



**STATE EMPLOYEE HEALTH PLAN
DIRECT BILL NEWS
APRIL 2010
DIRECT BILL TOLL FREE—1-866-541-7100
TOPEKA AREA—785-296-1715**



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News From HealthQuest

Retirees, spouses and dependents 18 years or older who are enrolled in the State Employee Health Plan are invited to sign up for a free health screening. Health screenings require fasting for eight hours prior to your appointment and include a simple finger stick test.

You will receive important health information including:

- Total cholesterol, HDL, LDL and total cholesterol to HDL ratio
- Triglycerides and glucose
- Systolic and diastolic blood pressure
- Height, weight and body mass index (BMI)
- Waist circumference

Screening events are taking place across the state from March through August. You may make an appointment online at www.KansasHealthQuest.com. If you have not already created an account in 2010, you will need to do so under the “register” column and then select “Onsite Screenings” from the Program Info drop down menu on the left. If you do not have internet access, you may make an appointment by calling toll-free 1-888-275-1205 (select option 5). Phones are answered from 8 am to 10 pm, seven days a week (closed Memorial Day and Independence Day).

Following your screening appointment, your test results are automatically loaded into your online health assessment (please allow up to 4 to 5 business days). If you provided an email address, you will receive an email when it is ready for you to log in at www.KansasHealthQuest.com and complete your assessment. Alternatively, you may use test results obtained from a doctor visit to complete your assessment. Assessments must be completed by September 30, 2010 and participants may take the assessment once per calendar year to earn a \$50 gift card redeemable at more than 350 merchants. Gift cards are optional and taxable by the IRS.

For more information about HealthQuest programs, visit www.khpa.ks.gov/healthquest or call toll-free 1-888-275-1205.

Important Information for Direct Bill Members Who Elected to Participate in the Tobacco Cessation Program for the Premium Discount in 2010

For complete details, go to www.khpa.ks.gov/healthquest/tobacco cessation.html.

In order to continue to receive the State Employee Health Plan non-tobacco user discount of \$40 per month, direct bill members were required to complete their assessment call (approximately 30 minutes) between January 1 and February 28, 2010.

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They must also complete a minimum of four additional tobacco cessation discussions with a Quit Coach prior to June 30, 2010, (approximately 20 minutes each) to keep the discount.

Connect with a Quit Coach at the tobacco cessation program by calling toll-free 1-888-275-1205 (select option 3). For more details, go to www.khpa.ks.gov/healthquest/tobaccocessation.html.

Health Care Reform Bill

As many of you may know, the Health Care Reform Bill was recently voted on, passed and signed by President Obama. The Kansas Health Policy Authority/State Employee Health Plan (KHPA/SEHP) is receiving many calls and emails asking how this will impact our members and their insurance coverage. Since the Bill was just signed, the KHPA/SEHP does not have details yet on how, when and what SEHP provisions are to be revised, developed and implemented. KHPA/SEHP is currently working on evaluating the Bill and determining a time line of what needs to be done and when. Once that is complete, KHPA/SEHP will communicate how this Bill impacts the SEHP benefits to our members.

Coming Soon! Long Term Care Benefits!

The SEHP is pleased to announce that we have recently entered into a contract with Genworth Life Insurance Company to offer voluntary Long Term Care Insurance Coverage to eligible Direct Bill members and their eligible dependants. More information will be coming in the near future so please stay tuned!

Premium Payments

Recently, about 4,600 of our Direct Bill members were mistakenly sent a letter by one of our prescription drug carriers. **Please note that not all of our Direct Bill members received this erroneous letter.** The letter indicated that the member needed to make a payment to the carrier for a partial premium amount. Many Direct Bill members called KHPA and were informed to disregard the letter, but some went ahead and paid the amount the carrier said was owed. For those members that made this payment, you should receive a refund for that amount from this prescription drug carrier.

Direct Bill members should remember that the only company authorized to bill members for their Direct Bill premiums is HP, our Third Party Premium Billing Administrator. If you should receive a letter or invoice from any one of our carriers (other than HP), please contact our office at 1-866-541-7100 and please **DO NOT send a payment to the carrier.**

Direct Bill Survey Information

KHPA included an Open Enrollment survey in the last newsletter. This was the second year that KHPA had surveyed its membership, asking for input on the Direct Bill Open Enrollment materials and the process. We put the survey in the newsletter instead of giving our members a link because we wanted to get more feedback from you. Last year, we mailed out 508 surveys – this year, we mailed out approximately 8,800.

Thanks to all who gave us their opinions and suggestions!



Building Better Health for **Seniors**

January–March 2010

National Kidney Month

Since March is National Kidney Month, here are some things you might like to know about the kidneys and kidney disease.

Kidneys remove extra water and waste from the blood. Kidney disease occurs when the kidneys are damaged and can no longer remove all the waste they should. This causes waste to build up in the blood, which is harmful to the body. Millions of Americans are affected by kidney disease.

There are usually no warning signs of early kidney disease. You could have kidney disease and not know it. You may be at risk for kidney disease if you have diabetes or high blood pressure. Heart disease or a family history of kidney disease can also put you at risk. If you have any of these risk factors, talk to your doctor about getting tested for kidney disease. Kidney disease cannot be cured, but it can be treated.

Help protect your kidneys. Keep your blood pressure under control, and take steps to prevent diabetes or to manage it if you have it.

For more information, call the National Kidney Disease Education Program at 1-866-4-KIDNEY (1-866-454-3639).

Brought to you by
Kansas State Employees
Health Care Commission:



Ask an Expert

Question: What is glaucoma, and am I at risk for it?

Answer: Glaucoma is a group of diseases that can damage the eye's optic nerve. It can result in vision loss or blindness.

If you have glaucoma, you may still clearly see objects directly in front of you but not to the side.

Glaucoma can be treated with medicines or surgery. If you find glaucoma early and treat it, you may be able to prevent major vision loss.

Glaucoma can develop in anyone, but some people may be more likely to get it. For example:

- African Americans 40 years of age or older
- Everyone over 60 years old, especially Mexican Americans
- People with a family history of glaucoma

If you fall into any of these groups, talk to your doctor about getting your eyes checked by an eye care professional.

In the News

Organic Foods

When you visit a grocery store these days, organic foods are often available. "Organic"



refers to how farmers grow and process fruits, vegetables, grains, dairy products and meat.

Farmers who grow organic foods do not use chemical fertilizers, insecticides or chemical weed killers. They also do not give animals antibiotics or growth hormones.

Does this mean that organic foods are healthier than foods grown using chemicals? No. There is no evidence that organic food is better for you.

It is important to keep in mind that organic foods are grown and processed differently. Organic foods may look different. They may even taste different, but they meet the same quality standards as foods grown using the usual methods.

Generic Medicine Update



Generic medicines have the same active ingredients, dosage forms and strength as their corresponding brand-name medicines. They meet the same quality

standards and are as safe and effective.

Why do they cost less? The companies that make generic medicines save on the cost of research and development that was performed by the company that makes the brand-name medicine. This means they can sell the generic medicine for less. You may have a lower copayment* for a generic medicine.

The following are some generic medicines that have recently become available. Talk to your doctor or pharmacist to see if taking a generic medicine is right for you.

Brand-Name	Generic Name	What It May Be Used For
Catapres-TTS® patches	clonidine TDS	High blood pressure
Casodex®	bicalutamide	Prostate cancer

This table contains references to brand-name prescription drugs that are trademarks or registered trademarks of pharmaceutical manufacturers that are not affiliated with CVS Caremark.

* Copayment, copay or coinsurance means the amount a plan member is required to pay for a prescription in accordance with a Plan, which may be a deductible, a percentage of the prescription price, a fixed amount or other charge, with the balance, if any, paid by a Plan.

Staying Healthy

Acetaminophen Safety

Acetaminophen is a medicine for treating fever and pain. It can be found in prescription and nonprescription medicines, such as Tylenol®. Acetaminophen can work well and is safe when used correctly.

Acetaminophen can be harmful if you take



more than what your doctor or the product label directs. It can also be harmful if you use it for a longer time than directed. Using too much acetaminophen can cause liver damage.

How much acetaminophen can you take? If you take acetaminophen on a regular basis, the American Liver Foundation recommends taking a total of less than 3 grams (3,000 milligrams) a day.

Read the label on your medicines, especially if you take more than one. Your doctor or pharmacist can tell you which of your medicines contain acetaminophen and help you avoid taking too much.

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CVS Caremark
9501 E. Shea Blvd. MC130
Scottsdale, AZ 85260



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MEMBERSHIP SERVICES—DIRECT BILL
RM 900-N, LANDON STATE OFFICE BLDG.
900 SW JACKSON STREET
TOPEKA, KS 66612-1251**

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