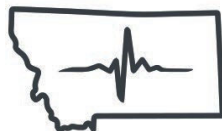


HPM Health Plan

Quarterly Newsletter

December 2021



HEALTH PROFESSIONS OF
MONTANA PLAN & TRUST

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Another year gone...

In the last newsletter Executive Director Kandy Jenkins mentioned the tremendous fire season we were experiencing. And as I sit here and write this current newsletter, I see on the news that there a couple of fires in Montana that require evacuation. In December! Hopefully all those impacted are safe and sound. I think it is safe to say that 2021 has been as wild, if not a wilder ride, than 2020. Between the lingering pandemic and new variants, the employment situation, the political climate and natural phenomenon, there has certainly been a lot of upheaval and change.

Change isn't something to fear and although it can certainly present challenges, it also presents opportunities. The past years have allowed us to see areas in our plan that may need addressing and places in which services are working well. In that vein, this coming year will see one positive change at the HPM Health Plan. In 2022, we will begin implementation on our own enrollment and billing system. This will allow us to better serve our members. It will allow our members more flexibility in how they access their specific group information or how they might pay their monthly invoice. We are thrilled to be making this step and we look forward to the advantages that it will offer to our groups.

There will be plenty of communication in the near future regarding this move and we hope that you will bear with us as we work to implement the new system. Change is never easy, but we will do our best to make the disruption as little and as tolerable as possible. And in the end, we anticipate a much more streamlined and simple process for enrollment and monthly billing.

With that, we wish you all a safe, happy, and healthy Holiday season.



Merry Christmas and Happy New Year!

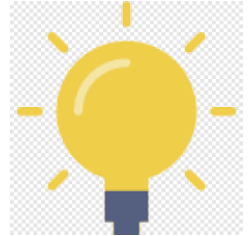
HEALTH PROFESSIONALS OF MONTANA PLAN & TRUST



Wellness Program Get jump on Next Year!

THM Deductible credit increase from \$100 to \$300!

If you missed the chance this year, now is a great time to get a jump start on next year!! Make your appointment for after January 1, 2022 and get a jumpstart on the Wellness Program offered by the HPM Health Plan.



Any member, or their covered spouse, who participates in the THM program will receive a **\$300** credit on their next year's deductible. Please visit our website at www.hpmppt.org/preventive-and-wellness for more information and forms.

Did You Know?



Our Third-Party Administrator (TPA), Blue Cross Blue Shield of Montana (BCBSMT), has a mobile app. The app allows members to access their explanation of benefits (EOBs), deductible and out of pocket maximum status and a multitude of other services right on your mobile device.

Encourage Your Employees to Download and Use the Mobile App

Members can easily stay connected to their health care benefits with the Blue Cross and Blue Shield of Montana (BCBSMT) mobile app.*

The app lets members easily:

- See their claims, coverage, and deductible information
- Find a doctor, hospital, or urgent care facility
- Get a temporary digital member ID card
- Provide feedback on their mobile experience

Get the app: Members can text* BCBSMTAPP to 33633 or search for BCBSMT in the [iTunes App Store](#) or [Google Play](#).

*Messages and data rates may apply. [Terms and Conditions and Privacy Policy](#)

Contact Us

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Our website is
www.hpmpt.org

You can find information about our plans and programs as well as forms for making plan changes, submitting manual claims, or participating in the wellness program.



HEALTH PROFESSIONS OF
MONTANA PLAN & TRUST

Colon Health

Why it's important

The health of your colon can affect the entirety of your digestive system. Adjusting your diet and lifestyle to prioritize colon health can help with regularity, constipation, and fatigue.

How to keep your colon healthy

1. Consume a high fiber diet
2. Eat more fruits, vegetables, and whole grains
3. Limit red meat and processed foods
4. Drink enough water
5. Exercise regularly
6. Colonoscopies

It's recommended that you start getting colonoscopies at 50 years old. The polyps and abnormalities that lead to colon cancer can be removed to stop the development or spread of the disease, making colon cancer a highly treatable disease if found early on.

The HPM Health provides preventive colonoscopies every 10 years paid at 100% when using in network providers for all members over the age of 50. Schedule one when you see your provider for your annual visit!



Reminder

The HPM Health Plan continues to cover vaccines, boosters and medically necessary testing for COVID 19. If you have any questions or concerns, please don't hesitate to contact us at mellermeyer@hpmpt.org.

Stay Safe and Well!