



Welcome to the spring/summer NY State of Health Newsletter of 2020 from your Marketplace Advocacy Team here at Bond Benefits Consulting. In this edition, we will provide useful information regarding the following topics:

- » **Please let us know your email address**
- » Your NYS of Health policy
- » Telemedicine updates
- » The benefits of utilizing a Health Savings Account (HSA)
- » Enrolling in Medicare Advantage Plans
- » Holly's Tasty Recipe

As always, if you have any questions, please contact Mark Shannon and his team at Bond; their information will be provided at the end of the newsletter.



PLEASE LET US KNOW YOUR EMAIL ADDRESS!

We would like to give you quicker current updates and be able to email our quarterly newsletter to you. Please email **NYSOH@bondbenefits.com** so that we can put you on our email list.

NY STATE OF HEALTH INSURANCE OPTIONS DURING THE CORONAVIRUS EMERGENCY

If You Have Insurance through NY State of Health but Your Circumstances Have Changed:

- Anyone who has experienced a change in income, employment, or another major life event, may qualify for more financial help that could lower your costs. Update your account information today- online or by calling Mark or Holly at Bond to give you assistance in updating your application.
- All Medicaid, Child Health Plus, or Essential Plan enrollees who are due to renew coverage in April or May 2020 will have their renewal dates extended by four months. Give Mark or Holly a call to renew your application.
- Individuals enrolled in subsidized and unsubsidized coverage in New York State may have more time to pay any premiums owed during the period of the public health emergency. More information about these grace periods is available at through the Department of Financial Services and NY State of Health

TELEMEDICINE: AN EASIER WAY TO CONTACT WITH A HEALTH CARE PROVIDER

Through the utilization of phone or video, a no fee consultation with a health care provider will be available 24 hours a day, 7 days a week for COVID-19 concerns! Sick individuals should not leave their home unless to receive medical care and only after a telehealth visit to determine if leaving the home is in the best interest of their health. This service, Telemedicine, allows subscribers and patients the ability to schedule an appointment by either talking with a health care provider over the phone or through a video application such as Skype or FaceTime, smartphone or tablet. Doctors and specialists will also be more accessible through email and other online communication avenues.

THE BENEFITS OF A HEALTH SAVINGS ACCOUNT (HSA) 2020 MAX HSA CONTRIBUTIONS:

Does your health insurance plan name include the notation "HDHP"? If so, you and your family may be eligible for a Health Savings Account. A Health Savings Account provides high deductible health plan (HDHP) subscribers with the ability to receive a tax deduction by putting money away in an account that can be used towards the cost of health care services. If you have any questions regarding an HSA or need guidance on how to set one up, please contact Mark.

2020 MAX HSA CONTRIBUTIONS:

SINGLE: \$3,500 COUPLE: \$7,000
/FAMILY

If age 55 or older:

SINGLE: \$4,500 COUPLE: \$8,000
/FAMILY

ENROLLING IN MEDICARE ADVANTAGE PLANS: BOND CAN HELP!

Just like on the Individual Market, Bond's Marketplace Advocacy team is still able to assist individuals with their Medicare enrollments or renewals from start to finish! Please feel free to call Mark Shannon with any questions or concerns regarding becoming eligible for Medicare or renewing a Medicare policy. Also, please feel free to pass along our information if you have any family or friends who need assistance with Medicare. Thank you!

HOLLY'S TASTY SUMMER RECIPE - MEDITERRANEAN SALAD WRAP

- Canned chunk white tuna in water 3 oz, drained
- Roasted red peppers (packed in water) 3 Tbsp patted dry and chopped
- Uncooked red onion(s) 2 Tbsp chopped
- 3 medium, Kalamata, pitted
- mayonnaise 1 Tbsp
- 1 pinch table salt
- 1 pinch black pepper
- 2 leaves of boston lettuce
- Lemon

Combine tuna, roasted peppers, onion, olives, and mayonnaise in a small bowl; season with salt and pepper. Divide tuna salad among lettuce leaves; squeeze lemon juice over top.

Makes 1 serving (2 filled leaves).

THANK YOU! Be Safe & Healthy!

Thank you for taking the time to read our Spring/Summer Newsletter! As always, feel free to reach out to Mark or Holly at Bond with any questions or concerns. [Have a great summer!](#)

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