



# Greenendale Schools

*Cultivating Excellence In Every Student*

## **Ways to \$ave**

*We're all in this together*

WHY  
SHOULD  
I CARE?





# Greendale Schools

**Spent over \$5.5 million toward employee/family health care in 2021  
(Premium + Medical Claims + Rx Claims)**

*Did you know:*

- ✓ You pay 10-15% of the monthly premium; and the District pays the rest
- ✓ You pay \$250/500 for medical and Rx (deductible); and the District pays the rest



# Keep in Mind...

- Revenue Limits are NOT going up
- The District has limited dollars to use for ALL expenses
- Inflation in health care exists, just as it does in other areas





Greendale Schools  
want to continue to offer  
HIGH QUALITY benefits at  
an affordable rate

It's worth noting that the Greendale School District is in the **Top 3%** of Wisconsin school districts in terms of health insurance deductible and premium contribution

Please help us keep this excellent benefit for YOU!

We're all in this



**TOGETHER**

# Savings Opportunities:

- Utilize the Onsite District Clinic
- Utilize Teladoc
- Go to a Fast Care Clinic
- Educate yourself on doctors and facilities
- Learn about Pharmacy related savings:
  - Check prices: app, online, PreCheck MyScript
  - Mail order Rx
  - Good Rx
  - Vaccines at pharmacy vs doc office



# Greendale Schools ~Onsite Clinic

*Cultivating Excellence In Every Student*

## Greendale Middle School

Mondays, 9-3

414-423-2800

## Greendale High School

Wednesdays and Fridays, 7-2

414-423-0110

<https://greendaleschoolclinic.youcanbook.me/>



District cost:

ONSITE  
Approximately  
\$45

PRIMARY CARE DOC  
Approximately  
\$325

URGENT CARE  
Approximately  
\$400

**\$0** for You



# ~Onsite Clinic

<b>Acne</b>	<b>Ear ache &amp; infections</b>	<b>Ear wax removal</b>	<b>Strep</b>
<b>Pregnancy test</b>	Urinalysis	TB test	Mono
<b>Pink eye</b>	Tonsil check	Ligament pain	Personal injury
<b>Sore throat</b>	Neck ache	Counseling	Sinus troubles
<b>Inflamed breast tissue</b>	Trouble urinating	Sore joints	Post COVID sickness
<b>Allergy</b>	Rash	Nausea/vomiting	UTIs
<b>Lower back pain</b>	Weight loss	Smoking cessation	Wart removal
<b>Asthma</b>	High blood pressure	Sprains	Diabetes
<b>Medication adjustment</b>	Eye irritation	Thyroid	Anxiety

## Talk to a doctor within minutes anytime, anywhere



A virtual office visit for non-emergency care



Connect by phone, video or mobile app



24/7 assistance in 10 minutes



A network of qualified family physicians



Prescriptions sent to your pharmacy



Low-cost alternative to ER or urgent care

- Cough
- Bites
- Rash
- Pink eye
- Nausea
- Respiratory
- Allergy
- Flu
- Sinus
- Sore throat
- Muscle spasms
- Urination issues
- Stress/anxiety
- MORE....

Medical—Dermatology—Mental Health

**To get a consult:**

Visit [Teladoc.com](https://www.teladoc.com)

or call 1-800-Teladoc (835-2362)

# GDSD 2022 Teladoc Savings Examples

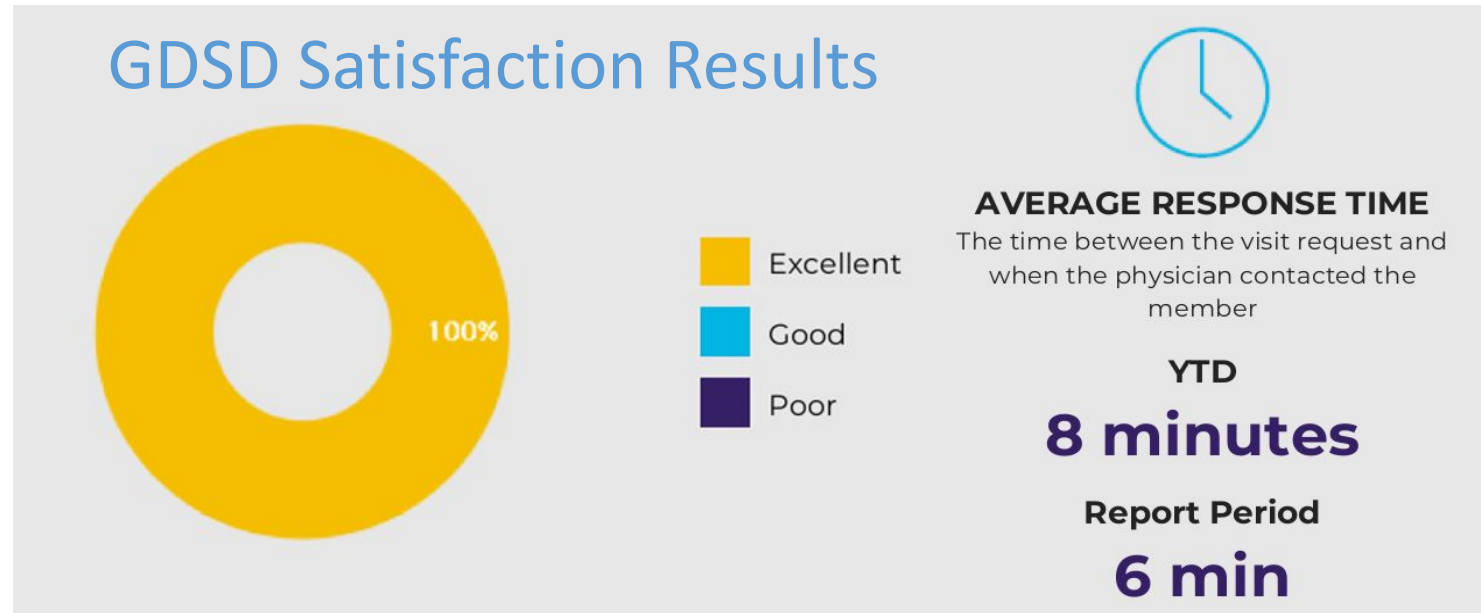
**Medical care** Teladoc visits saved GDSD over \$5000 in claims

**Mental health** Teladoc visits saved GDSD nearly \$2000

**Dermatology** visits saved GDSD just over \$200



*...And this is with less than 30 total visits!*



# How to Register for TELADOC™



20  
YEARS

[How it works](#)

[Our services](#) ▾


[Quality care](#)

[Testimonials](#)

[🔍](#) [📍 USA](#) ▾

[➔ Sign in](#)

[Register now](#)

 **NEW:** Just say, ["Alexa, I want to talk to a doctor."](#)

## The right care when you need it most.

Talk to a doctor, therapist, or medical expert anywhere you are by phone or video.

[Get started now](#)

[How Teladoc works](#) →





# Care is just a few steps away

Let's create your account and see if you match with coverage. Enter your information just as it appears on your health insurance card or pay stub.

Already have an account? Please [sign in](#)

**You will be prompted to enter your UMR member ID...**

\*All fields are required unless otherwise noted.

FIRST NAME

LAST NAME

Date Of Birth:

MONTH

MM

DAY

DD

YEAR

YYYY

Do you have a username?

- Yes, I know my username
- No, I don't know my username.

*Where can I find my username?*

*Your username may be found on your health care benefits card or your Teladoc ID card. Not all members have a username, so don't worry if you need to select "No."*

How did you find out about Teladoc?

- My employer or insurance provider offers me access to Teladoc.
- I have a Teladoc Promo or Company Code.
- I have a Teladoc ID card that shows a website that is different from "Teladoc.com." (ex: Teladoc.com/somethingelse)
- I'm not sure.

Who is your employer or insurance provider?

COMPANY NAME

UMR

Greendale School District

*I cannot find my employer or insurance provider.*

*No problem. Just call 1-800-Teladoc (835-2362) for assistance.*

CANCEL

CONTINUE >

**You will then be prompted to enter your UMR member ID...**

# FAST CARE

All You Need is Your Insurance Card!

\$0

**Services:**

- |              |                    |            |                 |                |
|--------------|--------------------|------------|-----------------|----------------|
| Allergies    | Bladder infections | Cold/Flu   | Cold Sores      | Ear infections |
| Impetigo     | Insect Bites       | Laryngitis | Minor burns     | Mono           |
| Muscle aches | Muscle strains     | Sprains    | Pink eye        | Poison Ivy     |
| Rashes       | Ringworm           | Sinus pain | Sinus infection | Sore throat    |
| TB test      | Respiratory issues |            |                 |                |

**Labs:**

- |      |           |     |       |       |            |
|------|-----------|-----|-------|-------|------------|
| Mono | Pregnancy | Flu | COVID | Strep | Urinalysis |
|------|-----------|-----|-------|-------|------------|

*Why is it less expensive?*

THERE IS NO ADDITIONAL PROVIDER VISIT CHARGE OF \$275 ADDED TO THE SERVICE/LAB



# FAST CARE

## Convenient FastCare® Clinic Locations

Located inside **meijer**

Monday-Friday: 9 a.m.-8:30 p.m.  
Saturday: 9 a.m.-6 p.m.  
Sunday: 10 a.m.-5 p.m.

FastCare® (Greenfield Meijer)  
5800 W. Layton Ave.  
Greenfield

FastCare® (Sheboygan Meijer)  
924 N. Taylor Drive  
Sheboygan

FastCare® (Sussex Meijer)  
N51 W24953 Lisbon Road  
Sussex

FastCare® (Waukesha Meijer)  
801 E. Sunset Drive  
Waukesha

FastCare® (West Bend Meijer)  
2180 South Main St.  
West Bend

Located inside McKinley Health Center

Monday-Friday: 10 a.m.-7 p.m.  
Saturday and Sunday: 9 a.m.-1 p.m.

1271 N. 6th St.  
Milwaukee

**Closest to Greendale - Inside Meijer, Greenfield  
5800 W. Layton Avenue**



# District Clinic—Froedtert Fast Care--Teladoc

## Onsite Clinic

Employee cost \$0

Schedule your appointment today!

<https://greendaleschoolclinic.youcanbook.me/>

## Froedtert FastCare Clinics

Employee cost \$0

Schedule your appointment today!



## Teladoc

Employee cost \$0

- Dermatology
- Behavioral health
- Medical



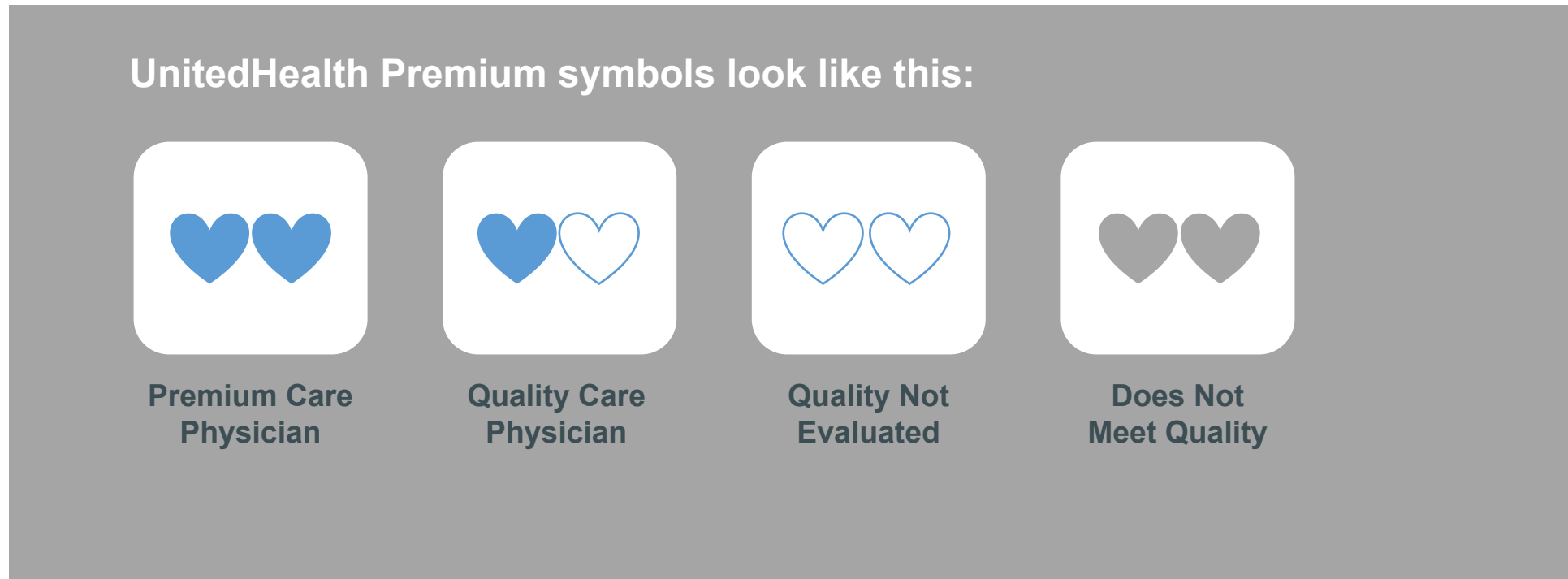
Schedule your appointment today!

1-800-Teladoc (835-2362)

<https://www.teladoc.com/>

**\$0** for you and **thousands** of dollars in savings for the District

# Look for provider ratings for quality and cost



When you receive care from a Premium Provider, you pay less in out-of-pocket costs for your visit  
AND  
The District pays less for the remainder of your care  
AND  
These providers has less re-admittance, fewer infections, higher ratings!

# Don't Know How? Ask For Help

Chat online with UMR customer service

- OR -

Call the number on the back of your ID card

Home > Claims > B

myMenu

Benefit search

I want to view:

Benefits for

- Cade Blank (09/08/11)
- Elizabeth Blank (03/11)
- Samuel Blank (04/29)
- Karyn Blank (07/21/20)
- Joseph Blank (08/21/20)

Coverage Type

- Medical
- Dental

Network Level

- In network
- Out of network

Benefit Period

- Current (01/01/2017)
- Previous (01/01/2000)

80% 20%  
Plan pays You pay

Start a chat

Chat with a customer first team member

Customer first team members are available to answer your questions 24 hours a day, 7 days a week, excluding major holidays.

If you are experiencing symptoms or having a medical emergency, please call 911 or go to the nearest medical facility.

Please choose one of the following:

- I need help with medical claims or medical benefit information
- I need help using the Web site
- Other issue

Additional comments:

Enter any comments about your question or problem.

Max characters: 350 (remaining: 350)

Every effort is made to be sure that the information given to you today is accurate. If a conflict exists between the information provided to you and the terms of the plan, the terms of the plan will prevail. Final determination of coverage and patient responsibility is made at the time the claim is received and processed.

Submit Cancel

Print Help

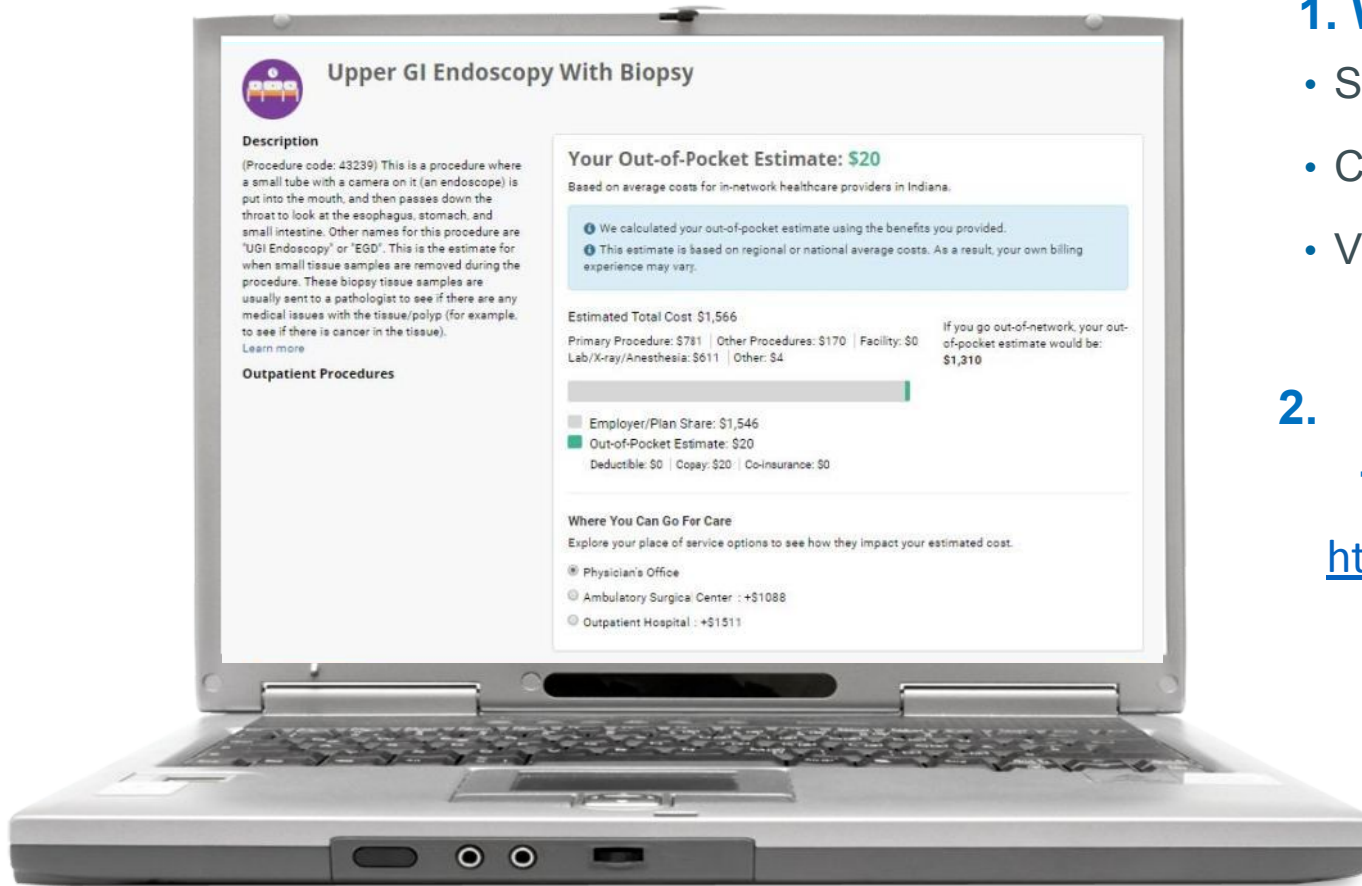
\$0.00  
Hospital admission



We've made it easier for you to get the answers you need — fast

- **Simply log in to umr.com and click the Live Chat icon in the top navigation bar**
- Team members are available 24 hours a day, seven days a week (excluding major holidays)

# Compare costs before you go in for care



## 1. With the health cost estimator you can:

- Search for treatment or procedure options in your area
- Compare costs based on the medical facility you visit
- View a range of costs based on your medical plan

## 2. Step by Step examples on how to “shop” for Non-emergency care:

<https://rrins.wistia.com/medias/rkefb7g3aq>

**WATCH  
NOW**

- 10 minute video
- REAL LIFE example of how an R&R colleague saved over \$1000



# Check Medication Costs

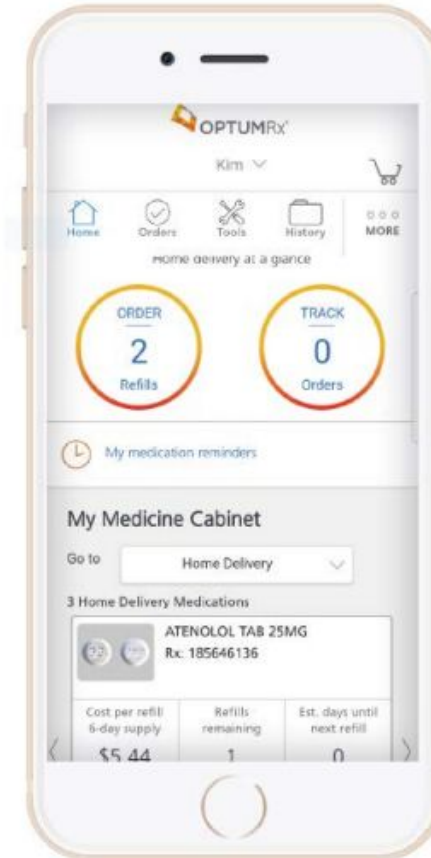
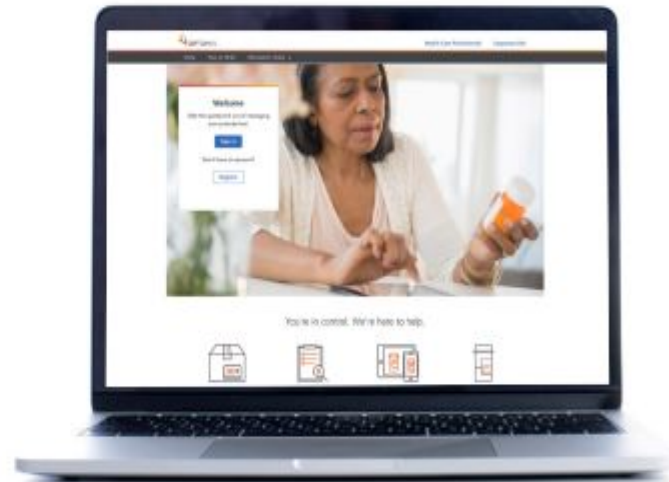


Manage your prescription needs on [optumrx.com](https://optumrx.com)\*

## To set up your online account:

1. Visit [optumrx.com](https://optumrx.com)
2. Select Register on the home page
3. Enter the information from your member ID card
4. Create a username and password
5. Complete your profile

If you already have an account, sign in using your username and password.



## Mobile website

Use your smartphone to access our mobile website where you can:

- Request prescription refills
- Check order status
- Locate a retail pharmacy
- Search your plan's formulary
- Register via our mobile website

# Check Medication Costs

START

1. Check online or use the **Optum Rx App** find out the cost of your medication at pharmacies and see alternative medications that might be lower cost.
2. Sign up for **ProActive Savings Alert** – new program that sends e-mails to participants when they can potentially save \$5 or more on their prescription.



OptumRx app



The OptumRx app makes the online pharmacy experience as simple as possible. You can easily:







- Search drug prices at multiple pharmacies
- Locate a network pharmacy
- Manage medication reminders
- Access your ID card if your plan allows

Manage home delivery orders

- Transfer a prescription to home delivery
- Track your order
- Refill a prescription

### 3. Ask your doctor about **PreCheck MyScript**

Your doctor can tell you how much your Rx will cost you AND the health plan and provide savings options.

PreCheck MyScript Benefits at a Glance		
Patients		\$225 savings/per Rx fill <sup>*.1</sup>
		Patients whose providers used PCMS were 23% more likely to obtain their medication than those whose providers did not use the tool <sup>2</sup>
		Up to 4% improved medication adherence for three chronic conditions: (diabetes, hypercholesterolemia, hypertension) <sup>*.3</sup>
Health Plans		\$415 savings per prescription filled <sup>*.4</sup>
Providers		Save up to 50 minutes and \$41 per prescription per patient by avoiding prior authorization <sup>*.5</sup>
Pharmacies		Pharmacy administrative costs were 23% lower when providers used PCMS <sup>4</sup>

#### Need Help?

If you need technical help to access PreCheck MyScript, please call our Help Desk at 1-866-842-3278, option 1. Representatives are available Monday - Friday 7 a.m. - 9 p.m. Central Time.



4. Utilize **Mail Order pharmacy** refills for maintenance medications.

<https://www.optumrx.com/public/landing>

## ACT NOW to get all the benefits of medication home delivery.

OptumRx home delivery is safe and reliable.



### Cost savings

You may pay less for your medication with a three-month supply through OptumRx.



### Convenience

Get free standard shipping on medications delivered to your mailbox.



### 24/7 access and reminders

Speak to a pharmacist who can answer your questions any time, any day.

Whether you have a new prescription or need to transfer an existing one, it's easy to get started with OptumRx.

### Here's how:



### ePrescribe

Ask your doctor to send an electronic prescription to OptumRx.



### Online

Visit **optumrx.com** and select **Get Started** or use the OptumRx app. From there, you can fill new prescriptions, transfer others to home delivery and more.



### Phone

Call the toll-free number on your member ID card to speak to a customer service advocate.

### Need your medication right away?

Ask your doctor for a one-month supply that can be immediately filled at a participating retail pharmacy.

10 business days for first fill



## 5. Utilize **Generics** when possible.

### Generic medications

Pay for the medication, not the name

Generic drugs are safe and effective, plus they cost less than their brand-name counterparts. When you need a prescription, ask your doctor or pharmacist if a generic is available for you.

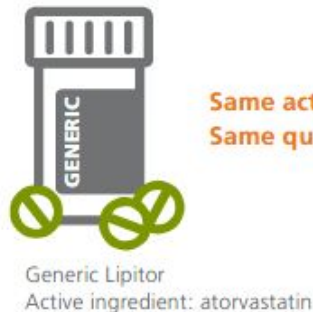
#### Seven things to know

### 1 What is a generic medication?

A generic medication contains the same active ingredient(s) as a brand-name medication. An active ingredient is what makes the medication work. For example, Liptor® and its generic both contain atorvastatin, which reduces the amount of bad cholesterol in the blood. Brand-name medications are often protected by a patent. When the patent ends, drug companies can apply to the U.S. Food and Drug Administration (FDA) to begin making generic versions of the medication.



=



Same active ingredient.  
Same quality.

Brand-makers  
manufacture  
about 1  
generic

### 2 Will a generic medication work the same as the brand?

Yes. Generics are copies of brand-name medications that have been tested and approved by the FDA. Drug manufacturers must prove their generic medications are the same as the brand-name medication, including:

- What it treats
- The way it is taken

### 3 Are generic medications safe?

Yes. The FDA has strict guidelines around generics. They must be the same chemically and have the same medical effect. The FDA periodically inspects manufacturing plants and monitors drug quality, even after generics have been approved.

### 4 Could a generic medication look different than the brand?

Yes. Generic medications may have a different shape or color than the brand. They may contain other ingredients, such as dyes and fillers, which give a medication its color and size. The shape or color does not affect how the medication works.

### 5 Can I save money by using a generic?

Most of the time, a generic medication costs less than the brand because makers of generic drugs don't have the high up-front costs of new drug development. You may also save through a lower copay. However, there may be times when the cost for a generic is higher than the brand name. The easiest way to compare brand and generic medication prices is to use the Drug Pricing tool at [optumrx.com](https://www.optumrx.com).

### 6 Does every brand-name drug have a generic counterpart?

No. Only about half of the brand-name medications on the market have a generic alternative. Some drugs are protected by patents and are supplied by a single company.

### 7 How much can you and your plan save?

The savings based on the cost of the drug can be substantial. Your out-of-pocket cost will generally be less when you choose a generic medication. Consult your plan for copay details.

6. Get **Vaccinations** at a pharmacy or Fast Care vs doctors office; this avoids the extra office visit charge

# pharmacy





## GoodRx Savings Opportunity For Prescription Drugs



Drug prices vary widely between pharmacies. GoodRx finds the lowest prices and discounts. How?

1. Collect and compare prices for every FDA-approved prescription drug at more than 70,000 U.S. pharmacies
2. Find free coupons to use at the pharmacy
3. Show the lowest price at each pharmacy near you

GoodRx



### GoodRx for Pets

We love our pets, but they can be expensive! It has been hard to compare prices on pet medications — until now. GoodRx brings together prices from major online pet medication retailers, local pharmacies and other sources to find you the lowest prices on all your pet medications.



## How To Use GoodRx

### How do I find discounts for my drug?

It's easy. Just go to the home page, type in your drug's name in the search field, and click the "Find the Lowest Price" button.

We'll even help you spell the name of your prescription.



### What are GoodRx coupons?

GoodRx coupons will help you pay less than the cash price for your prescription. They're free to use and are accepted at virtually every U.S. pharmacy.

Your pharmacist will know how to enter the codes on the coupon to pull up the lowest discount available.



### How do I use a GoodRx coupon?

It's similar to using a coupon at a grocery store. Simply print the coupon and bring it with you to the pharmacy when you pick up your prescription. The pharmacist will enter the numbers on the coupon into their system to find the discount.

Don't have a printer or want to save paper and ink cartridges? You can show the coupon on your phone by:

- A) Sending the coupon to yourself via email or text
- B) Or using the mobile app
- C) Or visiting the mobile website



GoodRx

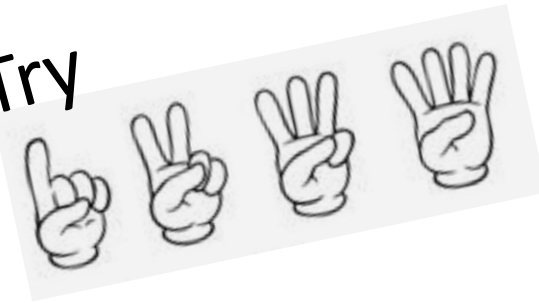
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Try



## Google Form

In the 2022-23 school year, I commit to trying the following Health Insurance savings idea(s):

  Checkboxes 

- Visit the onsite Nurse Practitioner 
- Use Teledoc 
- Go to a Froedtert Fast Care Clinic (instead of Urgent Care facility) 
- Check Pharmacy prices prior to filling a prescription. 
- Use mail order Rx. 
- Check out GoodRx to price my prescriptions. 
- Get a vaccine at the Pharmacy instead of my doctor's office. 
- Other... 



We're all in this



**TOGETHER**