



## Update on contract negotiations between LewisGale ER group and Anthem

Negotiations continue between Anthem and the management group, Schumacher Clinical Partners, for many emergency room (ER) physicians in LewisGale facilities. While negotiations between Anthem and Schumacher are ongoing, the physicians in certain LewisGale ERs are out-of-network for Anthem members; however, we have confirmed that the ER physicians are still accepting Anthem out-of-network rates for care and members will only owe the co-insurance and deductible amounts. Visit [bit.ly/2VrqHPn](http://bit.ly/2VrqHPn) for a letter from Schumacher Clinical Partners and a list of ERs.

If you or a covered dependent receive care at a LewisGale ER and are billed out-of-network rates, please DO NOT ignore the bill. Follow the actions outlined below:

1. After ER services are incurred, you will receive an Explanation of Benefits (EOB) and a check from Anthem and a bill from EMBCC, the billing agent for Schumacher Clinical Partners.
2. Deposit the check into your personal bank account and retain the check stub or documentation certifying the amount.
3. Send a personal check for the amount you received from Anthem to EMBCC, along with a copy of the applicable EOB to EMBCC, P.O. Box 731584, Dallas, TX 75373-1584.

If you have questions about this process, you may contact EMBCC at [pcc@embcc.com](mailto:pcc@embcc.com) or 888-703-3301. Their hours of operation are Monday – Thursday, 8 a.m. – 7 p.m. CST and Friday, 8 a.m. – 5 p.m. CST.

The Division of Human Resources also has a dedicated insurance specialist that can help employees covered by state health insurance plans navigate this process. If you need help from human resources, contact the HR Service Center at [hrrservicecenter@vt.edu](mailto:hrrservicecenter@vt.edu) or 540-231-9331.

## Situational Awareness: Suspicious recording devices

On Feb. 21, a suspect was identified, is being cooperative with law enforcement, and has admitted responsibility for their part in the placing the cameras

that were found in public restrooms on campus. While we do not have any information at this time to indicate the suspect acted with anyone else or has placed more cameras in restrooms around campus, this investigation is ongoing.

Virginia Tech Police continue to urge the community to remain vigilant and to continue to report any suspicious activity and/or any information about this particular incident to 540-382-4343.

For additional information, visit [bit.ly/2IAOwCJ](http://bit.ly/2IAOwCJ).

## Spring retirement planning seminars available

It is never too early or too late to start planning for retirement. Virginia Tech is committed to making sure its employees are well prepared for retirement, and the Division of Human Resources is here to help with retirement planning information sessions.

The sessions will include information on the Virginia Retirement System and Optional Retirement Plan benefits. Topics will include: Retirement options, calculating monthly benefits, increasing retirement income, life insurance, health insurance, and other retirement benefits and resources. All employees are welcome to attend; however, the information presented will be especially helpful to employees who plan on retiring within the next six years.

The following session are available:

- Tuesday, April 2, 10 a.m. - noon
- Monday, April 8, 1 - 3 p.m.
- Friday, April 12, 10 a.m. - noon

All sessions are being held in the North End Center, Room 2420, or available via Zoom. Registration is required for all sessions including Zoom. Space is limited, register early at [bit.ly/2RzN3jm](http://bit.ly/2RzN3jm).

For more information, call 540-231-9331 or email [hrrservicecenter@vt.edu](mailto:hrrservicecenter@vt.edu).

## Registration for youth swim lessons is open

Virginia Tech Recreational Sports believes that learning to swim is a great skill to have while also providing fun and exercise. Experienced instructors can provide children with instruction while also

making them feel welcomed and helping them become comfortable in the water. No VT affiliation is required.

Recreational Sports offers classes ranging from Parents & Child to Level 6 – Swimming & Skill Proficiency. With 10 skill levels, there are plenty of opportunities for children to accomplish objectives to move to the next level. Sessions are \$55 per child and run for four weeks with two classes a week for a total of eight sessions.

Recreational Sports is also offering a Mini Saturday Sessions, which are only \$30 for four classes. Private and semi-private lessons are also available. Private lessons are \$25 per lesson and semi-private lessons cost \$20 per participant, with a maximum of two participants.

For more information and to register, visit [bit.ly/2EwDmL1](http://bit.ly/2EwDmL1). Contact 540-231-5062 or [lkowalci@vt.edu](mailto:lkowalci@vt.edu) with questions.

## Learn more about teens and E-cigarettes use at Hokie Wellness program

Join Hokie Wellness for an informational session about teens and E-cigarette use on Tuesday, March 19, from 12-1 p.m. at the North End Center, room 2420.

According to a report from the Wall Street Journal, preliminary data from the latest National Youth Tobacco survey shows that in 2018 approximately 3 million — or 20 percent — of high school students were vaping. In contrast, in 2017, 1.73 million — or 11.7 percent — used e-cigarettes. More than two-thirds of teens surveyed said they think vaping can be part of a “healthy life.”

Jeri Lantz, M.D., Chief, General Internal Medicine, of Carillion Clinic Adolescent Medicine will be the featured speaker. Attendees will learn about the dangers and what to look for, and have an opportunity to ask questions.

Register is required and can be done at [bit.ly/2ICs1Ny](http://bit.ly/2ICs1Ny). For more information, contact Hokie Wellness at [hokiewellness@vt.edu](mailto:hokiewellness@vt.edu) or by calling 231-8878.

## Sign up for HokieFit, a new online fitness program

Gym intimidation? We totally get it. The good news is that you can stay within your comfort zone and still get fit. Hokie Fit is a one-stop online monthly fitness program.

This new program will include workouts for every day of the month, daily communication from VT Fitness members, nutrition guidance and more.

Designed for all levels of fitness, workouts can be done from the gym or your home, all with just a few pieces of equipment.

You will receive a variety of routines to experiment with — from strength and endurance training, to intervals and live yoga classes — Hokie Fit will allow you to workout on your own terms, at your own time.

Register at [bit.ly/2Sstplx](http://bit.ly/2Sstplx) before we kickoff our Month of March program.

## Road and pedestrian impacts: Creativity and Innovation District

The campus community should be aware of ongoing pedestrian and road impacts in the area surrounding the proposed Creativity and Innovation District Living-Learning Community (CID LLC) next to the Graduate Life Center between Kent and Otey Streets.

The construction contractor is currently occupying the site and preparing it for construction. In the coming weeks and months, preliminary site and utility work will begin to occur. Full construction is expected to begin in summer 2019, pending final approval by the Virginia Tech Board of Visitors. Construction is expected to be completed in time for fall semester 2021.

Wall Street will be closed from Kent Street to Otey Street to accommodate construction. A portion of Wall Street will remain accessible to allow access to the private residences near the intersection with Kent Street. For additional information, visit [bit.ly/2tC6NW1](http://bit.ly/2tC6NW1).

## Become a Giving Day Ambassador

Virginia Tech's 2nd Annual Giving Day starts noon, March 19! As a Giving Day ambassador, you help create excitement about Virginia Tech Giving Day before and during the campaign. Ambassadors are asked to do the following:

1. Make your gift between noon on March 19 and noon on March 20.
2. Email your networks and ask them to join you in making a gift on Giving Day. Sample email messages and suggested timelines are in the Ambassador toolkit.
3. Spread the word through your own social media outlets.

As a registered ambassador, you can use the personalized link from your Ambassador Dashboard to encourage others to give. Throughout the day, you will receive insider Ambassador Updates and be able to track your impact on the campaign in your customized Ambassador Dashboard as gifts come in. To get started, sign up at [bit.ly/2T9BnEU](http://bit.ly/2T9BnEU).