

## **2020 August Newsletter**

### **Insurance/ Health Updates**

*Submitted Joe Polce*

#### **Virtual Check-Ins**

Medicare still covers virtual check-ins with doctors. Virtual check-ins allow you to talk to your doctor or nurse practitioners or physician assistants using your phone or other type of audio/video system without going to the doctor's office. Medicare also covers E-visits and Medicare telehealth. CareFirst also covers these visits.

#### **COLA for 2020/2021**

The Maryland cost of living adjustment for retirees that started July 2020 was set at 1.812%. Enjoy.

#### **COVID 19**

It may be a long time before we get back to a normal life style. The scientists and most medical professionals tell us to wear a mask, social distance and wash our hands often to help control the spread of the virus. It doesn't seem like many of the young adults feel the same way. A lot of us are in that age group that is most vulnerable to the virus. Please stay safe.

#### **Insurance Council**

The Council will begin meeting virtually in September. As of now there are no pressing issues that will impact our health coverage. The Delta Dental contract will expire on June 30, 2022 so discussions will begin in the spring of 2021 on a request for proposal (new contract).