Welcome

The University of Louisville’s benefits team brings you a quarterly newsletter to provide you with reminders and valuable information related to your benefits.

The ABCs of benefits

Do you know the difference between co-insurance and a co-pay? A deductible and out-of-pocket maximum? If health insurance jargon feels like a foreign language to you, you are not alone. Many people get confused and frustrated when having to deal with a health insurance claim. We know it can be hard to understand. We want you to be able to make smart decisions when it comes to covering your family’s healthcare costs, so we have definitions on our website to assist you. Please visit our website for useful descriptions of common terms that will help you navigate each claim: http://louisville.edu/hr/benefits/benefits-definitions

Also, please remember to follow up on each claim whenever you have services so that deadlines for payment or reimbursement are not missed. When you do visit a provider, review the explanation of benefits, or EOB, once you receive it to ensure the claim has been paid correctly. For a helpful guide on understanding your EOB, please visit: http://louisville.edu/hr/benefits/health/guidetoEOB.pdf. You can then compare your EOB to any bills from providers to make sure everything is accurate. If you have any questions, please contact Anthem customer service (800-280-7292). If you still have questions, your UofL benefits counselor is always available.

Once you become more familiar with the process, it won’t take long to breeze through your healthcare claims.

Preventive care important at any age

Though “cancer” is a scary word, preventative screenings are available to help people find cancer in its early stages, when treatment works best. Getting regular checkups is important to your health not only to prevent cancer, but for many other health issues too. Screenings for blood pressure, depression, diabetes, cholesterol and lipid levels are all important.

Did you know that most of these preventive services are at no cost to you? Please take a moment to review Anthem’s preventive health guidelines online: http://louisville.edu/hr/benefits/health/PreventiveHealthGuidelines.pdf.

The CDC website also has useful information that you can view online: https://www.cdc.gov/prevention/

Schedule your screenings today. It could save your life.
Summer vacation travel tips

Are you traveling out of state, or even out of the country this summer? We hope you have a safe and wonderful trip. But if you do find that you or your covered family member needs medical treatment, you can call the Anthem 24 hour nurse-line and they can direct you to the nearest in-network facility. They can also help you with what type of facility would be best for you to receive services. An emergency room visit may not be necessary, an urgent care center may be close by. Call 888-279-5378, or visit http://louisville.edu/hr/benefits/health/nurse-line

If you are traveling out of the country, you still have access to providers around the world. Before you leave, contact your Anthem Blue Plan for coverage details in the specific country and area you are visiting. In an emergency, it will be good to have this information in-hand. Also, make sure you have your Anthem ID card with you. Please print the attached flier to take with you. You can contact BlueCare Worldwide at 1-800-810-2583. Visit http://louisville.edu/hr/benefits/health/bluecardworldwide.

Maximize your Retirement Savings Opportunities

Life provides many financial challenges, and it can be easy to put your retirement savings on the back burner. However, by beginning to maximize your savings opportunities now, you can make a big difference in your savings when you retire. UofL offers two great opportunities to assist eligible full-time employees with their 403(b) retirement savings plan. The first is the employer contribution of 7.5 percent of your annual salary with no required contribution by you, after just one year of service. This is a great start, but don’t forget about the 2.5 percent match! This second option gives you the opportunity to receive 2.5 percent more from the university. You must contribute 2.5 percent on your own, and then UofL will match it - adding a total of 5 percent more of your salary going toward your retirement savings.

You can add the Employer 2.5 Percent Match at any time through Fidelity NetBenefits. Don’t overlook this opportunity for additional contribution from the university when looking at your retirement savings options. For more information on how to add the 2.5 percent match, visit http://louisville.edu/hr/benefits/retirementplans/contribution-elections.

Planetarium offering special rates for employees

The University of Louisville Gheens Science Hall & Rauch Planetarium is offering special rates for UofL affiliates, with a valid ID. More information on these out-of-this-world deals is available online at louisville.edu/planetarium/uofl.