



# CARE CONNECTION

Special Edition | Winter 2026



## In This Issue

A Guide to Your Upgraded Vision Benefits	2
Getting to Know the Newly Launched Member Assistance Program (MAP)	4
Introducing the FMCP Website en Español	6

# Happy New Year from the FMCP!

Do you have big plans for 2026?

We do, and they start with 2026 plan enhancements. Outlined in this issue are key changes that we've made to improve your healthcare benefit experience and lower out-of-pocket costs. We hope these benefit upgrades help you and your family start this year off right.

## New Year, New Vision Benefit Enhancements

**A Guide to Your Upgraded  
Vision Benefits Through VSP**

**vsp**  
vision care

**On January 1, 2026, plan enhancements for participants enrolled in vision coverage went into effect, improving coverage across all plans in key areas like frame and contact lens allowances, lens enhancements, and more.**

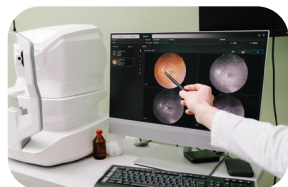
### **What's Included in These Upgrades?**

#### **Increases in Individual Frame and Contact Lens Allowances**

- Retail Frame Allowance (\$200)
- Featured Frame Brand Allowance (\$250)
- Costco Frame Allowance (\$110)
- Elective Contact Lenses in Lieu of Lenses/Frames (\$250)

#### **Out-of-Pocket Costs Reduced**

- Lens Enhancements
  - UV Protection (covered in full)
  - Light-Reactive Lenses (\$25)
- Retinal Screenings (up to \$20 copay)





## Addition of the ProTec Safety Plan

- The ProTec Safety® Plan benefit makes it easier and more affordable to get safety frames and prescription lenses that meet current guidelines for impact protection.



## Comparison to Previous Coverage\*

	2025		2026
Frame Allowance	Up to \$180. <sup>00</sup>	→	Up to \$200. <sup>00</sup>
Featured Brand Frame Allowance	Up to \$230. <sup>00</sup>	→	Up to \$250. <sup>00</sup>
Costco Frame Allowance	Up to \$100. <sup>00</sup>	→	Up to \$110. <sup>00</sup>
Contact Lenses Allowance (in lieu of lenses/frames)	Up to \$150. <sup>00</sup>	→	Up to \$250. <sup>00</sup>
Safety Glasses Allowance	\$65. <sup>00</sup>	→	Fully covered**
UV Protection	Covered with an average savings of 30%	→	Fully covered
Light Reactive Lenses		→	\$25 copay

\* These figures reflect allowances for in-network providers  
 \*\* When chosen from the ProTec Eyewear® collection

## Do These Vision Benefit Upgrades Apply to All FMCP Plans?

This update applies to all plans that include vision. If you have vision coverage under your plan, all of these updates apply to you. For more information on these updates, please visit [www.nifmcp.com/resources](http://www.nifmcp.com/resources).



# Beyond Just Healthcare



## Getting to Know the Newly Launched Member Assistance Program (MAP)

On January 1, 2026, the FMCP officially launched the Member Assistance Program (MAP) through our vendor partner, Anthem. MAP offers concierge-level service that is available 24/7/365.

### What is a Member Assistance Program?

A Member Assistance Program, or MAP, provides quick and easy access to confidential consultations and resources, helping you tackle life challenges.

### What Services are Available to FMCP Participants?

MAP provides personalized solutions via counseling, legal consultation, financial consultation, identity protection and recovery, emotional wellbeing resources, dependent care resources, and website resources.

No signing up is required! You can use these resources right now.

Scan the QR code or visit:

<https://www.anthemeap.com/fmcp>

Call **844-509-1470** for more information.



### MAP Services Include:

- **Crisis support with a master's level clinician**
- **Identity theft protection (Norton LifeLock)**
- **Confidential counseling**
  - Connect with a mental health professional by scheduling an in-person appointment or virtual visit through Headway or Talkspace.

- **Attorney consultation & legal resources**

- Estate planning
- Civil issues
- Divorce/custody
- Consumer issues
- Criminal concerns

- **Financial consultation & website resources**

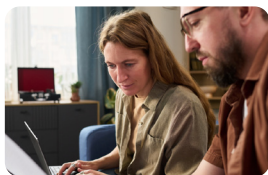
- Debt/credit management
- Saving for education & retirement
- Life event planning

- **Emotional wellbeing resources**

- Self-paced online programs through Learn to Live

- **Work-life resources, such as childcare, elder care, and caregiver support**

- **And more digital resources**



## Wellness Tip

**In our busy lives, we often sacrifice sleep. But sleep has a big impact on our physical and mental health. Adopting better sleep habits will help you think more clearly, have quicker reflexes, and focus better.**

### **Tips to get better quality sleep:**

- Go to bed the same time each night and wake up the same time each morning.
- Exercise (but not right before bed).
- Limit the use of electronics before bed.
- Avoid alcohol and large meals before bed.
- Avoid stimulants like nicotine and caffeine.
- Don't take naps after mid-afternoon. Keep naps short.
- Try to get natural sunlight for at least 30 minutes a day.
- Consult a healthcare professional if you have ongoing sleep problems.

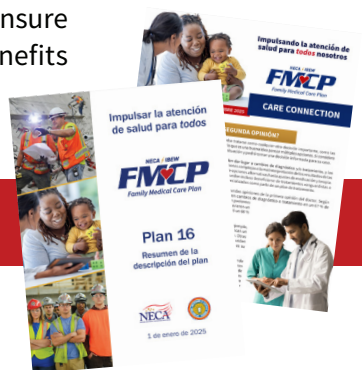
*Source: nih.gov*

# Introducing the FMCP Website **en Español**

**The FMCP is excited to announce the availability of the FMCP website in Spanish!**

We have a fully functional Spanish site that includes translations of all plan documents, notices, and forms.

Our Spanish website and plan materials have been translated by language experts to ensure that nothing regarding your healthcare benefits and wellbeing can get lost in translation.



**All of your plan details fully translated!**



[www.nifmcp.com/es/](http://www.nifmcp.com/es/)

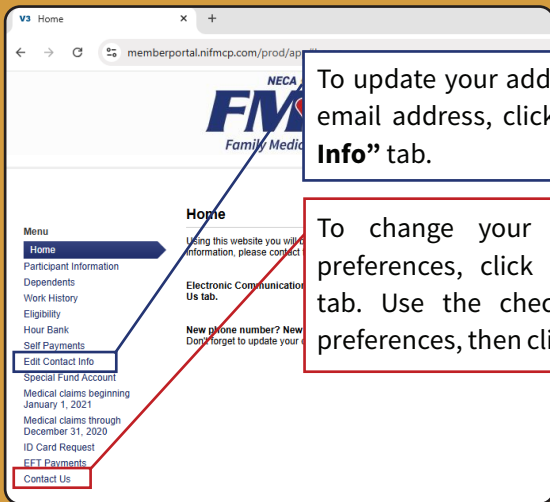




# Did You Know?

## You can change your contact preferences in our Participant Portal.

Whether you want to opt in to receive email & electronic communications or need to update your contact information to receive important plan communications, the Participant Portal has you covered.

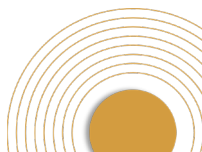


To update your address, phone number, or email address, click on the **“Edit Contact Info”** tab.

To change your email communication preferences, click on the **“Contact Us”** tab. Use the checkboxes to mark your preferences, then click **“Submit”** to update.

Have questions?  
Contact us on our website!  
[www.nifmcp.com](http://www.nifmcp.com)

**Delivering the Premier Participant Experience**



# POWERING HEALTHCARE FOR ALL OF US



NECA/IBEW Family Medical Care Plan  
Benefit Office  
410 Chickamauga Avenue, Suite 301  
Rossville, GA 30741



Toll-Free: 1-877-937-9602  
Local: 1-706-841-7000