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University of South Alabama

HHR Update

FOR YOUR HEALTH

**BeHealthy.com
\$50 Gift Card
Have you received yours?**

Don't miss out on the chance to earn \$50 by mail and learn more about staying healthy!

During the month of January, **1,116** of your colleagues and their eligible spouses earned \$50 gift cards for participating in the BeHealthy Rewards Program and learned what they can do to be healthier. Don't miss your chance to join; remember the program ends March 31st.

Remember to take the HQ before the March 31, 2009 deadline.

**USA Health & Dental Plan
Enhancements Effective 1/1/09**

- ✓ Eliminated the \$25 annual deductible for restorative care from the dental plan.
- ✓ Changed the mental health treatment benefit to pay at 100% for an outpatient psychiatrist, psychologist, licensed professional counselor, and licensed social worker after the \$25 per visit copay with a limit of 60 visits per year (this change eliminated the \$250 annual deductible).
- ✓ Increased the home health care benefit annual maximum benefit to \$40,000 (from \$30,000).
- ✓ Began a wellness initiative by offering USA Health Plan Members and their covered spouses each a \$50 gift card to complete BCBS's BeHealthy HealthQuotient self assessment survey between January 1 and March 31, 2009.

Also note that the FBC recommended and President Moulton approved the continuance of USA Health Plan members' access to Infirmary West as a USA Network provider for the purposes of the deductible and copay.

University of South Alabama Urgent Care Clinic

The **University Urgent Care Clinic** opened in December 2008 and is located next door to the Student Health Center in Technology and Research Park Building III, Suite 1175. The hours of operation are Monday through Friday 8:00 a.m. - 5:00 p.m., including the lunch hour. Kara Huggins, CRNP is the primary provider for the clinic with oversight from the physicians in Student Health. Patients do not have to have an appointment to be seen; however, an appointment is recommended to help reduce waiting time as much as possible. The services offered are not intended to replace the role of the patient's primary care provider, but to offer quality, accessible medical care conveniently located on the main campus with possible referral for follow-up with primary care providers or specialists, as necessary, within the USA Health System. The service is offered primarily to faculty/staff, their dependents, and employees in the Technology and Research Park buildings. However, anyone over the age of 2 is welcome to visit the Urgent Care Clinic. We file BC/BS for all states, including the USA Health Plan and United Health Care. Please call the Urgent Care Clinic at 414-8101 with questions regarding appointments or insurance. Visit our website at www.southalabama.edu/urgentcare.

Case Management

With the BCBS of Alabama Case Management program, you never have to face extensive, long-term illnesses and injuries alone. Case Management is a voluntary program, provided at no additional cost to Blue Cross customers as part of their health care contract.

Benefits of Case Management

- ✓ A registered nurse case manager to research, assess, coordinate and monitor health care needs and provide information about community resources.
- ✓ Specialty services for individual needs, such as complex medical conditions, burns, high-risk pregnancy, pediatrics, organ transplant, physical rehabilitation, psychiatric and substance abuse.
- ✓ Information about using benefits effectively.

For more information about Case Management, call **1-800-821-7231**.

Disease Management

The BCBS of Alabama Disease Management program focuses on chronic conditions that are sometimes debilitating, but can be managed through early intervention and awareness of appropriate treatment and lifestyle changes. Disease Management Conditions include:

- ✓ Diabetes
- ✓ Asthma
- ✓ Coronary artery disease
- ✓ Heart failure
- ✓ Chronic obstructive pulmonary disease (COPD)

There is no cost to participate, and participation is completely voluntary and confidential.

Participants in the Disease Management Program Receive:

- ✓ A health assessment, if needed, to assist in better managing the condition;
- ✓ Educational materials such as helpful self-monitoring charts, resource listings, self-care tips and quarterly newsletters;
- ✓ Access to a toll-free help line providing consultation services 24 hours a day, 7 days a week; and
- ✓ Access to an interactive web site.

Call **1-800-896-2724** to enroll or for more information.

Why Use Generic Drugs?

The use of generic drugs adds value to your health care dollar. Talk to your doctor or pharmacist about whether generic drugs are available for the brand drugs you are taking.

1. A generic drug is made with the same active ingredients and is available in the same strength and dosage as the equivalent brand-name drug.
2. Before a generic can be labeled as equivalent to the brand-name drug, it must meet stringent standards set by the Food and Drug Administration (FDA).
3. A generic drug provides the same therapeutic effects as its brand-name counterpart.
4. Based on average ingredient cost, generics can save as much as 85% over their brand-name counterparts.
5. The average price of a generic is around \$15. The average price of a brand-name prescription is between \$80 and \$100.

The decision to use generic medications is ultimately made through the cooperation of your pharmacists, physician and you!

*Some drugs do not have generic equivalents, but many do! So remember to ask your physician or pharmacist if a generic alternative is available for your prescription.

Discount Drug Programs

In 2006, Wal-Mart stores began the \$4 for 30-day supply generic drug program.

The program was well received by the public and Wal-Mart states the program has already saved customers nationwide more than \$1 billion. Target has also joined in the Generic \$4 discount program and Walgreens as well, subject to annual enrollment fees.

Therefore, with these other companies joining the \$4 generic drug program, Wal-Mart now offers a 90-day prescription program for \$10 and has already had competitors follow and match it with nearly an identical list of generic drugs.

Wal-Mart has also added an over-the-counter program. In addition to adding many new generics, Wal-Mart is now adding a third phase to the program. It has lowered the prices of more than 1,000 OTC (over-the-counter) generics medications to \$4 or less such as generic versions of Claritan, Zantac, and Pepcid. This increases the list to nearly 1400 prescription drugs available in the discount program since its inception in September 2006. Wal-Mart's Prescription Program (the "Program") is available at all Wal-Mart, Sam's Club and Neighborhood Market pharmacies in the United States.

According to www.rxlist.com, the Wal-Mart list of generic drugs includes 14 of the top 20 prescribed medications in the United States.



Fit Your Food In!

- ◆ A 1/2-cup serving of canned fruit, vegetables or potatoes looks like half a tennis ball sitting on your plate.
- ◆ 3 ounces of meat, fish or poultry is about the size of a deck of playing cards or the palm of your hand.
- ◆ A 1-cup serving of milk, yogurt or fresh greens is about the size of your fist.
- ◆ A serving (3/4 cup) of fresh fruit should be about the size of your fist.
- ◆ A potato (1/2 cup) should be about the size of a computer mouse.
- ◆ A serving (1 ounce) of low-fat cheese should be about the size of an ice cube or your thumb.
- ◆ A serving (1 tbsp.) of low-calorie salad dressing should be about the size of half a golf ball.
- ◆ 1 teaspoon of oil, margarine or butter is about the size of the tip of your thumb.

Tips for Eating Out or On the Run

- ◆ Only eat half of your meal and put the other half in a to-go bag.
- ◆ Order a lunch or appetizer portion whenever possible.
- ◆ Don't order the large size.
- ◆ If you do not have control (if your eyes are bigger than your stomach) avoid eating at buffets.
- ◆ Ask for sauces, gravy and salad dressings on the side.
- ◆ Avoid family style restaurants; they tend to have the same drawbacks as eating at a buffet.
- ◆ Don't be afraid to substitute an item or the cooking method.
- ◆ Share!
- ◆ Take your lunch (to the office, on a trip, in the car or plane).
- ◆ Choose water or diet soda in place of regular soda.

Tips to make it healthier

- ◆ Order a small or kid size fries.
- ◆ Avoid the double patty.
- ◆ Substitute a baked potato or side salad for the fries (remember to use a lower fat dressing and don't load up the potato with lots of cheese or sour cream).
- ◆ Use low fat mayo.
- ◆ Order a frozen yogurt instead of a milkshake.

Your Secret to Success Try This at Home!

Research shows that keeping track of what you eat and how physically active you are can help you discover unhealthy patterns and learn to make healthier choices. A simple way to start is to keep a running list of the foods you eat each day. As you start to see patterns or places where you can make healthier eating choices, make substitutions in your diet. In addition, www.MyPyramid.gov offers a unique food and activity-tracking feature that will allow you to compare your choices to the recommended levels for your age and gender.

Learn to judge the amount of food you eat by measuring out the recommended serving sizes below and seeing what they really look like in the dishware and glassware you use. Before long you'll be able to recognize what the correct serving looks like without measuring it!



Baby Yourself

What is Baby Yourself?

Baby Yourself is a prenatal wellness program which helps ensure expectant mothers and their babies receive the best possible health care during pregnancy. This program is available to all expectant mothers, regardless of whether or not their pregnancy is normal or high-risk.

What Services Are Provided?

- ✓ Support and educational materials from a Blue Cross registered nurse, experienced in prenatal care, labor and delivery, and newborn care
- ✓ A personal nurse that you can call with any questions or concerns throughout your pregnancy
- ✓ Useful gifts that educate and support healthy habits, highlight the importance of proper prenatal care, and help both parents understand the changes and challenges that accompany pregnancy

How Much Does it Cost?

This program is available to you as part of your health plan at **no cost**.

How Can I Enroll?

If you are pregnant and would like to participate in Baby Yourself, there are two enrollment options.

- **Enroll online**
- Call toll free at **1 800 222-4379**
(Monday - Friday: 7 a.m. - 6 p.m. CST)



WalkingWorks

WalkingWorks is a program designed to help people get active. People of any fitness level — from beginner to advanced — can benefit from walking.

Walking works - in a lot of ways. A regular routine of brisk-paced walking daily can help you lose weight, lower your cholesterol, strengthen your heart and reduce the likelihood of serious health problems down the road. A brisk-paced walk can help you and your family look and feel better, increase energy and pick up your spirits too.

While any increase in walking will help promote good health, the President's Council on Physical Fitness and Sports recommends 30 minutes a day, on five or more days a week, or 10,000 steps daily, to produce the best, long-term health benefits for most individuals.

WalkingWorks encourages participants to improve their health by incorporating walking in their daily routine.

Get more information about WalkingWorks at www.bcbsal.org





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