CNSCares
Caring for Energy Workers

CareBeat

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Year-End Benefits Review

Make the Most of Your EEOICPA Benefits in the Year Ahead



As the year comes to a close, it's a good time to reflect on your health, review your medical needs, and make sure you're receiving the care and support available to you.

Your EEOICPA White Card benefits may cover more than you realize. And if your health has changed over the past year, your care needs may have changed, too.

Year-End Review: Your EEOICPA Benefits Checklist

Use this simple checklist to help prepare for the coming year.

- **Review the medical conditions** currently accepted under your White Card.
- **Make a list of new symptoms,** diagnoses, or changes in your health.
- **Ask your physician** whether additional conditions may be related to an accepted illness.
- **Review your current home care services** and whether the level of care still meets your needs.
- **Check whether medical equipment, s**upplies, or additional services could help you at home.
- **Ask about recommended medical screenings** and follow-up appointments.
- **Review upcoming care authorization dates** and any documentation needed for continued services.

A little preparation now can help you have more productive conversations with your care team in the new year.

What to Do If Your Health Has Changed

Have you experienced new symptoms, received a new diagnosis, or found everyday activities more difficult? These changes are important to discuss with your physician, particularly if they may be connected to a medical condition already accepted under EEOICPA.

Consequential Illnesses

A consequential illness is a medical condition that develops as a result of an already accepted work-related illness or its treatment. For example, certain respiratory illnesses, medication complications, or other health conditions may warrant evaluation for a possible connection to an accepted illness.

If a consequential illness is approved by the Department of Labor, medically necessary treatment related to that condition may become eligible for coverage.

What should you do?

1. **Document new symptoms and changes in your health.**
2. **Talk with your treating physician about possible connections to your accepted condition.**
3. **Ask what medical evidence may be needed to support a consequential illness claim.**
4. **Follow the appropriate Department of Labor process to request acceptance of the additional condition.**

Don't Overlook Medical Screenings

Regular medical appointments and appropriate screenings can play an important role in identifying changes in your health early. Some former energy workers may qualify for no-cost occupational health screenings through federally supported programs, depending on their work history and eligibility.

These screenings can help identify health concerns that deserve additional medical attention.

Is Your Current Level of Care Still Right for You?

Sometimes, changes in health happen gradually. Perhaps walking has become more difficult. Maybe daily activities require more assistance, or your family is providing more support than before. These changes may signal that it's time to reevaluate your in-home care needs.

Whether you have questions about your current benefits, new health concerns, or additional in-home support, CNS Cares is here to help you understand your options.



Schedule a complimentary White Card Benefits Review.

We Put Care First. The Difference Is Care.

Who You Choose Matters. Talk To The Team Who Cares.

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