# **Teachers' Retirement System** of the State of Kentucky



# **Turning 65** 2024



# Happy 65<sup>th</sup>

Birthday





## INFO@TRS.KY.GOV 1-800-618-1687





# About 3 Months Before You Turn 65



Insurance companies bombard you by phone and mail with policies from the open market as early as six months before you turn 65.

Remember, it is not necessary to review these materials unless you expect to pay a premium at TRS and would just like to compare policies.



# MEHP Medicare Eligible Health Plan











TRS does not endorse any vendor.





# What Happens When You're About to Turn 65?

### If you are currently on insurance through TRS

You will be sent Turning 65 information (through email or mail) explaining the TRS Medicare Eligible Health Plan (MEHP) which is composed of a Medicare Advantage PPO plan and a Medicare Part D prescription drug plan.

If you are *not* currently on insurance through TRS

You must request Turning 65 information explaining the TRS Medicare Eligible Health Plan (MEHP) or download materials from <u>https://trs.ky.gov</u>.



### **The Turning 65 Booklet**



**TEACHERS' RETIREMENT SYSTEM** OF THE STATE OF KENTUCKY



### Turning 65? What now?

Inside you will find important details and instructions on the process of turning 65 and continuing TRS insurance coverage as you turn 65. Please keep this booklet for future reference.

> 479 Versailles Road Frankfort, Kentucky 40601-3800 800-618-1687 Monday – Friday 8 a.m. – 5 p.m. ET https://trs.ky.gov



PATHWAY 💫 https://mss.trs.ky.gov



facebook.com/KyTeachersRS

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### The Turning 65 Booklet



- Introduction & MEHP description
- Transitioning from KEHP
- Medical Summary of Benefits
- Prescription flier
- Currently covered by a family, couple or parent plus plan?
- MEHP Enrollment Form (blue)
- Postage-paid return envelope

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lets the enclosed blue MEHF Medical & Prescription Drug Enrollment Form to be enrolled in the EXP. you have questions after reviewing the enclosed information, please call the TRS Information				¥	Spouse Name Retires Social Security or T
you date questions acter reviewing use enclosed informations pieces can use 185 intermation r toll-free at 800-618-1687. You can obtain additional information about encolling in Medicare tracting Social Security at 800-772-1213. Medicare at 800-633-4227, or <u>unversedicare.or</u> on eb.	manage processings much and make for most of their TRS processing manage of the start for the start of the			Proceed ONLY if you are currently covered by a:	Complete th I, the retiree, wish I, the sponse, wish
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	CLS at 888-454-9924 or at www.conell.com/tis to request a free DNA kat and medication rever			PARENT PLUS PLAN	ca.



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MEDICARE ELIGIBLE HEALTH PLAN (MEHP)

her ID \* Gender: Male Female Married TYES

TRS US



**TEACHERS' RETIREMENT SYSTEM** OF THE STATE OF KENTUCKY



Turning 65? What now?

Inside you will find important details and instructions on the process of turning 65 and continuing TRS insurance coverage as you turn 65. Please keep this booklet for future reference.

> 479 Versailles Road Frankfort, Kentucky 40601-3800 800-618-1687 Monday - Friday 8 a.m. - 5 p.m. ET https://trs.ky.gov

> > INTRODUCTION If your 65<sup>th</sup> birthday is approaching, it's time t RSI requires all Medicare Eligible Health Plan (I

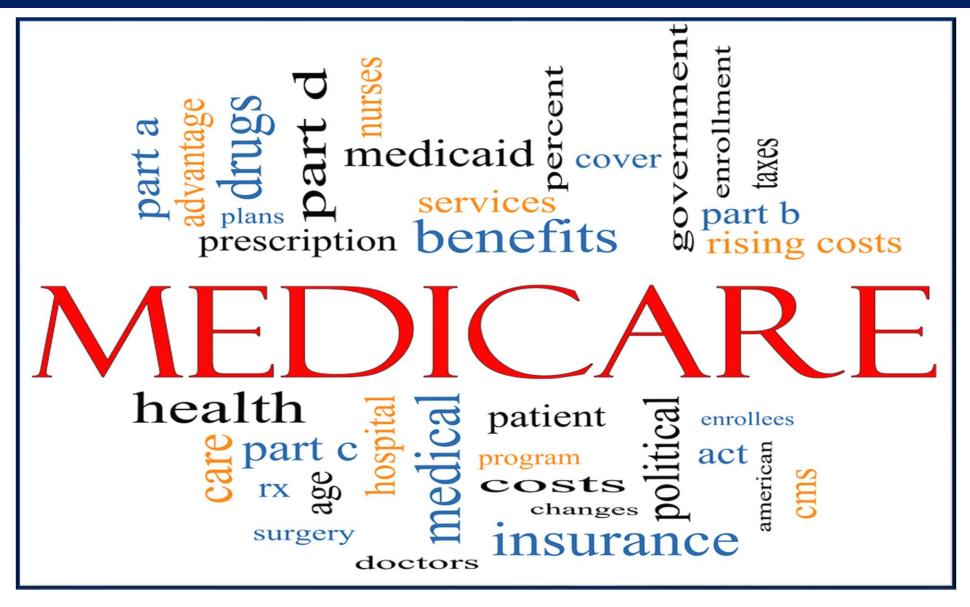
If you have questions after reviewing the encl er toll-free at 800-618-1687. You can obtain

What Now? Review the Quick Step Guide for an overview alete the enclosed blue MEHP Medical & Pres facebook.com/KyTeachersRS

PATHWAY P https://mss.trs.ky.gov



# Getting to Know ...





## Medicare is ...

### Health insurance for people age 65 and older or anyone under 65 with certain disabilities.



Administered by Centers for Medicare & Medicaid Services (CMS)

**Enroll by contacting Social Security Administration (SSA)** 

or Railroad Retirement Board (RRB)



10

### Ways to Receive Medicare Coverage

#1

#2

There are 2 main ways to receive medical coverage when on Medicare:

### **Original Medicare (1965)**

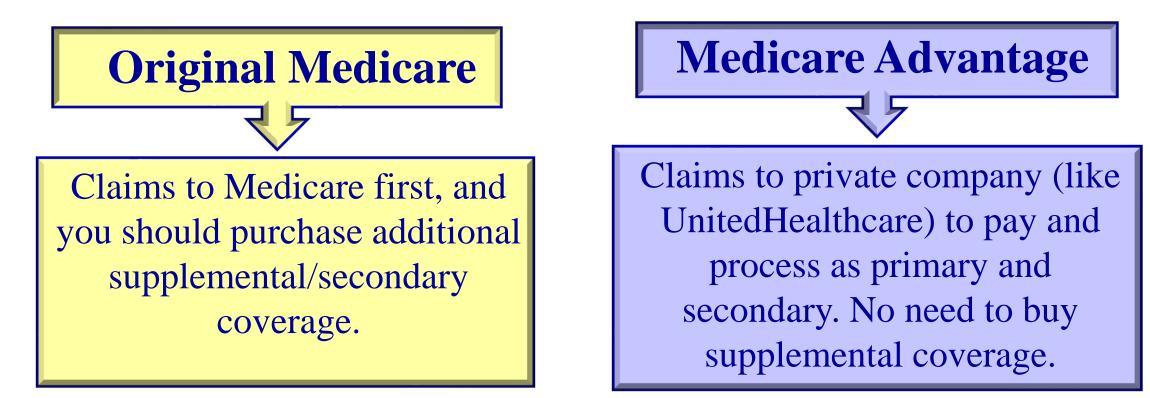
- Part A Hospital coverage
- Part B Medical coverage
- Run by the federal government

### Medicare Advantage Plan

(Balanced Budget Act of 1997)

- Part C
- Run by private companies

# Main Differences are Where Claims Go and How They're Processed



The medical portion of the TRS MEHP is a Medicare Advantage plan administered by UnitedHealthcare.



### What About Medicare Rx Coverage?

Result of the Medicare Modernization Act 2003

Also known as Medicare Part D



• Run by private companies

The prescription portion of the TRS MEHP is a Medicare Part D prescription drug plan administered by **Express Scripts**.



### **Components of the MEHP**

UnitedHealthcare Medicare Advantage plan covers

medical claims.



Express Scripts Medicare Part D drug plan covers prescription claims.



**Do not** enroll in **another** Medicare Advantage plan **or** Medicare Part D plan outside of TRS.





**The TRS Quick Step** Guide 01 how to enroll in the MEHP





### **Enroll In Medicare**

### You must ...

• Apply for Medicare three months **before** your 65<sup>th</sup> birthday.

If you are receiving Social Security or Railroad Retirement benefits ...

- You *automatically* will be enrolled in Medicare parts A and B.
- Your Medicare card will be mailed to you.



# More About Enrolling in Medicare

Not eligible to receive Social Security benefits? You will NOT receive Medicare automatically. You must apply.

### The ways to apply for Medicare are:

Call or visit your	Apply	1	If you worked for a
local Social	online at	or	railroad, call the RRB
Security office	www.ssa.gov/medicare/		at 877-772-5772

Take original documents such as driver's license, Social Security card, birth certificate, marriage license, proof of income

> You must enroll in Medicare to be eligible to enroll in the TRS MEHP!



# What Parts of Medicare Do I Need?

Retirees	<ul> <li>You must enroll in Medicare Part B.</li> <li>Only enroll in Part A if it's free. You might qualify through a current, ex- or deceased spouse who paid into Social Security. Or if you started teaching April 1986 or later.</li> <li>Not eligible for free Part A? The TRS plan will pay as Medicare would have paid on Part A expenses, excluding the MEHP deductibles and copayments.</li> </ul>
Spouses	<ul> <li>Enroll in Medicare Part A.</li> <li>Enroll in Medicare Part B.</li> </ul>
Retirees & Spouses	• Do not enroll in Medicare Part D. You will have a Medicare Part D plan through Express Scripts when you enroll in the TRS MEHP.

**KENTUCK** 

### Ways to Pay Medicare Part B Premium

Social<br/>SecurityIf you receive a Social Security<br/>benefit check, your Part B premium<br/>will be deducted automatically.

If you don't receive a Social Security benefit check, you will receive a Medicare Premium Bill

### **Mail Payment**

Mail payment coupon with your check, money order or credit card number

### Bank

Pay directly from your savings or checking account online at your bank's website

### **Credit Card**

Pay at MyMedicare.gov by credit or debit card (Use or create secure login.) Medicare Easy Pay Sign up through Medicare to debit from checking account

*Everyone* **must** enroll in Part B **and** pay standard Part B premium (<sup>\$</sup>174.70 a month in 2024). If you don't enroll or fail to pay Part B premium, your TRS MEHP will be terminated.





Complete MEHP Enrollment Form



MEDICARE ELIGIBLE HEALTH PLAN (MEHP)						
Medical & Prescription Drug Enrollment Form						
TEACHERS' RETIREMENT SYSTEM (TRS) 479 Versailles Road, Frankfort, KY 40601						
479 Vers Phone: 502-848-8				99	Effec	tive Date
Complete enrollment through	Pathway Mem	ber Self Sei	vice Web	site at <u>h</u>	ttps://mss.trs.ky.g	ov/
OR by comple	eting this form	and returni	ing to TR	s		
	Reason f	or Applica	tion			
Turning 65 Qu	alifying Event	🔲 Ор	en Enroll	ment	New Retire	e
ENROLLM	ENT TYPE:	(for TRS)	МЕНР о	only) Se	lect one	]
Retiree Only	_	ree & Spou			Spouse Only	
	RETIREE te this section if	application	is for the	RETIRE		
Retiree Name		Ket	iree Social	l Security	or TRS Member II	7#
Retiree Date of Birth	Gender	: 🔲 Male	🗌 Fem	ale	Married: YES	NO
	SPOUSE					
Comple Spouse Name	ete this section i	f application use Social S			E Spouse Date of Bi	
Spouse Name	spo	use social s	ecurity INU	intoer	Spouse Date of B	iui
Retiree Social Security or TRS Men	iber ID # Ger	nder: 🔲 M	ale 🔲 🛛	Female	Married: YES	NO
WAIVER OF COVERAGE Complete this section only if you DO NOT want to enroll in TRS MEHP coverage						
I, the retiree, wish to waive coverage. Signature: Date:						
I, the spouse, wish to waive coverage. Signature: Date:						
* I N - M E - 0 7 E *	MEHP enrollr another Medic	nent is conti are Advantag	ingent on ge or Medi	care Part	e enrollment. If yo D plan, or your Me 11 terminate. Upon	dicare Part

termination of the MEHP, if you are the spouse of a TRS retiree, you will not be eligible for future re-enrollment unless you have a qualifying event. For TRS retirees, changes after the effective date of your insurance may only be made during Open Enrollment or within 30 days of a qualifying event.

#### TRS Healthcare Eligibility Due to Employment:

Retirees and/or spouses eligible for employer health insurance coverage are NOT eligible for TRS coverage. If eligible through employer, TRS coverage MUST be dropped. Retirees and/or spouses can enroll in TRS coverage within 30 calendar days of losing employer coverage.



#### **IMPORTANT**

Use your Medicare card to complete this page. Include a copy of the card with this form or upload a copy of the card to the online MSS application. If you have applied but not received your Medicare card, contact Social Security or sign up for <u>your my</u> Social Security account at <u>www.ssa.gov</u> to obtain your Medicare information.

Complete if RETIREE is enrolling in the TRS MEHP				
Retiree Name (As shown on your Medicare Card)	Social Security Number			
Medicare Number – (REQUIRED) located on your Medicare card	Hospital Part <u>A</u> Effective Date			
·	Medical Part B Effective Date (REQUIRED)			
(REQUIRED) Are you currently working and eligible for employer insurance?				

Complete if SPOUSE is enrolling in the TRS MEHP				
Spouse Name (As shown on your Medicare Card)	Social Security Number			
Medicare Number – (REQUIRED) located on your Medicare card	Hospital Part <u>A</u> Effective Date ( <b>REQUIRED</b> )			
	Medical Part B Effective Date (REQUIRED)			
(REQUIRED) Are you currently working and eligible for employer insurance?				

DEMOGRAPHIC INFORMATION				
Mailing Address				
City	State	ZIP		
PERMANENT Street Address (REQUIRED if Mailing Address is a P.O. Box, P.O. Box Not Allowed)				
City State ZIP				
Email Address	Primary Phone	Alternative Phone		

By signing below, I confirm I have read and understand all the available materials pertaining to the TRS MEHP coverage. I also certify that I am not currently eligible for active employment insurance. I understand that if Medicare indicates I have gone 63 or more days in a row without creditable prescription drug coverage and I receive a form asking about prior drug coverage, if I don't complete the form, I may be required to pay a monthly premium penalty to TRS.

#### RETIREE'S SIGNATURE

(REQUIRED)	 DATE
 SPOUSE'S SIGNATURE (If enrolling in coverage)	 DATE

-

 Complete the blue MEHP enrollment form by copying your Medicare number from your Medicare Card.



 Always keep your address current with TRS, Medicare and Social Security.







# Submit Your MEHP Enrollment Form to TRS

Submit the form and a copy of your Medicare card to TRS as soon as possible, but no later than the last day of the month before you turn 65.

<u>For example:</u> Birthday is Oct. 16, submit by Sept. 30

Born on the first day of the month? Birthday is Oct. 1, submit one month early (i.e. by Aug 31) If you have applied for Medicare but don't have your card, sign up for your *my* Social Security account at <u>www.ssa.gov</u> to get your Medicare number and effective dates.







## **Paperless Enrollment Form**

Paperless enrollment can be done through TRS Pathway, the member account access site, at https://mss.trs.ky.gov

### Instructions are in the Turning 65 booklet

You first must register on Pathway using your email and your TRS ID.

Paperless enrollment is encouraged, and we can help you with the enrollment!





# What About Covered Dependents?

### On a KEHP Couple or Family plan?

- May need to complete and return the KEHP Retiree Health Insurance Enrollment/Change Application to continue or waive coverage for remaining dependents. See page 30 of the Turning 65 booklet.
- KEHP rates are shown on the rate chart at trs.ky.gov

### **On a Parent Plus plan?**

- You will receive a separate COBRA packet from HealthEquity before the termination date to continue coverage for the child, if needed.
- If the child is disabled and has Medicare Parts A & B, you can enroll them in the TRS MEHP.



# **MEHP Medical Coverage Overview**

### Medical Deductible

- \$150 per calendar year, then
- Member pays 4%, plan pays 96% of covered expenses
- Other copayments:
  - \$200 for inpatient hospital copayment
  - \$25 for urgently needed services
- Member's maximum out-of-pocket is \$1,200 per calendar year - Once met, plan pays 100% of covered expenses
- The deductible, copayments and coinsurance apply toward \$1,200 out-of-pocket annual maximum.

Medicare-covered preventive care paid at 100% with no deductible.

Receive a gift card for completing your annual wellness visit by June 30.

#### UnitedHealthcare Group Medicare Advantage (PPO)

Premiums and Benefits	In-Network	Out-of-Network			
Monthly Plan Premium	Contact your group plan sponsor to determine your actual premium amount, if applicable.				
Annual Medical Deductible	\$150 per year for some in-network and out-of-network services.				
	(See Additional Information About UnitedHealthca Group Medicare Advantage (PPO) for more inform on your plan year deductible.)				
Maximum Out-of-Pocket Amount	Your plan has an annual combined in-network and out-of-network out-of-pocket maximum of \$1,200 each plan year.				
	Please note that you will still need to pay your monthly premiums, if applicable.				
	(The amounts you pay for deductibles, copays and coinsurance for covered services count toward this combined maximum in-network and out-of-network out-of-pocket limit. Expenses for non-emergency care while in a foreign country do not apply toward this limit.)				



### Once coverage begins, register at retiree.uhc.com/trs or call 844-518-5877 to see features available

- Renew Active fitness program provided at no cost. Find
- participating facilities <u>www.uhcrenewactive.com</u>
- Earn a reloadable gift card through Renew Rewards for certain health care activities that you complete.
- Virtual doctor visits from your computer for minor health concerns
- UHC Hearing access to exclusive savings and a \$500 hearing aid allowance every 36 months
- 52-week online weight loss program through Real Appeal
- HouseCalls, in home assessment program, \$0 copay. Earn a gift card!
- Healthy at Home program includes benefits such as home delivered meals, one-way medical trips and in-home personal services after each inpatient hospitalization.
- One routine hearing exam every plan year, \$0 copay

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**Renew Active** 

<sup>by</sup> UnitedHealthcare<sup>®</sup>

Renew

Real

Appeal

### **MEHP Part D Prescription Coverage**

### **Retail Program**

Designed for short-term, 30-day medications Deductible is \$150 per calendar year

- Coinsurance after deductible is met
  - Tier 1: 20% Generic
  - Tier 2: 20% Preferred drugs
  - Tier 3: 50% Non-preferred drugs

### **Mail Program**

Designed for maintenance, 90-day medications Deductible — \$0 per calendar year

Copayment

- Tier 1: \$10 Generic
- Tier 2: \$20 Preferred drugs
- Tier 3: 50% Non-preferred drugs

Your 2023 Prescription Program					
STAGE	TIER	IN-NETWORK RETAIL PHARMACY (0-90 DAY SUPPLY)	EXPRESS SCRIPTS HOME DELIVERY (90-DAY SUPPLY)		
Stage 1: Yearly Deductible Stage You begin this payment stage when you fill your first prescription of the calendar year. You stay in this stage until you have paid \$150 for your drugs at retail.		\$150	\$0		
Stage 2: Initial	Tier 1: Generic Drugs	20% of drug cost	\$10 copay		
Coverage Stage You pay a copayment	Tier 2: Preferred Drugs (includes brand and generic)	20% of drug cost	\$20 copay		
or coinsurance for your Part D drugs	Tier 3: Non-Preferred Drugs (includes brand and generic)	50% of drug cost	50% of drug cost		
until your total out-of- pocket costs reach \$7,400. Stage 3: Coverage Gap	Specialty drugs purchased from Accredo (limited to a one-month supply) Generics \$3.33 copay Brands \$6.66 copay After your total yearly drug costs reach \$4,660, you will generally pay the same cost-sharing amount as in the Initial Coverage Stage (above) until your yearly				
Stage		drug costs reach \$7,400.	,,,,		
Stage 4: Catastrophic Coverage Stage	Tier 1: Generic Drugs	5% of drug cost with \$4.15 min	5% of drug cost with \$4.15 min and \$10 max		
After your total out- of-pocket costs exceed \$7,400 you pay the greater of the copayments or coinsurance noted in the columns to the right, with a max not	Tier 2: Preferred Drugs (includes brand and generic)	5% of drug cost with \$10.35 min	5% of drug cost with \$10.35 min and \$20 max		
	Tier 3: Non-Preferred Drugs (includes brand and generic)	5% of drug cost with \$10.35 min	5% of drug cost with \$10.35 min		
to exceed the standard cost-sharing amount during the Initial Coverage Stage at home delivery.	Specialty drugs purchased from Accredo (limited to a one-month supply) Generics \$3.33 copay Brands \$6.66 copay				



In the coverage gap stage (donut hole), you pay the same as shown above.





### Free counseling with live pharmacists

### Know Your Rx Coalition *Pharm-Assist*

**Hours:** Monday to Friday, 8 a.m. to 6 p.m. ET **Phone:** 855-218-5979

Email: <u>KYRx@uky.edu</u>

Website: <u>www.KYRx.org</u>

### MEHP

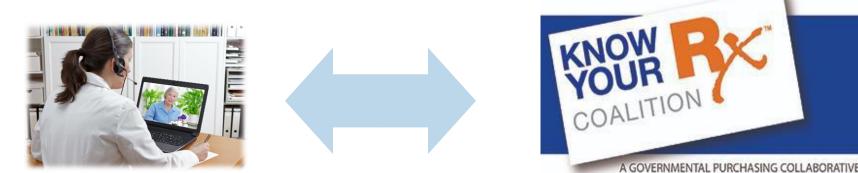
# **Personalized Medicine**



# TRS Solution: CORIELL Personalized Medicine Partnership (CLS)

This personalized medicine program uses DNA testing to help you find out if your medications work for you.

You Your Doctor Your Pharmacist



• MEHP enrollees: Contact CLS at **888-454-9024** or at **www.coriell.com/trs** to request free DNA kit.

• Non-Medicare KEHP enrollees: Eligible for DNA kit and pay \$360 cost by credit card or CDHP HRA.





# MEHP

# **Personalized Medicine**

# **Early Results — Real Story**

- TRS member was prescribed a blood thinner after having a stroke
- TRS member had a mini-stroke while on that blood thinner
- TRS member took the DNA test and results showed the member was a slow metabolizer of the blood thinner and it did not interact well with their stomach medicine
- The Know Your Rx pharmacist worked with the TRS member and doctor to change to a different blood thinner
- The member is doing well

After turning 65, contact CLS at 888-454-9024 or at www.coriell.com/trs to request free DNA kit.



### MEHP

# **Personalized Medicine**

## **Member Testimonials**



"I've been taking different antidepressant meds for 15 years for severe depression and hospitalization. My med changed from SSNI to SNRI and **I've never felt better!** My family, friends and neighbors are overjoyed with the change."

-Participating Member



"I found out one medicine was not working well for me. **Now my doctor can prescribe a medication that works better.** Personalized medicine is a great benefit! The KYRx Coalition were wonderful."

-Participating Member

After turning 65, contact CLS at **888-454-9024** or at **www.coriell.com/trs** to request a free DNA kit.



### **TRS MEHP Overview**



- Medicare Advantage plan allows you same in- and out-of-network cost-share; therefore, you can see any licensed provider who accepts Medicare patients and Medicare assignment and agrees to bill UHC directly.
- Show providers your **new** UHC Medicare Advantage ID card and have them file claims directly with UHC instead of Medicare.
- Providers submit claims directly to UHC and providers bill you *after* claims have been processed by UHC. Do not pay provider anything up front.

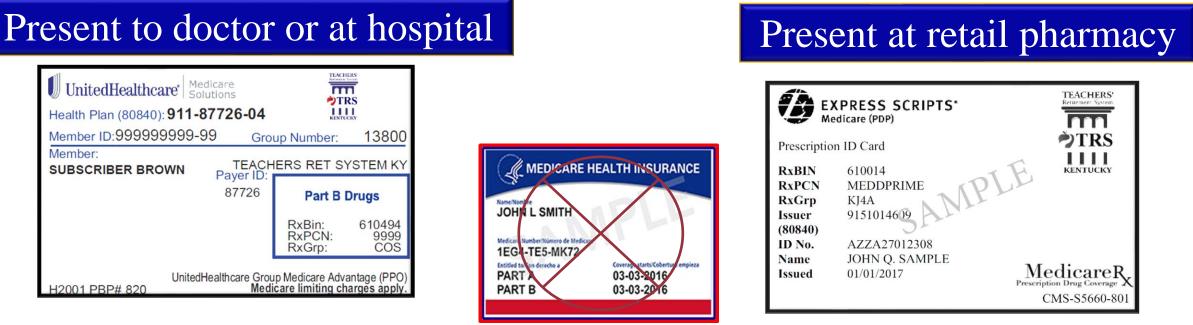


- All major chain pharmacies included in the retail pharmacy network (Excluding Kroger)
- Show your **new** Express Scripts ID card at the retail pharmacy.
- To avoid any possible lapse in your medication with the TRS MEHP, obtain a refill through your current plan by the last day of the month prior to your birth month.

If you enroll in another Medicare Advantage plan or Medicare Part D plan outside of TRS your TRS MEHP terminates immediately.



### **Benefit Booklets & Identification Cards**



No need to present your original Medicare card to your providers.

On the effective date of coverage, if you have not received your ID cards, you can print temporary cards by registering at <u>retiree.uhc.com/trs</u> and <u>www.express-scripts.com</u>.

## What Else Should You Expect?

United Healthcare Within 90 days after enrolling, expect: welcome call and health assessment call



Introduction call/email from a coalition pharmacist



Communication from CLS regarding the DNA test



### What Will MEHP Cost?





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### Monthly Cost of the MEHP in 2024

For questions regarding payment schedule, call Teachers' Retirement System | 800-618-1687

		If Retir			
Years of Service	If Retired & Age 65 Before Jan. 1, 2005	TRS 1 (Entry Before July 1, 2002)	TRS 2 (Entry On or Between July 1, 2002 & June 30, 2008)	TRS 3 & TRS 4 (Entry On or After July 1, 2008)	Medicare- eligible Spouses and Children pay the monthly
5 - 9.99	\$62.10	\$155.25	\$186.30	Not Eligible	premium of
10 - 14.99	\$41.40	\$103.50	\$155.25	Not Eligible	\$207
15 - 19.99	\$20.70	\$51.75	\$113.85	\$113.85	and the monthly
20 - 24.99	\$0	\$0	\$72.45	\$72.45	Medicare Part B
25 - 25.99	\$0	\$0	\$20.70	\$20.70	premium
26 - 26.99	\$0	\$0	\$10.35	\$10.35	
27 or more	\$0	\$0	\$0	\$0	

All Medicare-eligible retirees, spouses & children pay the monthly Medicare Part B premium directly to Social Security (2023 standard premium is \$174.70)

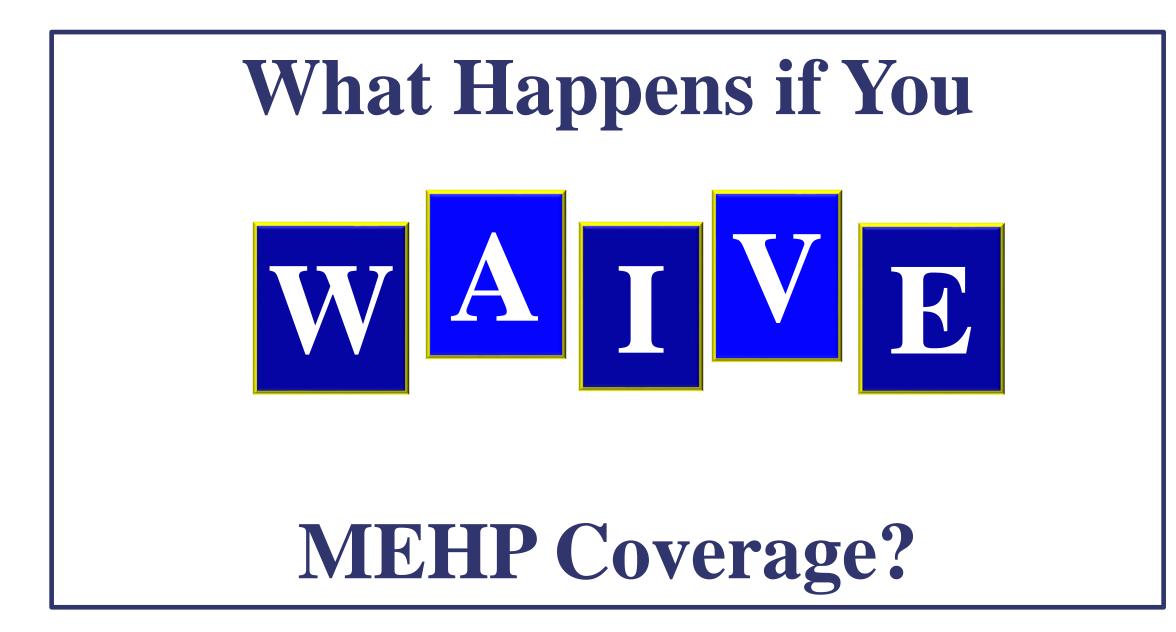
500

Contact the Social Security office at 800-772-1213 regarding your 2024 Part B premium.

### **Other Medicare Premiums to Expect**

**Higher-income earners pay** additional monthly Medicare Part B & D premiums if your income, as reported on your IRS tax return from two years prior, is over a certain amount. Late enrollment penalty Penalty for failing to enroll in Medicare Part B or a Medicare Part D plan when first eligible

The above are monthly premiums paid to Social Security and are in addition to the standard Part B premium paid to Social Security (\$174.70 for those new to Medicare in 2024) and the MEHP premium paid to TRS (if any). You will be notified by Social Security if you fall into either of these categories.





# WAIVE

Retiree Waives MEHP Upon Turning 65

- Open enrollment effective Jan. 1
- Outside of open enrollment you must experience a valid qualifying event.
  - Loss of other coverage, COBRA expires, gaining Medicare Part B or moving back to United States

### Spouse Waives MEHP Upon Turning 65

- Open enrollment **not** an option
- You must experience a qualifying event to enroll.
  - Spouse loses other employer/retirement system sponsored coverage, spouse's COBRA expires, tag-along with retiree or death of retiree



## **Re-employed Retirees Reminders**

Retirees and spouses who return to the workforce must drop health insurance coverage through TRS if they are eligible for health insurance through a new job. Be aware there could be a month lapse in coverage.

Once you leave employment or lose eligibility for the active insurance that came with that job, contact TRS to re-enroll in its coverage within the qualifying event period (usually 30 days) and provide the required documentation.



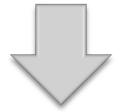
### **Before Moving From KEHP to Medicare**



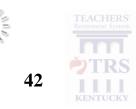
Castlight Use or lose your rewards before KEHP coverage ends



**Consumer Driven Health Plan** (CDHP) HRA funds must be used before moving to MEHP







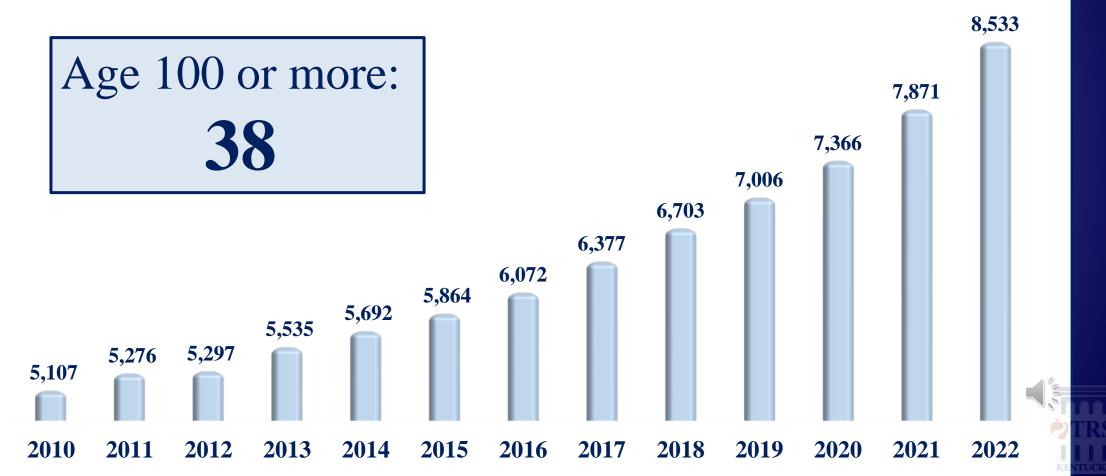
### **Good News**





### **TRS Benefits Protect Teachers**

### **Retirees over 80 as of Dec. 31**



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### Remember: Benefits, Costs Can Change

- **Can change yearly:**
- ✓ Deductibles
- ✓ Coinsurance/copayments
- ✓ List of covered drugs
- ✓ Premiums

Always watch TRS newsletters and website for changes and notices.

### **TRS News & Information**



https://trs.ky.gov





### https://mss.trs.ky.gov/



facebook.com/KyTeachersRS





Our Members Come First!

800-618-1687

8 a.m. – 5 p.m. ET Monday – Friday

<u>info@trs.ky.gov</u> <u>https://trs.ky.gov</u>

**Protecting & Preserving Teachers' Retirement Benefits**