



## Dear MILA Member:

Your health and well being are very important to us. That's why we continually seek opportunities to improve the benefits and services available to you as a member of the MILA National Health Plan. We are proud to announce two new benefit plans for all MILA members and their dependents, and a change to your MILA Behavioral Health benefits. You will be eligible to receive these benefits beginning January 1, 2011, provided that you remain eligible for medical benefits through MILA.

### New! MILA Dental Plan

The goal of the MILA Dental Plan, administered by Aetna, is to make good dental care available and affordable for you and your family. The plan includes coverage for a wide range of services, including preventive and diagnostic care, basic services, major services and orthodontic treatment for eligible children. You have the option to visit any provider. However, if you visit an out-of-network provider, you will be responsible for the difference in cost between what the plan would have paid a network provider and what the out-of-network provider charges.

### New! MILA Vision Plan

Good vision is an important part of your overall health. That's why the MILA Vision Plan, administered by EyeMed, provides comprehensive vision benefits — not just eyeglasses. The plan offers generous coverage, including access to thousands of private practitioners and optical retailers, coverage for exams, eyeglasses and contact lenses and discounts on laser vision correction surgery. You have the option to visit any provider. However, if you visit an out-of-network provider, you will be responsible for the difference in cost between what the plan would have paid a network provider and what the out-of-network provider charges.

### New Administrator! MILA Behavioral Health Benefits

CIGNA Behavioral Health (CBH) will administer our Member Assistance Program (MAP) and behavioral health benefits beginning in 2011. As CBH is a specialty division of our medical administrator, CIGNA HealthCare, you will enjoy seamless coordination of care, complete confidentiality, and outstanding service quality.

In this package, you'll find summaries of each plan, answers to common questions, definitions of important terms and coverage specifics. Please take the time to read these brochures carefully and save them for future reference throughout the plan year. These are your plans, and the MILA Trustees want you to understand how they can benefit you.

Look for an Identification (ID) Card for each new benefit and a revised CIGNA Medical ID Card reflecting the CIGNA Behavioral Health information to arrive in the mail at your home no later than January 2011.

Sincerely,

LaVerne Thompson,  
Executive Director

### Questions?

For coverage questions, contact your local Port Administrator or call MILA directly at **212-766-5700**. You may also send an email to [info@milamhctf.com](mailto:info@milamhctf.com). If you have specific benefit questions, contact the vendors directly. Contact information for Aetna, EyeMed and CIGNA is included in the brochures.