



# CMCSS Newsletter

January 8, 2018

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## Be a Presenter at ENGAGE!

# ENGAGE

CMCSS Professional Learning Conference

ENGAGE Professional Learning Conference is just around the corner, and in order to have another successful event, proposals are needed from CMCSS educators! ENGAGE is the CMCSS professional learning event held each summer that allows our amazing teachers to learn from each other and share exciting new learning opportunities around academic standards, instructional strategies, assessment practices, and technology. Reviews from last summer were clear: CMCSS teachers love to learn from each other! To be effective, outstanding educators are sought to share their best practices. They can even grab a colleague and present together! The call for proposals was opened Dec. 4 and will be open through Jan. 17. [CLICK HERE](#) to submit your proposal. ENGAGE Schedule June 4-8, West Creek High School July 16-20, Kenwood High School

# Professional Learning Reflections on ENGAGE Social Studies Sessions

I attended several Social Studies ENGAGE sessions, and they all were very helpful and meaningful. I walked away from each session with a new idea or strategy to implement in my classroom. I always enjoy collaborating with other Social Studies teachers throughout the county!

- Suzanne Wolard, 5th grade, Montgomery Central Elementary

The Social Studies Vocabulary in-service was super! I learned new techniques to keep students engaged and ways they could form their own understanding of concepts.

- Amanda Beck, 7th grade Social Studies, Rossvie Middle

I attended as many Social Studies ENGAGE sessions as I could because I always enjoy collaborating with teachers from different schools and grade levels. In the Vocabulary training, I learned new techniques that I have been using all year with my students. I enjoyed the session on Andrew Jackson and learned many interesting facts that I will be able to share with my students. The presenter also incorporated several Kagan techniques to aid in student collaboration.

- Susan Wright, 4th grade, Pisgah Elementary

## CMCSS Retirement Informational Meetings Set

Two retirement meetings are scheduled for 2018. These meetings are very informative and open to all employees. Anyone who is considering retirement is urged to attend either one of the meetings. Both meetings will be held at the Central Office in the Lecture Hall, on the following dates.

**Monday, Jan. 29 at 5:30 p.m. or Wednesday, Jan. 31 at 4:30 p.m.**



# Benefits Update



## Specialty Pharmacy Network Terminations

The specialty pharmacies listed below left the Specialty Pharmacy network, effective Jan. 1, 2018.

- Kroger Specialty Pharmacy
- Factor Support Network Pharmacy
- MedEx BioCare

## What's Next?

You can still get your specialty prescriptions from these pharmacies, but you'll pay more when you do. You'll pay less if you switch to a specialty pharmacy in your network. Blue Cross Blue Shield consumer advisors are available Monday through Friday from 8 a.m. to 6 p.m. (ET) at 800 565-9140 to help you find a new in-network pharmacy. You can also find a list of specialty pharmacies in your network by going to [bcbst.com/SpecialtyPharmacyNetwork](http://bcbst.com/SpecialtyPharmacyNetwork) and choosing your pharmacy network.

## You can transfer your prescriptions to a new pharmacy by doing one of the following:

- Call your new pharmacy and ask them to contact your current pharmacy for your prescription information.
- Ask your doctor to call your new pharmacy with your prescription information.
- Call our Customer Service team to assist with getting your prescription moved to a participating Specialty Pharmacy.

## BCBS/Tri Star Notice

Tri-Star Health System facilities aren't in Blue Network SSM, but Blue Cross had a special agreement with these facilities that helped members save money when they went to a Tri-Star emergency room for care. However, this agreement ended on Jan. 1, 2018.

Members may always go to any provider they want for their care. But you will get the most from your health plan - and pay less - when you go to a doctor or facility in the network. St. Thomas Health System and Vanderbilt Health System facilities in Nashville are currently in Network S.

## Deductibles Reset each January

Remember that each year on Jan.1, the deductibles and out-of-pocket maximums begin again for the CMCSS Group Health Plan. As a reminder, the amounts are as follows:

Individual Medical Deductible: \$350

Individual Prescription Deductible: \$ 75 Individual

Individual Medical Out-of-Pocket Maximum: \$1350

Individual Prescription Out-of-Pocket Maximum: \$ 750

Family Medical Deductible: \$875

Dental Deductible: \$ 50

Family Medical Out-of-Pocket Maximum: \$2700

Dental Benefit Maximum: \$1500

# Benefits Update Continued

## MedFSA

All participants in the MedFSA plan, you have until March 15, 2018 to incur expenses for your 2017 balances. You will then have until March 31, 2018 to submit your claims to Benefits Connection. Any claim received after March 31, 2018 will not be eligible for reimbursement. Remember that you can shop at <https://fsastore.com/> to spend any remaining 2017 funds.

## Update - New BlueCross BlueShield Insurance Cards

Effective January 1, 2018, our vision insurance carrier changed from VSP to BlueCross BlueShield of Tennessee. As a result of this change, BlueCross issued new insurance cards. Originally, new cards were to be sent to everyone enrolled in either medical, dental, or vision. However, only employees enrolled in the vision plan received a new card. Employees enrolled in the medical and/or dental but not enrolled in the vision plan were not issued new cards.

## BlueCross BlueShield Prescription Drug Changes

The following prescription changes were effective 1-1-18:

**SmartStart Program** – if you start taking a new specialty drug that is on Blue Cross' SmartStart list, you will now be able to get a 2 week supply on your first fill for half the cost. This allows you to make sure you adapt to the drug properly. If it works, the pharmacy will fill the remaining 2 weeks and you will pay the other half the cost. If it does not work, both you and our plan save money since the supply was for 2 weeks instead of 4 weeks.

**Over-the-Counter Medications** – Because many medications are available over the counter, our plan will no longer cover certain prescription drugs that have over the counter alternatives unless your condition meets specific medical criteria. Over the counter alternatives cost significantly less than their prescription alternatives yet can have similar results, and you can purchase these popular medications when you need them most without a prescription. Please use the link below to see an OTC Savings Program Drug list.

[http://www.cmcss.net/documents/benefits/OTCSavings2018New%20Drugs\\_508C.pdf](http://www.cmcss.net/documents/benefits/OTCSavings2018New%20Drugs_508C.pdf)

**Compound Medications** – Safety concerns of compounded medications have had nationwide news attention, prompting legislation on both the national and state levels. Due to availability of commercial products, lack of approval by the FDA, questionable drug efficacy, and exceptionally high cost, all compounded medications will be excluded from coverage under our plan effective 1-1-18. There is an appeal process for those patients who are not capable of taking a commercially available medication due to age, physical condition, or need for an alternative route of dosage.

## REMINDER

Please remember to notify the Benefits Office any time your marital or family status changes.

- Marriage
- Birth of a baby
- Adoption
- Divorce

The Benefits Office is open Monday through Friday 7:30 a.m. to 4:30 p.m.

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