

# Highlights

*The Trustees of the ICSVEBA understand the importance of keeping members informed of plan updates and changes and are excited to provide you with this month's Highlights newsletter. Please see the updates and "highlights" below and contact your Human Resources Department with any questions!*

- **Listing of Gyms in Your Area:** In the interest of promoting Wellness for the ICSVEBA members and their dependents, Delta TeamCare has reached out to local gyms in Imperial Valley and Yuma and, for your convenience, has prepared a list of gyms in your area. Please see your Human Resources Department for a complete list.

- **REACH Emergency Medical Air Transport:** Remember that VEBA is in partnership with REACH and pays for your REACH for Life membership in the event you or your covered dependents may ever need emergency medical air transportation and the provider of that transportation is REACH. In the last issue of VEBA Highlights, we mentioned to disregard the notice that was sent erroneously from REACH requesting payment for this membership. We would like to remind you again that if you accidentally paid REACH based on this notice, please contact your Human Resources Department so that VEBA can secure a reimbursement for you.

- **It's Flu Season – Remember to Get Your Flu Shot!:** What an exciting time of year! The holidays are beginning to embrace us and the festivities are underway when who shows up? The flu. Yes, along with all the events and family time, holiday season also means flu season. As an ICSVEBA member, you and your covered dependents are able to receive flu shots under your medical plan. Just visit any one of the contracted Express Scripts retail pharmacies in your area to receive your flu shot for a \$0 copay. To obtain a list to contracted pharmacies, please visit your Human Resources Department.

Website...	<a href="http://www.icsveba.org">www.icsveba.org</a>	<a href="http://www.deltahealthsystems.com">www.deltahealthsystems.com</a>	<a href="http://www.express-scripts.com">www.express-scripts.com</a>
Access this site for...	An array of information about your Health & Welfare Plans	Up-to-date Medical claims information	Ordering and tracking your maintenance medications