 hours to generate. The access code does not mean that the medication has been authorized.
4. After receiving your access code, you must fill out a questionnaire to ensure you are eligible. 24 hours after the questionnaire is completed, Omada sends Express Scripts a notification that you are eligible for the provider to start the prior authorization.
5. At this point the pharmacy will notify the provider to start the PA process or you can reach out after 24 hours to let the provider know the PA needs to be completed. Express Scripts will use the information in the questionnaire and the information given by the provider to determine if the prior authorization will be approved.
6. The doctor has to visit the Express Scripts online portal at [esrx.com/PA](http://esrx.com/PA) or call the Express Scripts Prior Authorization department at 800-417-1764 to arrange for a prior authorization review.

7. To continue having your medication covered you will have to complete the following requirements

- Use the Omada App four times a month, by doing lessons or engaging with your health coach, peer group, or online community.
- Weigh in four times a month using the smart scale provided by Omada.
- Lose at least 5% of your body weight during the period before your first prior authorization renewal.

Please note, that if you fail to meet the requirements listed above, your next prior authorization will not be approved and you will have to wait 1 year to re-enroll in the program.

This program is only for weight loss GLP-1 medications such as Wegovy and Zepbound. The requirements for Diabetic GLP-1 medications such as Ozempic and Mounjaro will remain the same. If you are not a Type II Diabetic, you are not eligible for Ozempic and Mounjaro. The cost of these medications will go toward your \$18,000 tier limit. LEHB is not responsible for these medications' manufacturing, supply, and availability.

LEHB is not responsible for locating a pharmacy that has the medication. If you are having trouble finding your medication, please call LEHB and the prescription team can give you tips on the best way to try and obtain your medication. Please call LEHB at 215-763-8290 if you have any questions.



# LEHB Fall PROGRAMS & EVENTS

By joining LEHB's programs and screenings, you are taking care of your health and contributing to cost savings for the entire membership. See below for our current offerings.

## Comprehensive Health Screenings

Every year LEHB holds up to ten Comprehensive Health Screenings at various locations. The screening consists of three stations:

- Height, Weight, Blood Pressure and BMI: Identifies obesity and hypertension
- Blood Draw: Identifies pre-diabetes, diabetes, high cholesterol and PSA scores for men.
- Retinal Eye Scan: Identifies retinopathy, eye tumors and other ocular issues.



### Dates and Locations

Wednesday, Sept. 25<sup>th</sup> – 22nd District – 8 am to 12 pm  
 Tuesday, Oct 15<sup>th</sup> – 25<sup>th</sup> District – 8 am to 12 pm  
 Tuesday, Oct. 29<sup>th</sup> – 3<sup>rd</sup> District – 8am to 12 pm  
 Thursday, Nov 7<sup>th</sup> – Police Training Center – 8 am to 12 pm  
 Thursday, Nov 14<sup>th</sup> – Philadelphia Public Services Building – 12 pm to 4 pm

Participate and receive a Koozie/Cup and Wawa gift card. Flu shots will also be available at the October and November screenings.



## Flu Shots

It is critical that you receive your flu shot in the fall. It is the best preventative measure against influenza. All Officers and their family members (ages nine or older) should attend one of these events.

### Dates and Locations

<b>Saturday, Oct. 5<sup>th</sup></b> Police Training Center (Walk Through) 8 am to 2 pm	<b>Thursday, Oct. 17<sup>th</sup></b> FOP (Drive Through) 2 pm to 7pm	<b>Wednesday, Oct. 23<sup>rd</sup></b> FOP (Drive Through) 3 pm to 6 pm
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Flu Shots will also be available at the LEHB Main Office at 2233 Spring Garden St. in late October and at the Temple Medical Office at the LEHB Health and Wellness Center.

## Additional Programs and Events

- **Virtual or In-Person Cooking Demonstrations** presented by our LEHB Dietitian Emily.
- **Smoking Cessation Programs:** Hypnosis performed by two different doctors in the area or counseling provided by a certified tobacco treatment specialist.
- **Healthy Beginnings Program:** Program for expectant mothers which offers reimbursements, incentives, resource information, fitness training and more.
- **Burnalong:** A wellness platform with over 30,000 live and on demand classes in over 60 categories. To register go to [lehb.org](http://lehb.org) and click the yellow highlighted link in the middle of the front page or type [join.burnalong.com/lehb](http://join.burnalong.com/lehb) into your browser.
- **Temple Heart Scan:** Identifies plaque and calcium deposits which can result in blockages.
- **Temple Lung Scan:** Identifies nodules, tumors and other pulmonary issues.
- **Diabetes Prevention Program:** One-hour virtual sessions or a year-long program (virtual and in person) which helps lower your risks of developing type 2 diabetes.
- **Fitness Reimbursement:** Receive up to \$100 every 6 months when you complete 70 visits or more at a fitness center or in a fitness program.
- **Health Transformation Program:** A year long program that provides you with access to a custom nutrition and exercise plan, fitness expert and the opportunity to win cash prizes.



And More!

Call LEHB to register for LEHB events to find out more information about our LEHB programs! 215-763-8290



## RETIREMENT & MEDICARE

**W**hen you decide to retire, there are important steps you must take to ensure you receive your contractually-guaranteed five-year extended medical coverage and any additional coverage from converting accrued but unused sick time. First, you will go to the Pension Board offices or be counseled over the phone regarding your options. Your pension counselor will give you a "Retiree Election Application" form to complete. On this form, you will indicate if you are continuing or deferring your coverage. Deferring your coverage means that you will postpone your five (or more) years of extended medical coverage. If you are transitioning to another job that provides medical coverage or can be covered under your spouse's medical plan, you may choose to defer your benefits. **IMPORTANT NOTE:** Once you begin your retiree medical coverage you cannot opt to defer at a later date. Next, forward a copy of this completed form to LEHB as soon as possible. You will also receive a Sick Time Conversion Form from Police Personnel. If you are converting additional sick time into extended medical coverage, you will need to send this form to LEHB along with your Retiree Election Application. If you are converting sick time and want an approximation of your tax implications, please email Jack Gaittens ([jjg@lehb.org](mailto:jjg@lehb.org)), Ray Convery ([ray@lehb.org](mailto:ray@lehb.org)) or Christine Coulter ([cmc@lehb.org](mailto:cmc@lehb.org)) with the following information: • Name • Payroll# • Rank • Appointment Date • Sick Hours • Vacation Hours • Holiday Hours • Comp Hours

Approximately two months before your LEHB Medical coverage runs out, you will receive a letter from LEHB notifying you of your coverage termination date. If you are Medicare eligible, you will be advised that you have the option to enroll in one of the LEHB group Medicare Advantage/Medicare Supplemental plans administered through Independence Blue Cross or seek coverage elsewhere. If you are not Medicare eligible, you can go to the Market Place at [healthcare.gov](http://healthcare.gov), contact Independence Blue Cross or another health insurance carrier for individual coverage. This plan will not be administered through LEHB. These plans are subject to enrollment deadlines (usually 60 days from your last date of coverage). Make sure you give yourself enough time to research and choose your new health insurance plan so you are not without coverage. If you have any additional questions regarding your health insurance during retirement, please call LEHB at 215-763-8290.



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