



# HEALTHCARE OMBUDSPERSON PROGRAM

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## CWA – LOCAL 1031 HEALTHCARE OMBUDSPERSON PROGRAM

### OPEN ENROLLMENT – OCTOBER 2022

all links available on the Healthcare Ombudsman Program Webpage

<https://www.cwa1031.org/members/health>

October 1-31, 2022 – Changes Take Effect January 1, 2023

#### KEY FACTS

- Members on CWA Unity Direct & OMNIA Plans
  - Employee contributions increase by 3% in 2023
  - Specialist Co-Pays increase to \$30 (Unity) or \$20/\$35 (OMNIA Tier 1/2)
  - Urgent Care Co-Pays increase to \$45 (Unity) or \$35/\$50 (OMNIA Tier 1/2)
- Members on Horizon HMO & High Deductible Plans
  - Employee contributions increase by Chapter 78 Rates
  - Use the Horizon [Health Benefits Calculator](#) to see your costs
- **No increase in prescription costs!**
- Change your health or dental plans online in [Benefitsolver](#)

#### COST SAVINGS PROGRAMS

- [NJ Well](#)
  - Earn a \$350 reward for completing activities that promote health & wellness
- [Horizon bFit](#)
  - Earn a \$20 monthly incentive for working out at home or the gym
- [Hinge Health](#)
  - Relieve joint pain at no-cost to you with this effective, app-based exercise program
- [Horizon Blue365 Deals](#)
  - Save money on fitness trackers, exercise gear, and other healthy products
- [Direct Primary Care Home](#)
- \$0 Co-pays for unlimited access to quality, coordinated health care for CWA Unity & OMNIA members
  - [Everside Health](#) & [Sanitas Medical Center](#)

Please remember to take the [CWA Contract Bargaining Survey!](#)

