

## CIGNA to provide nationwide PPO network for Health Plan effective Jan. 1, 2011

Effective Jan. 1, 2011, CIGNA HealthCare will become the AFTRA Health Plan's single nationwide Preferred Provider Organization (PPO) health care provider network. Participants currently use the CIGNA Shared Administration PPO network to choose network health care providers in 49 of 50 states, and soon they will use the same PPO network for California health care providers. The Health Plan will no longer use Anthem BlueCross' PPO network in California for dates of service after Dec. 31, 2010. As a result of the network change, all Health Plan participants will receive new simplified Health Plan ID cards later this year. Additional instructions and information will be included with the ID card mailing.

CIGNA Shared Administration PPO is a broad, comprehensive network of health care providers. Before AFTRA H&R's Trustees decided to make this change, research was conducted to confirm that the CIGNA network has sufficient numbers of providers throughout California, and the network includes the major California hospital systems most utilized by AFTRA Health Plan participants.

It is important to note that this change does not impact the Health Plan's benefits or features. This change also does not affect any other vendors that provide administration services for other Health Plan benefits, including prescription drug benefits (Medco), mental health and chemical dependency benefits (ValueOptions), dental benefits (The Guardian) and life insurance benefits (Aetna). Also, CareAllies, a subsidiary of CIGNA, will continue to pre-certify all inpatient hospital admissions and private duty nursing services, as well as continue to provide case management services.

### Confirm network status of California providers

In the coming weeks, participants are encouraged to confirm the CIGNA network participation status of any current health care providers based in California. After Dec. 31, 2010, only services rendered by CIGNA network providers will be reimbursed by the Health Plan at the network rate. Participants should plan ahead (for maternity care, elective surgeries, etc.) to maintain continuity of in-network care before and after the transition from Anthem BlueCross to CIGNA. To identify providers in the CIGNA network, visit [www.aftrahr.com](http://www.aftrahr.com) ("Find a provider") and search CIGNA's Shared Administration PPO Network. If you learn that one of your health care providers is not in the CIGNA network, you may nominate your provider to become a member of the network. Details about how to nominate a provider are available at [www.aftrahr.com](http://www.aftrahr.com) ("Find a provider") and also will be included in the next *Benefits Update*.

### Additional resources and information

Additional information about this PPO transition is available at [www.aftrahr.com](http://www.aftrahr.com) ("News and updates" and "FAQs") and also will be included in the next *Benefits Update* mailing. If you have additional questions about this or any other issue, please call Participant Services at (800) 562-4690.

### Reminder: Health Plan premium increase Jan. 1, 2011

The Health Plan's annual 5% premium increase will become effective for the first quarter of 2011 (premium due date Dec. 15, 2010). Watch for additional information and the new premium amounts in the upcoming *Benefits Update*. If you have arranged automatic premium payments with your bank, you should notify your bank of the new premium amount well in advance of the scheduled payment date.