



# Teachers' Retirement System

RETIRED  
MEMBER EDITION

JULY  
2017

## Four Trustees Welcomed as Board Expands

**F**our new members are serving on an expanded Board of Trustees for the Teachers' Retirement System of the State of Kentucky as the result of annual elections and gubernatorial appointments.

Senate Bill 2, passed in the 2017 regular session and signed into law, added two members appointed by the governor to the board, directing that both have experience in investing.

Gov. Matt Bevin appointed Frank Collecchia, of Louisville, for a term expiring in March 2019. Collecchia is an adjunct professor of finance at the University of Louisville. The governor also appointed John Boardman, a financial planner with Ballast Inc. in Lexington, to a term expiring in March 2021.

Both appointed members participated in their first board meeting June 19.

The winners of the May election, whose four-year terms began July 1, are Brenda McGown and Laura Schneider.

Retired teacher trustee McGown,

of Bowling Green, worked in Warren County Public Schools and was the 1988 Kentucky Teacher of the Year.

McGown earned bachelor's and master's degrees and her Rank I at Western Kentucky University. Her career included being a mathematics teacher, an assistant principal for curriculum and budget, team leader at the Region 2 Service Center and a participant in the Distinguished Educator Program.

Active teacher trustee Schneider, of Walton, is the arts department curriculum lead at Simon Kenton High in the Kenton County School District. She also taught at Berea Community High.

Schneider earned a bachelor's from WKU and a master's from Eastern Kentucky University.

The Board of Trustees consists of 11 members: seven people elected by the membership (four active teachers, one retiree, two lay trustees), two appointed by the governor with investment experience, the state treasurer and the state education commissioner.

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## Happy New (Fiscal) Year!

by Gary L. Harbin, CPA, Executive Secretary



I don't use the word "great" often, but it applies in the case of the recently concluded fiscal year that ended June 30. Preliminary indications are that the Teachers' Retirement System's investment return for the year will be more than 14 percent. Whatever the final number ends up being significantly will exceed the 7.5 percent assumed rate of return.

Final numbers for the fiscal year should be available sometime in August. The TRS pension fund already had gained 11.4 percent as of March 31.

Thanks are due to many for those great numbers, including to the elected leaders of the commonwealth who provided TRS with \$973 million in additional funding for the 2016-18 budget.

The first year of payments from that helped TRS's gains as the financial markets rose.

Also, thanks are due to the TRS investment professionals who work daily on behalf of you and your pension. As of March 31, their work was in the top 9 percent in the last decade for all pension systems valued at \$1 billion or more.

We will address the final numbers in a future newsletter and, in the meantime, hope for more of the same in the new fiscal year. This new year will benefit from the second round of the additional funding provided by the legislature in the 2016-18 budget. So, for now, we'll celebrate the year behind as your investment team continues to put that same skill mentioned above to work in the year ahead.

## Turning 65 Webinar Offered

TRS is hosting a webinar Aug. 16 geared toward the many retirees who find turning 65 to be daunting as they approach Medicare eligibility. Let TRS help with a full presentation and walkthrough on the features and benefits of the TRS Medicare Eligible Health Plan (MEHP).



The Turning 65 webinar, which can be viewed on your computer, is Aug. 16 at 10 a.m. ET.

Registration is required and can be done by calling 800-618-1687, extension 8853, or by visiting <https://trs.ky.gov/active-members/seminars-workshops#65>.

## 2018 Open Enrollment Information

### MEHP (Retirees 65 and Over and Medicare Eligible) Open

Open enrollment to participate in the Teachers' Retirement System's (TRS) Medicare Eligible Health Plan (MEHP) for 2018 is Oct. 15 to Dec. 7.

No action is needed to continue coverage for 2018 for those already in the MEHP. As a reminder, spouses cannot enroll during open enrollment.

Retirees who need to enroll during open enrollment can contact TRS beginning Oct. 15 for an MEHP enrollment form.

The 2018 premiums have not been announced. For reference, the 2017 monthly cost for the TRS MEHP is \$252 a person. TRS pays all or a portion of the premium for retirees

based on a retiree's entry date into TRS and years of service at retirement. Spouses of TRS retirees pay the full premium. The 2017 standard Medicare Part B monthly premium is \$134 and is to be paid to Social Security. Remember that anyone enrolled in the TRS MEHP cannot be enrolled in another Medicare Advantage Plan or another Medicare Part D prescription drug plan without it terminating the TRS MEHP coverage. If you have other coverage through a spouse or other retirement and that plan changes to a Medicare Advantage Plan and/or a Medicare Part D prescription drug plan in 2018, your TRS MEHP coverage will terminate – even if you have not used the other coverage. Please check to make sure any other plan you have is not changing for 2018.

### KEHP Open Enrollment



The Kentucky Employees' Health Plan (KEHP) Open Enrollment for those under 65 and not Medicare-eligible will be held in the fall. Detailed information will be mailed in late September or early October. Watch for mailings from TRS and KEHP.

### KEHP Available Benefits

**KEHP: Benefits available to Kentucky Employees' Health Plan participants**

#### Vitals SmartShopper

Earn cash when you shop for healthcare. Lower your out-of-pocket costs and earn cash rewards for choosing a lower-cost, quality provider. More information: 855-869-2133 or [www.vitalssmartshopper.com](http://www.vitalssmartshopper.com)



#### Preventive Therapy Drug Medication

Available if you have the LivingWell or Standard CDHP. Bypass the deductible and only pay for the coinsurance amount for certain preventive drugs. More information: 866-601-6934 or [kehpn.ky.gov](http://kehpn.ky.gov)



#### Diabetes Services

Free diabetic supplies for all four health plans and reduced prescription costs for all four health plans. Free 16-week Diabetes Prevention Program available to members who are prediabetic. More information: 844-402-KEHP or [livingwell.ky.gov](http://livingwell.ky.gov)

#### LiveHealth Online Medical and Psychological Visits

Free access to a doctor or licensed psychologist/therapist when you need it. No copay or deductible and offers immediate access to a healthcare provider. More information: [www.livehealthonline.com](http://www.livehealthonline.com)



## MEHP: What is a Virtual Visit?

See a doctor using your computer, tablet or mobile phone

TRS-covered UnitedHealthcare members now can see a doctor any time, any day from anywhere with a strong Internet connection. A live video chat with a doctor is available using a webcam-enabled computer, tablet or smartphone. Ask questions, get a diagnosis, even get medication prescribed (in states where it's permitted) and have it sent to a pharmacy.



LEARN ABOUT  
UNITEDHEALTHCARE  
VIRTUAL VISITS

Doctor on Demand and American Well (AmWell) have joined the UHC provider network to bring you this innovative service. (Providers listed may not be available in every area. Other providers are available in our network. Contact the customer service number on the back of your member ID card for more information.)

**Here are answers to some common questions.**

*How much does it cost?*

A virtual doctor visit with Doctor on Demand or AmWell has a \$0 copay.

*How quickly can I talk to someone, and how long does a visit last?*

Once a request for a visit has been submitted, the average wait time is about five to 10 minutes. A typical visit lasts 10 minutes.

*With whom will I be talking?*

A list of participating virtual doctor visit providers can be found by logging in online at [www.UHCRetiree.com/trs](http://www.UHCRetiree.com/trs).

*Can I use it for any medical situation?*

Virtual visits may be best for situations like a cold, flu, skin rash or eye issue. You will be advised by the virtual provider if an in-person visit is appropriate. Virtual Visits are not appropriate for serious or emergency medical situations. (Do not use this service for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.)

### Get started

*On your computer:*

1. Go to [www.UHCRetiree.com/trs](http://www.UHCRetiree.com/trs).
2. Sign in with your user name and password.
3. Click on the Virtual Visits toolbox to view your virtual provider group choices, access their websites and set up an appointment.

*On your tablet or smartphone:*

Download the Doctor on Demand app or download the American Well app.



## To Wait or Not

When you don't feel well, it can be difficult to tell when to wait to see your doctor or when you should head to a convenience health clinic like those found in a retail supermarket or pharmacy, urgent care center or the emergency room (ER). The best thing to do is to ask your doctor about when and where to get care, especially if you already have a medical condition. However, if your doctor isn't available, here is a helpful chart to help determine the best place for care.

### ER Rule of Thumb

Call 911 or go to the ER if you think you could put your health at serious risk by waiting to get care.

	Virtual Doctor Visit	Convenience (Retail) Health Clinic	Urgent Care Center	Emergency Room
Animal bites			✓	• Any life-threatening or disabling condition
Stitches			✓	
X-rays			✓	• Sudden or unexplained loss of consciousness
Back pain			✓	
Mild asthma			✓	• Chest pain, numbness in face, arm or leg; difficulty speaking
Minor headaches	✓		✓	
Sprains, strains			✓	• Severe shortness of breath
Nausea, vomiting, diarrhea			✓	
Bumps, cuts, scrapes	✓	✓	✓	• High fever with stiff neck, mental confusion or difficulty breathing
Burning with urination	✓	✓	✓	
Coughs, sore throat	✓	✓	✓	• Coughing up or vomiting blood
Ear or sinus pain	✓	✓	✓	
Eye swelling, irritation, redness or pain	✓	✓	✓	• Cut or wound that won't stop bleeding
Minor allergic reactions	✓	✓	✓	
Minor fevers, colds	✓	✓	✓	• Major injuries
Rashes, minor burns	✓	✓	✓	
Vaccinations		✓	✓	• Possible broken bones

Note: A virtual doctor visit has a \$0 copay. Generally, out-of-pocket costs are lower if non-emergency care is received at a convenience (retail) clinic or an urgent care center.

Before you go: Each clinic or center may offer different services and hours. Be sure to call and ask before you go.

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Teachers' Retirement System  
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479 Versailles Road  
Frankfort, Kentucky 40601-3800



## New Contact Information?

Keeping your contact information current ensures that you receive important communications from the Teachers' Retirement System, such as annual statements, newsletters, trustee election ballots, payment stubs and tax forms.

Even if you change your address with the school district where you work (or worked), the school district doesn't report that change to TRS. So, TRS needs to be notified of the change independently by members.

Besides your physical address, please keep email addresses and telephone numbers up to date.

TRS offers multiple ways to update your information, including by changing it in the Pathway member self-service portal. Also, members may mail or fax a signed letter to TRS with your name and

TRS ID and the new information. Finally, a downloadable form also is available from the website.

The fax is 502-848-8599 and the mailing address is:

479 Versailles Rd.  
Frankfort, KY 40601

