

APRIL 2025

POWERING YOUR HEALTH

## CARE CONNECTION

### POWERING HEALTHCARE FOR ALL OF US



The FMCP website has an exciting new look! With easy, convenient access to the resources you need, including forms and documents, FAQs, and our Participant Portal, the new website was designed to put all of your Plan information in the palm of your hand.

Click the button below to visit the all-new FMCP!

[nifmcp.com](https://nifmcp.com)

## FMCP VENDOR PARTNERS

FMCP ensures our participants have access to top-tier healthcare providers who offer high-quality services across all 50 states.

Please note that your FMCP healthcare plan may not include all of the services listed below. If you are unsure which services are part of your Plan, please check with the Benefit Office.



- **Medical partner**
- Website: [www.anthem.com](http://www.anthem.com)
- Phone: 1-800-810-BLUE (2583)

As one of the largest healthcare provider networks in the U.S., Anthem Blue Cross Blue Shield delivers comprehensive medical coverage to FMCP participants. With an extensive network of providers, hospitals, and specialists across the country, Anthem ensures that our participants have access to top-tier healthcare services wherever they are.



- **Medicare Advantage Plan** (if applicable)
- Website: [retireefirst.com/fmcp](http://retireefirst.com/fmcp)
- Phone: 1-706-229-8769 or  
toll free: 1-855-220-9437 (TTY 711)

The Plan's Medicare Advantage Plan for Medicare eligible retirees and their Medicare eligible dependents is provided by United Healthcare (UHC) and administered by Retiree First. For a summary of benefits provided by UHC, please review the UHC Medicare Advantage Plan information packet.

Retiree First Advocates can help with the UHC Medicare Advantage Plan for:

- Personal information changes
- ID Card replacements
- Co-payment assistance programs
- Claims, billing and payment support
- Inbound/outbound three-way calls to Medicare vendors, providers and pharmacies
- Low-Income Subsidy (LIS) filing support



- **Prescription drug partner**
- Website: [savrx.com](http://savrx.com)
- Patient Portal: [app.savrx.com](http://app.savrx.com)
- Phone: 1-866-233-IBEW (4239)

Prescription drug benefits are crucial for FMCP participants, and Sav-Rx provides a high-quality, cost-effective solution. With a focus on eliminating or reducing out-of-pocket expenses while ensuring access to necessary medications, Sav-Rx is an integral partner in the FMCP's efforts to make needed healthcare more accessible and affordable. FMCP collaborates with Sav-Rx to provide a seamless pharmacy experience, including a mail order option for convenience.

# FMCP VENDOR PARTNERS

(CONTINUED)



- **Dental partner**
- Websites: [www.deltadentalins.com](http://www.deltadentalins.com) and <https://www1.deltadentalins.com/fmcp>
- Phone: 1-855-277-7195

Delta Dental partners with FMCP to provide high-quality and cost-effective dental benefits. Their extensive nationwide network of dental providers ensures participants can easily access preventive and restorative care.

*Please note: The group number for Delta Dental is 23179. Benefits are linked to the member's Social Security number. A digital ID card is available for download after registering at [www.deltadentalins.com](http://www.deltadentalins.com).*



- **Vision partner**
- Website: [www.vsp.com](http://www.vsp.com)
- Phone: 1-800-877-7195

Vision care is an essential component of overall health, and VSP Vision Care provides FMCP participants with access to a vast network of optometrists and eye care specialists. FMCP's partnership with VSP ensures participants receive needed vision care, including annual eye exams, lasik coverage, safety glasses, and competitive reimbursement rates for frames, lenses, and contact lenses.

*Please note: Benefits are linked to the member's Social Security number.*



- **Identity theft protection**
- Website: <http://FMCP.excelsiorenroll.com>

Identity theft is an unfortunate reality and significant concern, and LifeLock helps protect FMCP Participants from the financial fallout and stress of having their identity stolen. Among other services, FMCP participants receive proactive credit monitoring and alerts, stolen funds reimbursement, parental device control, and virtual VPN to safeguard their personal information.

*Please note: The primary member must enroll first. Then dependents can be added to their household account.*



- **Fertility and family planning**
- Website: [www.progyny.com/fmcp](http://www.progyny.com/fmcp)
- Phone: 1-833-233-0981

As a provider of fertility and family planning services, Progyny partners with FMCP to support participants on their journey to parenthood. Progyny offers a comprehensive suite of fertility treatments, including IVF, IUI, and egg freezing, with a focus on patient-centered care. FMCP participants benefit from Progyny's advanced fertility solutions, helping them achieve their family goals.

# FMCP VENDOR PARTNERS

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**Teladoc**  
HEALTH

- **Virtual healthcare**
- Website: [www.teladochealth.com/fmcp](http://www.teladochealth.com/fmcp)
- Phone: 1-800-TELADOC (835-8362)
- Download the *Teladoc Health* app to your mobile device

Teladoc's virtual services provide FMCP participants access to the following board-certified providers: general medicine (24/7 diagnosis and treatment of non-emergent conditions, including prescribing most medications), diabetes management, dermatology, and expert medical opinion (2<sup>nd</sup> opinion for life-altering or life-threatening concerns).



**LiveHealth**  
ONLINE

- **Virtual healthcare**
- Website: <http://www.livehealthonline.com>
- Download the *LiveHealth Online* app to your mobile device

LiveHealth Online's virtual service provides FMCP participants access to board-certified providers who are able to diagnose and treat non-emergent conditions, including prescribing most medications.



**Talkspace**

- **Virtual behavioral health**
- Website: [www.talkspace.com/fmcp](http://www.talkspace.com/fmcp)
- Download the *Talkspace* app to your mobile device

Mental health is a critical component of overall well-being, and Talkspace provides FMCP participants with virtual access to licensed behavioral health therapists for asynchronous text or video-based messaging and live virtual mental health therapy and counseling services (4 video visits per month).

*Please note: Participants must register at [www.talkspace.com/fmcp](http://www.talkspace.com/fmcp) to access Talkspace at no cost through the FMCP.*



sword  
**thrive**

- **Virtual physical therapy**
- Website: <https://www.meet.swordhealth.com/thrive/fmcp>
- Phone: 1-888-492-1860

FMCP's partnership with Sword offers participants a virtual physical therapy care option to treat musculoskeletal pain and concerns. Sword combines the expertise and support of Doctors of Physical Therapy with a high-tech, innovative physical therapy platform. This approach allows participants to perform their prescribed exercises whenever and wherever it is convenient for them.



**wex**  
BENEFITS

- **Health Reimbursement Arrangement (HRA)** – pay for qualified healthcare expenses through your Special Fund Account
- Website: <https://fmcp.lh1ondemand.com/>

Managing healthcare expenses is made easier with Wex Benefits. The FMCP's HRA is called the Special Fund Account (SFA). The SFA can be used to reimburse participants for qualified medical expenses not otherwise covered by their healthcare plan.