



# Spotlight

ON BENEFITS

FALL 2019



## HOW TO GET YOUR COVERAGE CARDS ON YOUR SMARTPHONE

Use your smartphone to keep track of your coverage cards.

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# Spotlight

ON BENEFITS

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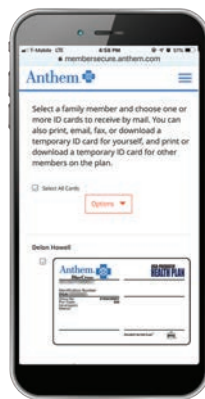
### ABOUT THE PLANS

The Pension and Health Plans were created as a result of the Directors Guild of America's collective bargaining agreements with producer associations representing the motion picture, television and commercial production industries. The DGA-Producer Pension and Health Plans are separate from the Directors Guild of America and are administered by a Board of Trustees made up of DGA representatives and Producers' representatives.

# How to Get Your Coverage Cards on Your Smartphone

Each of the Health Plan's benefit managers—Anthem Blue Cross, Delta Dental, Express Scripts and Vision Service Plan—has its own coverage card, reflecting your eligibility for benefits under the Health Plan. Use your smartphone to keep track of your coverage cards.

See below for details on how to get your coverage cards electronically, either online or via the mobile app.



## Anthem Blue Cross

#### Online:

1. Log in to [www.anthem.com](http://www.anthem.com)\*
2. Click *Request ID Card*.
3. Available medical cards will appear on the screen.
4. Click the checkbox for each medical card you would like.
5. Choose your desired option: print, email, fax, mail, or download.

\*Your coverage card is available on your smartphone via Anthem's mobile website. Go to [www.anthem.com](http://www.anthem.com) on your smartphone.



## Delta Dental

#### Online:

1. Log in to [www.deltadentalins.com](http://www.deltadentalins.com).
2. Click *Print ID Card* or *Email ID Card* in the far left column.

#### Delta Dental Mobile App:

1. Log in to your Delta Dental mobile app.
2. Your Delta Dental membership card will appear in the center of the mobile app Welcome screen. Tap the card image for more options like emailing the card, saving it to your Wallet, or adding it to your phone's home screen.

NOTE: Delta Dental issues cards for participants only. Your dependents should use a copy of your card.

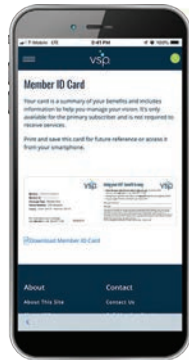




# Watch Out for Foods That May Interact With Your Medication



## Express Scripts



## Vision Service Plan

### Online:

1. Log in to [www.Express-Scripts.com](http://www.Express-Scripts.com).
2. Hover over the Benefits tab, and choose *Forms & Cards* from the drop down.
3. Scroll down to the Print a Member ID Card section.
4. Click the *print a member ID card* link.
5. Click the *print card* button to either print the card or save it as a .pdf.

### Express Scripts Mobile App:

1. Log in to your Express Scripts account.
2. Press the More button in the lower right corner.
3. Press Prescription ID Card for a virtual prescription ID card viewable on your smartphone screen.

### Online:

1. Log in to [www.vsp.com](http://www.vsp.com).
2. Find the Member ID Card section and click the *View Member ID Card* button.

### VSP Mobile App:

1. Log in to your VSP account.
2. Make sure you are in My Dashboard. (Click on the hamburger menu at the top left and choose *My Dashboard*.)
3. Find the Member ID Card section and click the *View Member ID Card* button.
4. Your coverage card will be displayed on screen. Press *Download Member ID Card* to automatically add an image of your VSP card to your photo library. **PH**

If you take medication, you should pay attention to your diet for potential interactions with prescription and over the counter drugs. What you eat and drink can prevent a medicine from working the way it should or cause side effects. Even foods considered healthy can potentially interfere with a medicine's efficacy.

While, in most cases, you do not have to remove drug-interactive foods from your diet entirely, leaving two to four hours between consumption of interactive foods and taking your medication might be recommended. Below is a list of some of the most common prescription drugs and the foods that might interfere with their effectiveness.

### Drugs that Treat Infections

**Watch out for:** Alcohol, Avocados, Bananas, Chocolate, and Salami

The above foods contain tyramine, an amino acid that can cause blood pressure to spike if taken with certain drugs, such as metronidazole (Flagyl) and linezolid (Zyvox), which are used to treat bacterial infections. Tyramine is also found in foods that are aged, pickled, fermented or smoked, such as

processed cheeses, anchovies and dry sausage.

Alcohol paired with these medications could cause nausea, cramping and vomiting.

### **Blood Pressure Medications**

**Watch out for:** Potassium-rich foods—Bananas, Green Leafy Vegetables, Oranges, Grapefruit and Salt Substitutes

ACE inhibitors (lisinopril, captopril, enalapril) treat heart-related conditions, including high blood pressure and heart failure, by widening blood vessels and increasing blood flow, thereby decreasing the amount of work the heart has to do. ACE inhibitors, however, can also increase the body's level of potassium, which helps provide electrical signals to cells. Consuming large amounts of potassium rich foods could lead to elevated blood potassium levels, resulting in the risk of irregular heartbeat or palpitations.

Beta blockers (atenolol, metoprolol, carvedilol) work by slowing the heart and relaxing blood vessels. They are best taken with food to prevent rapid absorption and excessive lowering of blood pressure.

Calcium channel blockers are also frequently used to treat high blood pressure. Drinking grapefruit juice or eating grapefruit can alter the breakdown of these medications, resulting in elevated blood levels.

### **Warfarin (Blood Thinner)**

**Watch out for:** Broccoli, Brussels sprouts, Cabbage, Kale and Spinach

Warfarin (Coumadin) is a blood thinner that works by interfering with how the body uses vitamin K, produced naturally in your intestines to help blood clot. While it is not recommended that you avoid foods high in vitamin K—such as those listed above—you should work with your doctor to achieve

the right balance of Warfarin and vitamin K so that you don't counteract the benefit of your Warfarin.

### **Cardiac Medications, ED drugs and Birth Control Pills**

**Watch out for:** Grapefruit, black licorice

Statins are highly effective, commonly prescribed medications used to lower cholesterol. Grapefruit can increase the amount of statin in the blood and can increase the likelihood of side effects such as muscle pains or liver function abnormalities. Grapefruit can also cause side effects when ingested with erectile dysfunction drugs such as Viagra, resulting in headaches, flushing and low blood pressure.

Real black licorice and products with licorice extract contain glycyrrhizin, a compound that when combined with digoxin (Lanoxin)—used to treat heart failure and abnormal heart rhythms—can cause an irregular heartbeat or death.

When consumed with birth control pills, glycyrrhizin may reduce the effectiveness of most blood pressure drugs, intensify the side effects of blood thinners, raise blood pressure and lower potassium levels.

### **Thyroid Drugs**

**Watch out for:** Soybean Flour, and Walnuts

These high-fiber foods can prevent your body from absorbing thyroid drugs such as levothyroxine (Levothroid, Levoxyl, Synthroid). If you eat a high-fiber diet while taking thyroid medications, try taking your dose later in the evening.

### **Final Words**

The drug-food interactions listed here give you a sampling of the most common ones to watch out for. When starting a new medication, however, be sure to ask your doctor or pharmacist about any foods or beverages you should avoid, in addition to checking the directions on the medication label.

Additionally, alcohol can interact negatively with many prescription drugs, so it is always best to confirm with your doctor or pharmacist whether or not you can drink while on your medication. Drinking alcohol before, after or along with your medicine can exacerbate side effects and increase your risk of liver damage.

For further information, many resources are available at the FDA website [www.FDA.gov](http://www.FDA.gov). **PH**

# HIPAA Notice of Privacy Practices

**H**ealth Plan participants can obtain a copy of the Health Plan's Notice of Privacy Practices at [www.dgaplans.org/hipaa-notice-of-privacy-practices](http://www.dgaplans.org/hipaa-notice-of-privacy-practices) or by calling Participant Services at (877) 866-2200, Ext. 401. This Notice describes how the Plan may use and disclose your health information.

If you have any questions regarding the Notice of Privacy Practices, please contact the Plans' Privacy Officer at (323) 866-2200, Ext. 305. **PH**

# Special Discounts, Exclusively for Health Plan Participants

Reduce your out-of-pocket costs on a variety of items including LASIK eye surgery, hearing aids and accessories, gym memberships and more.

In addition to the robust benefits offered directly through the DGA–Producer Health Plan, covered individuals are also eligible for a number of special discounts and programs available through the Plan’s benefits managers—Anthem Blue Cross, Delta Dental, Express Scripts and Vision Service Plan. These programs offer additional ways to reduce your out-of-pocket costs for services both covered and not covered under the Health Plan.

For more information on these special savings opportunities, exclusively for Health Plan participants, visit [www.dgaplans.org/discounts](http://www.dgaplans.org/discounts). **PH**



## WalMart and Sam’s Club Join the Health Plan’s Vision Network Beginning October 1, 2019



This fall, you will have more locations to get your vision care (maybe even while you shop). Beginning October 1, 2019, Walmart and Sam’s Club join the Health Plan’s vision network (managed by Vision Service Plan), adding more locations across the country where you can pay network rates for your annual vision exam, eyeglasses, contact lenses and more.

The chart below summarizes your network benefits with VSP.

SUMMARY OF VSP NETWORK VISION BENEFITS		
Service	Frequency	Network Coverage (including WalMart and Sam’s Club, effective October 1, 2019)
<b>Exam</b>	Once per calendar year	▶ \$30 co-payment
<b>Frames</b>	Once every other calendar year	▶ \$30 co-payment ▶ Up to \$140 allowance ▶ 20% savings on amount over your allowance
<b>Lenses</b>	Once per calendar year	▶ Included in prescription glasses
<b>Contact Lenses (instead of glasses)</b>	Once per calendar year	▶ \$0 co-payment ▶ \$120 allowance for contacts and contact lens exam (fitting and evaluation) ▶ 15% off contact lens exam (fitting and evaluation)

For a more detailed summary of your VSP Vision Benefits, go to [www.dgaplans.org/VisionBenefitsSummary](http://www.dgaplans.org/VisionBenefitsSummary) or call our Participant Services Department at (323) 866-2200, Ext. 401. **PH**

# DGA-PRODUCER PENSION & HEALTH

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edelivery](http://www.dgaplans.org/edelivery)

## Health Fairs this Fall in LA & NYC

The DGA-Producer Pension and Health Plans will be hosting health fairs and free flu shot clinics exclusively for DGA members (regardless of Health Plan coverage status) and their families in Los Angeles and New York City this fall. Plan now for the event nearest you:

### Los Angeles

**Saturday, October 5**

9:00 a.m. to 12:00 p.m.  
(Flu shots until 1:00 p.m.)  
DGA Lobby, Los Angeles  
7920 Sunset Boulevard

### New York City

**Saturday, October 19**

2:00 p.m. to 5:00 p.m.  
DGA New York Theater Lobby  
110 West 57<sup>th</sup> Street

### Free Flu Shots

**Reservations are required. RSVP to [flushots@dgaplans.org](mailto:flushots@dgaplans.org) or by phone at (323) 866-2216.**

Flu shots are available to all DGA members and their dependents age 13 and over. The DGA Foundation is covering the cost of the flu shots for participants not covered under the Health Plan. Women who are pregnant or nursing cannot be given flu shots and should check with their OB-GYN for more information.

### New for 2019

- ▶ **Be one of the first to preview the new <sup>PH</sup> benefits portal**, where Health and Pension Plans participants can soon access their personal benefits information—including Health Plan eligibility, medical claims, Employer contributions, estimated pension benefit accruals and more—wherever you have internet access!
- ▶ **Palliative Care Information.** At the Los Angeles event, representatives from the Motion Picture & Television Fund will give a presentation highlighting their Palliative Care Program and its benefits to all DGA members in need of assistance when dealing with a serious or chronic illness.

### Back by Popular Demand

- ▶ **Free Neck and Shoulder Massages**
- ▶ **A Medicare Q&A**
- ▶ **Q&A sessions** with our Health Plan Claims, Health Plan Eligibility and Pension Department representatives
- ▶ **One-on-One Time with Plans' staff and representatives from the Health Plan's benefit managers**
- ▶ **Raffle Prizes and Giveaways**, including a chance to win an Apple Watch Series 3 with GPS and cellular and a Fitbit **PH**