

May Newsletter



May is Here!

We hope this finds you well today. As we look ahead, May's shaping up to be pretty full from where we are sitting! With school winding down and summer gearing up, there's a lot happening in the next few weeks.

That said, we are excited to share a quick update from our team with news, resources, and insights that will help you move through the month with confidence and ease. In this newsletter: ***New Office Hours, Travel Medical Coverage, Mental Health Awareness Month, PPO vs. HMO, 16 affordable family vacations, and more!***

Navigating International Health Coverage: Vacation Planning

Vacation season is upon us! Traveling abroad offers incredible experiences and unforgettable memories, but it's essential to consider your health and safety, especially when venturing beyond the borders of the United States. While you may have comprehensive health insurance at home, it's crucial to understand how coverage works outside the US and whether you need additional protection.

Understanding Your Current Coverage

Before embarking on any international journey, take the time to review your current health insurance policy. Many US health insurance plans provide limited or no coverage for medical expenses incurred overseas. Even if your plan does offer some coverage, it may be subject to high deductibles and out-of-pocket costs.

The Importance of Travel Medical Insurance:

To fill the gaps in your existing coverage and ensure peace of mind while traveling abroad, consider purchasing travel medical insurance. This specialized insurance provides coverage for medical emergencies, including accidents and illnesses, while you're outside the US. It typically covers expenses such as hospitalization, emergency medical evacuation, and repatriation of remains.

Key Features to Consider:

When choosing a travel medical insurance plan, several factors should be taken into account:

- Coverage Limits: Ensure that the policy offers sufficient coverage limits to meet potential medical expenses in your destination country.
- Emergency Evacuation: Look for coverage that includes emergency medical evacuation, especially if you plan to visit remote or underdeveloped regions.
- Pre-existing Conditions: Understand how the policy treats pre-existing medical conditions, as coverage may vary among different insurers.

- Travel Assistance Services: Some policies offer additional benefits such as 24/7 travel assistance services, which can provide valuable support in navigating medical emergencies in unfamiliar environments.

Planning Ahead for Peace of Mind:

Travel medical insurance is a valuable investment that can provide financial protection and peace of mind during your international adventures. By planning ahead and understanding your coverage options, you can explore the world with confidence, knowing that you're prepared for the unexpected.

We offer affordable, comprehensive travel medical plans through GeoBlue, a trusted international carrier through Blue Cross Blue Shield. You can easily [view plans and enroll here](#), or [connect with your Advisor](#) to learn more.

Traveling abroad is an enriching experience, and with the right preparation and protection, you can make the most of your adventures while staying safe and healthy wherever your journey takes you.

740-363-5433



Save the Dates

Mark Your Calendar

ATTENTION! NEW OFFICE HOURS!!

Our summer hours begin on May 1st, and are as follows:

Monday-Thursday: 8am-4pm

Fridays: 8am-2:30pm



Wellness Corner

PPO vs. HMO;

What You Need To Know

We frequently get questions about PPO's and HMO's, so we thought we'd break down the differences for you:

What are they?

- Did you know [one in two people](#) will develop a mental health disorder during their lifetime? This **Mental Health Awareness Month**, make it a point to check in with your loved ones (and yourself) to assess their wellbeing. [Online screening tools](#) can help.
- **May is also National Foster Care Month.** If someone you know is actively involved in foster care, ask about their experience and inquire if there are ways you can come alongside as a trusted adult. Learn more about foster care in Ohio [here](#).
- **Cinco de Mayo is Sunday, May 5.** Here's a [smorgasbord](#) of 50 of the best appetizers, salads, sides, entrees, and drinks to please everyone coming to your fiesta!
- **Mother's Day is Sunday, May 12.** Get a jump on honoring Mom this year with a [curated list of gifts](#) [perfect](#) for the big day.
- **Memorial Day is Monday, May 27.** No matter how you're marking this important day, we hope you have a wonderful long weekend.

PPO (Preferred Provider Organization) and HMO (Health Maintenance Organization) are both types of managed healthcare plans, but they differ in several key aspects:

1. Provider Networks:

- PPO: PPO plans offer more flexibility in choosing healthcare providers. They have a network of preferred doctors, hospitals, and specialists, but members can also seek care outside of the network, although at higher out-of-pocket costs. *If you get your plan through a business, or have an older individual plan, you are likely on a PPO.*

- HMO: HMO plans typically have a more restricted network of healthcare providers. Members usually need to choose a primary care physician (PCP) from within the network and require referrals from the PCP to see specialists. Out-of-network care is usually not covered except in emergencies. *If you have an individual marketplace plan, you are likely on an HMO.*

2. Costs:

- PPO: PPO plans generally have higher premiums and deductibles compared to HMO plans. However, they offer more flexibility in choosing healthcare providers and often have

lower out-of-pocket costs for out-of-network care.

- HMO: HMO plans usually have lower premiums and deductibles compared to PPO plans. They also tend to have lower out-of-pocket costs for in-network care. However, out-of-network care is typically not covered except in emergencies, and there may be higher out-of-pocket costs for such care.

3. Referrals and Coordination of Care:

- PPO: PPO plans generally do not require referrals from a primary care physician to see specialists. Members can typically see specialists directly, both within and outside of the network.

- HMO: HMO plans often require members to choose a primary care physician (PCP) from within the network and obtain referrals from the PCP to see specialists. This system helps to coordinate and manage the member's healthcare within the network.

4. Out-of-Network Coverage:

- PPO: PPO plans usually offer some coverage for out-of-network care, although at higher out-of-pocket costs such as higher deductibles, coinsurance, or copayments.

- HMO: HMO plans generally do not cover out-of-network care except in emergencies. If

a member seeks non-emergency care outside of the network, they may have to pay the full cost themselves.

In summary, PPO plans offer more flexibility in choosing healthcare providers but tend to have higher costs, while HMO plans offer lower costs and focus on managing and coordinating care within a restricted network of providers.

Still have questions about your plan? We are here to help!

[740-363-5433](tel:740-363-5433)
info@discovercfi.com



A Message From Our CEO

Embracing Change

The recent solar eclipse was a captivating event that reminded us of nature's beauty and power. It also offered a deeper message about change and transformation.

Like the eclipse, life brings moments of darkness and uncertainty. But just as the sun reemerges, we have the chance to grow stronger from challenges.

As we face changes in our businesses and lives, we should embrace them as opportunities for growth and innovation.



Article Round-Up

May Article Round-Up

We've rounded up several articles from around the web that are particularly relevant for this time of year. Enjoy!

- Take a look back at [April's solar eclipse](#) in photos — no special glasses required.

At CFI, we're always here to support you through any transition. As your Trusted Advisors, we are available as a resource anytime, so please don't hesitate to reach out as your needs evolve.

Thank you for trusting us on your journey. We are honored to be a part of your path to success.

Warm regards,
Jim Roesch, CEO

- Spring cleaning not go as planned? Maybe a [home carpet cleaner](#) is the inspiration you need to finish strong.
- Take a second to learn more about this year's [biggest travel trend](#): "slow travel."
- Prep for a summer full of blockbusters with this [list of movies by release date](#).
- Take a peek at [16 family vacations](#) that won't break the bank from Travel + Leisure.

Just for Smiles



That's all!

Thanks for reading this month's newsletter! **As always, if you have any insurance needs, questions, or concerns, please reach out.** We're here to help.

201 Pennsylvania Avenue
Delaware, OH 43015
US

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