What TRS Is

Teachers’ Retirement System of the State of Kentucky (TRS)

TRS is a defined benefit retirement plan that pays a defined amount in retirement based on the employee’s length of service, final average salary and a retirement multiplier. TRS retirement eligibility is determined by the employee’s age and years of service. The service retirement annuity is a guaranteed lifetime benefit.

- Member Recipients:
  - Female: 73%
  - Male: 27%
TRS Benefits Protect Teachers

Retirees over 80 as of Dec. 31

Age 100 or more:

33
## Two Plans for TRS Health Benefits

<table>
<thead>
<tr>
<th>MEHP</th>
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</thead>
<tbody>
<tr>
<td>Medicare Eligible Health Plan</td>
</tr>
<tr>
<td>• Medicare-eligible or 65 &amp; over</td>
</tr>
<tr>
<td>• Exclusively TRS members</td>
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<tr>
<td>• One Plan</td>
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<table>
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<tr>
<th>KEHP</th>
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<tbody>
<tr>
<td>Kentucky Employees’ Health Plan</td>
</tr>
<tr>
<td>• Under 65 and not Medicare-eligible</td>
</tr>
<tr>
<td>• Same fund as active teachers and state employees</td>
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<tr>
<td>• Coverage options</td>
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</table>
Shared Responsibility Becomes law
Kentucky law guarantees retired teachers access to group coverage, but the details of that coverage – including costs, subsidy and level of coverage – can change.
In 2010, board spearheaded Shared Responsibility passage to fund retiree health insurance, lowering state’s cost from $170 million in 2010 to $70 million in 2020.

With implementation of Shared Responsibility and federal subsidy solutions, the state’s $6.2 billion share of unfunded liability fell to $1.2 billion.
Funding Decisions

2022-24 Biennial Budget

- Means eight straight years of full or nearly full annuity funding
- More than $1.36 billion to meet actuarially required contribution for annuities
  - About $900 million more to TRS in salary contributions from education budget
- $149 million for state statutory contribution for under-65 health insurance under Shared Responsibility
- $479.2 million to pay off liabilities for certain previously awarded benefits that had been amortized over several years
- $78 million up front for sick leave-related annuity liabilities projected to occur from retirements in next two years
Premiums Held Almost Constant For 20 Years

Employer Group Waiver Plan Starts

Medicare Advantage starts

Premiums Held Almost Constant For 20 Years
The Medicare Part B Premium Rose to $170.10 per Month in 2022

14.5% Increase is Among the Largest in Program History

NOTE: Monthly premiums are rounded in this exhibit.


Source: Kaiser Family Foundation
• Based on recent and projected prescription costs increases

• New formulary already used by University of Kentucky retirees

• The new formulary offers medication for everything that the old formulary did.
MEHP

Consists of:

United Healthcare

Express Scripts

Coriell Life Sciences

Know Your Coalition

Silver Sneakers
Register at www.UHCRetiree.com/trs to see these features available to you or call 844-518-5877 for more information.

- Routine hearing exam
- HouseCalls in-home assessment
- Hearing aids discount
- Diabetes support program
- Gift cards for completing certain activities
- Weight loss program
- Post-hospitalization meals delivered
- Virtual visits with doctor
- Tobacco Cessation Program
- Fitness program
Explore your plan benefits virtually to get the most of them in real life

Welcome to the Virtual Education Center, created to make caring for yourself easier. Because it’s not always possible to share information face to face, we’ve brought our resources together in one place, at your fingertips, whenever and wherever you need it.

https://uhcvirtualretiree.com/trs/
VISA Gift Card
HouseCalls in-home assessment reward remains a VISA reward card of $50

Renew Rewards Gift Cards
• In 2022 will be reloadable Visa Cards.
• Funds are loaded within 24 hours of activity completion
• Don’t have to track multiple reward card balances and expiration dates
• Consolidated rewards on one card for larger purchases
• Can now see reward card balance and transaction details every time you log-in to Renew Rewards
• Must be used within 12 months

Annual Wellness Visit rewards is now $25

Fitness program – no ID cards in future
TRS Solution:
Personalized Medicine Partnership

This personalized medicine program uses DNA testing to help you find out if your medications work for you.

You
Your Doctor
Your Pharmacist

MEHP enrollees can contact Coriell at 888-454-9024 or online at www.coriell.com/trs to request a free DNA kit.
Personalized Medicine

Why It Works

- Helps avoid taking ineffective medications that even could be fatal
- Saves money for retirees and their insurance trust
- Uses DNA testing to help doctors making treatment decisions
- Results help make sure medications are beneficial from the start
- Avoids traditional trial-and-error process without DNA information
Genetic Testing Wellness Program Gets National Attention

Journal of Precision Medicine

A Commentary on a Precision Medicine Program:
Humanistic Outcomes Are Always Key

By Jane Chubb

Introduction

Genetic testing is an essential component of personalized medicine. As such, it is crucial to ensure that the results of genetic testing are accurately communicated to patients and their families. This commentary aims to highlight the importance of considering the humanistic outcomes of a precision medicine program.

Doctor-Patient Reports and Consultations

A key aspect of a precision medicine program is the doctor-patient consultation. This should be a comprehensive and open dialogue that allows the patient to understand their genetic information and any potential implications.

#3 A deep dive into our population discovered that 30% of patients are on medications that are known to cause cardiac toxicity based on their genetic profile. This highlights the importance of personalized medicine in preventing adverse drug effects and improving patient outcomes.

#4 Communicating with patients is crucial. It is important to explain the implications of genetic testing results and discuss potential treatment options. This helps patients make informed decisions about their health.

Journal of Precision Medicine

Personalized Medicine

Journal of Precision Medicine

#5 TRC is a great addition to the patient’s care pathway. It is a valuable tool that helps medical providers make data-driven decisions and improve patient outcomes.

Conclusion

In conclusion, the success of a precision medicine program depends on the integration of humanistic outcomes. By considering the emotional and psychological aspects of genetic testing, we can improve patient satisfaction and enhance the quality of care. The future of precision medicine lies in its ability to bridge the gap between science and humanism.
Personalized Medicine

Peer-Reviewed Initial Results Receive Attention

- 66% had genetic risks detected in a current medication
- 14.9% reduction in inpatient visits
- 6.8% reduction in emergency room visits
- $37 million savings in direct medical charges over 32 months
What’s Jane Say
If Some Old Quarterback Says You Need More Coverage …

Tell Joe (and others like him), “No!”

If you are enrolled in the TRS Medicare Eligible Health Plan (MEHP), enrolling in another Medicare Advantage plan would “dynomite” your TRS MEHP coverage.
KEHP

Consists of:

- Anthem
- BlueCross BlueShield
- Caremark
- CVS
- StayWell/WebMD
- Know Your Coalition
- WageWorks
- HealthEquity
- SmartShopper
More information can be found at kehp.ky.gov
• Living Well KEHP program is administered by WebMD in 2022.

• Earn up to $200 in rewards for well-being activities that encourage healthy behaviors, as the member.

• Spouses are eligible this year and can earn up to $100.

Note: Dependents are NOT eligible for 2022.
You will need to register for your new account on WebMD

• New program year began on Jan. 1, 2022.
• Online portal.
• Mobile app.
• Health Assessment.
• Many options for device and app connectivity.
Dates to complete promise are Jan. 1 - July 1, 2022.

Complete the online Health Assessment or biometric screening.

If completed, you will receive the $40 per month premium discount in 2023.

NOTE: Both spouses must complete promise if on a cross-reference plan.

More information can be found at [LivingWell.ky.gov](http://LivingWell.ky.gov)
HealthEquity Healthcare Reimbursement Arrangement (HRA) helps reduce costs; remaining funds carry over to next year if remaining in a CDHP plan.

Pay for eligible healthcare expenses such as:

- Medical and pharmacy
- Deductibles
- Copayments and coinsurance
- Some over-the-counter products
- Certain dental and vision fees (does not apply to deductible or maximum out of pocket)

If you’re on a CDHP plan and don’t have a HealthEquity card, or to determine eligible expenses, call 877-430-5519 or visit wageworks.com.
If you are enrolled in coverage through TRS and turning 65 in 2022, you will receive a Turning 65 email several months before your birth month.

You still need to enroll in KEHP to be covered until you become eligible for Medicare (unless your birthday is in January or Feb. 1).

Do not include your Medicare-eligible spouse or dependent child on your KEHP enrollment if they already are covered in TRS MEHP.
Before moving from KEHP to Medicare

Use or lose your bucks before KEHP coverage ends!

Funds in Consumer Driven Health Plan (CDHP) HRA must be used before moving to MEHP
Know Your Rx Coalition

Free counseling with live pharmacists

Know Your Rx Coalition *Pharm-Assist*

Hours: Monday to Friday, 8 a.m. to 6 p.m. ET
Phone: 855-218-5979
Email: KYRx@uky.edu
Website: www.KYRx.org
TRoS Solution: 
Personalized Medicine 
Partnership

This personalized medicine program uses DNA testing to help you find out if your medications work for you.

You
Your Doctor
Your Pharmacist

MEHP enrollees can contact Coriell at 888-454-9024 or online at www.coriell.com/trs to request a free DNA kit. Non-Medicare KEHP enrollees are eligible for the DNA kit at a current cost of $360. Pay through credit card or your CDHP HRA.
How it Can Help

Your DNA matters
Using DNA to see what drugs will be safe and effective — Pharmacogenomics

Steps
Collect genetic information
Empower pharmacists
Communicate the Medication Action Plan
Did you know TRS retirees can use Pathway to:

• Review your retirement account
• Review your pension check
• Update your address, tax withholding, etc.
• Enroll in health insurance (if eligible)
• Manage health insurance
  • Enroll in MEHP when gaining Medicare
  • Enroll/Terminate with a qualifying event
You must have a current email on file with TRS to register

Go to https://mss.trs.ky.gov/

Click Register

Enter your TRS ID, last 4 Social Security number digits and click Register

Follow additional instructions to complete registration
As a retiree, you can use our Pathway for insurance enrollment.

What applications can be completed through MSS?

• Turning 65
• Qualifying Event

What cannot?

• KEHP open enrollment uses KHRIS.
• MEHP open enrollment remains passive.
No need to mail or fax paper applications when you can enroll online through Pathway online account access site.

Need instructions?
Information Center staff can walk you through the steps of completing an insurance application using Pathway outside of open enrollment.

Videos and instructions are on our website.

KEHP open enrollments are still done through the KHRIS and instructions are available on TRS website.
Our Members
Come First!

800-618-1687

8 a.m. – 5 p.m. ET
Monday – Friday

info@trs.ky.gov
https://trs.ky.gov

Protecting & Preserving Teachers’ Retirement Benefits