



STATE EMPLOYEE HEALTH PLAN
 DIRECT BILL NEWS
 JULY 2010



DIRECT BILL TOLL FREE—1-866-541-7100
 TOPEKA AREA—785-296-1715

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New Direct Bill Specialist

Alicia Thurlow joined the Direct Bill Membership team as a Direct Bill Specialist on May 24, 2010. She can be reached on the Direct Bill toll free line at 866-541-7100 or locally in Topeka at 785-296-1715.

Alicia and her husband Brian relocated to Kansas from Salt Lake City, Utah in May of 2008. Before joining the SEHP Team, Alicia had worked at Alpha Asset Management in Topeka and she is currently finishing her Bachelor's Degree in Business Administration at Baker University.

WELCOME ALICIA!!



News From Health Quest

We are midway through the 2010 health screening program. Retirees, spouses and dependents 18 years or older who are enrolled in the State Employee Health Plan may sign up for a free appointment once a year by going online to 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.

Fasting for eight hours is required for the simple finger stick test. Participants 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

Following your screening appointment, your test results are automatically loaded into your online health assessment (please allow up to 4 to 5 business days). Alternatively, you may use test results obtained from a doctor visit to complete your assessment at www.KansasHealthQuest.com. 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. At the conclusion of the health assessment, you may immediately select your gift card or opt out of receiving one .

News from HealthQuest (cont.)

If you have questions about your screening results, we encourage you to call the toll-free nurse line at 1-888-275-1205 (select **option 2**). You can find out more about what your screening results mean to your overall health and steps you can take to improve your health. Specially trained registered nurses are available 24/7 to answer any health-related questions and give advice on health concerns, big or small.

For more information about HealthQuest programs, visit www.khpa.ks.gov/healthquest



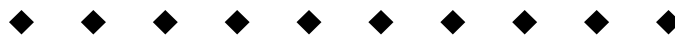
Important Information for those Enrolled in the Tobacco Cessation Program for the Premium Discount

Direct Bill members that come onto the health plan throughout the year and elect to do the tobacco cessation program for the premium discount are required to complete an assessment call (approximately 30 minutes) with a Quit Coach within 30 days of their eligibility date. In addition, they must complete four additional tobacco cessation discussions with a Quit Coach within 150 days (5 months) of their eligibility date in order to continue to receive the non-tobacco user discount of \$40 per month.

All participants who have completed their program requirements may continue to work with a Quit Coach in the tobacco cessation program for continued support and success toward their tobacco cessation goals. Coaches are available from 6am to 2am, 7 days a week, by calling toll-free 1-888-275-1205 (**option 3**).

Approximately six months from the time you complete your assessment call, you will receive a call from the tobacco cessation program requesting that you participate in a survey to ask you about your quit status and your satisfaction with the program. While the survey is not mandatory to retain your discount, we greatly appreciate your participation. This feedback will provide helpful information about the effectiveness of the program.

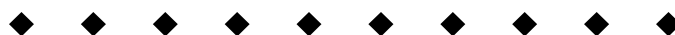
For more information about the tobacco cessation program, visit www.khpa.ks.gov/healthquest/tobaccoceassation.html.



CVS Caremark and Walgreens Update

CVS Caremark and Walgreens reached an agreement that will keep Walgreens in the State Employee Health Plan network. If you use Walgreens to fill your prescriptions, you can continue without disruption.

If you have questions about your pharmacy benefit, please call the CVS Caremark customer service number located on the back of your benefit card.



The Affordable Care Act, the State Employee Health Plan and Dependent Children to Age 26

The Affordable Care Act, which was signed into law earlier this year, requires plans and issuers that offer dependent coverage to make that coverage available until a child reaches the age of 26 in accordance with the Affordable Care Act and State Employee Health Plan (SEHP) guidelines.

The effective date of this law is commencement of the plan or policy year beginning on or after September 23, 2010. The SEHP plan year for 2011 starts January 1, 2011.

The SEHP met with the Health Care Commission (HCC) on Thursday, May 27, 2010 and the HCC voted to allow dependent children enrolled in the SEHP on July 1, 2010, reaching the age of 23 with birthdates on or after July 1, 2010, to remain on the SEHP up until age 26. All other current SEHP requirements of dependent child eligibility will remain in effect through December 31, 2010.

The SEHP has reinstated dependent children enrolled in the SEHP on July 1, 2010 who reached the limiting age of 23 with birthdates on or after July 1, 2010 effective August 1, 2010. Letters have been mailed to all impacted members.

If a member does not wish to have their age 23 dependent child remain on the member's SEHP coverage, the member must complete a change form requesting that their dependent child be removed from their SEHP coverage effective August 1, 2010.

Dependent children that have reached age 23 with birthdates prior to July 1, 2010 will remain off the SEHP through December 31, 2010. Members will be able to enroll their dependent children that have reached age 23 prior to July 1, 2010 during the SEHP Open Enrollment period this fall, for a coverage effective date of January 1, 2011.

Effective January 1, 2011, the SEHP will offer dependent coverage to an adult child until the age of 26, in accordance with the Affordable Care Act .



The State of Kansas Group Long Term Care Insurance Program

Beginning in October, there will be a new voluntary Group Long Term Care (GLTC) Insurance program available to State of Kansas benefits eligible employees, retired State of Kansas employee Direct Bill members, and their families.

The enrollment period for the GLTC program, begins August 1 and will continue through September 30, 2010.

During this enrollment period, active State of Kansas benefits eligible employees up to age 65 will have the chance to enroll in this program with no medical underwriting (the use of health status information to evaluate an applicant for insurance coverage) and spouses will be able to enroll with streamlined underwriting.



Upcoming GLTC Activities

There will be a variety of ways for you to learn more about this program over the coming months.

- **Watch your regular mail:** Beginning the last week of July, there will be a series of mailings to your home. A ***personal rate quote letter***, that will provide individualized program costs for you and the ***“Plan Today” brochure*** describes the need to consider long term care insurance, including long term care costs in several Kansas localities.
- **On-site meetings:** There will be on site meetings beginning the third week of August and additional meetings in September. At these meetings, you will be able to hear representatives from Genworth Life discuss the program in detail and answer any questions you may have.
- **Save the Date:** Review the meeting dates on **page 5** available to attend during August and September 2010
- **Employee Retiree web site:** The State of Kansas long term care website will be available for employees and their families at the start of the enrollment period. The website has educational information to help you evaluate whether this program might be right for you, what the cost of the program will be, and how you can apply for the program online.
- **Other methods:** A Genworth toll-free number and webinars for those people who cannot attend on-site meetings and will also help inform you about the details of this program.

With all the activities people have over the summer months, it could be easy to forget about this important new program. Over the next 3 months, please keep an eye out for the communications about the **Group Long Term Care Program**.

State of Kansas Group Long Term Care Program Informational Meetings

DAY	DATE	TIME(S)	CITY	ADDRESS	ROOM	FACILITY/AGENCY
Tues	8/24/2010	9:00 AM	Pittsburg	503 N. Pine	Auditorium B7	Memorial Auditorium
Tues	8/24/2010	10:30 AM	Pittsburg	503 N. Pine	Auditorium B7	Memorial Auditorium
Wed	8/25/2010	9:00 AM	Manhattan	629 Poyntz Ave	Auditorium	Manhattan Public Library
Wed	8/25/2010	10:30 AM	Manhattan	629 Poyntz Ave	Auditorium	Manhattan Public Library
Thurs	8/26/2010	9:00 AM	Hays	600 Park Street	Black & Gold Room	Fort Hays State University
Thurs	8/26/2010	10:30 AM	Hays	600 Park Street	Black & Gold Room	Fort Hays State University
Wed	9/1/2010	9:00 AM	Wichita	1845 Fairmount St	Rhatigan Student Center - RS223	Wichita State University
Wed	9/1/2010	10:30 AM	Wichita	1845 Fairmount St	Rhatigan Student Center - RS223	Wichita State University
Thurs	9/2/2010	9:00 AM	Dodge City	1001 N 2nd Ave	Lower Level Meeting Room	Dodge City Public Library
Thurs	9/2/2010	10:30 AM	Dodge City	1001 N 2nd Ave	Lower Level Meeting Room	Dodge City Public Library
Mon	9/13/2010	9:00 AM	Topeka	1515 SW 10th Ave	Rm101AB	Topeka and Shawnee County Library
Tues	9/14/2010	9:00 AM	Overland Park	12600 Quivera Rd	RC110	KU -Edwards Campus
Tues	9/14/2010	10:30 AM	Overland Park	12600 Quivera Rd	RC110	KU -Edwards Campus
Thurs	9/16/2010	9:00 AM	Lawrence	2110 Harper St	Bldg#1	Douglas County Fairgrounds
Thurs	9/16/2010	10:30 AM	Lawrence	2110 Harper St	Bldg#1	Douglas County Fairgrounds
Fri	9/17/2010	9:00 AM	Topeka	700 Harrison St Eisenhower Bldg	4th Floor Conference Rm	Dept of Transportation



Building Better Health for Seniors

April–June 2010

Improving Your Memory

Everyone forgets things from time to time. It's normal to become more forgetful as you get older. Memory loss is not always a sign of Alzheimer's disease or dementia. Some common causes of memory loss include anxiety, infection and poor eating habits.

There are some things you can do to help maintain or even improve your memory.

- Socialize. Spend time with friends and family; do volunteer work. These things help you avoid depression and stress, which can contribute to memory loss.
- Stay physically active, drink plenty of fluids, and eat healthy foods. A healthy diet and exercise are good for both your brain and your body.
- Stay mentally active. Your brain needs exercise too. Doing crossword puzzles and learning new things are ways to keep your brain active.
- Stay focused. Try not to do too many things at once. Avoid things that may distract you, such as loud background noise.
- Manage chronic conditions such as high blood pressure.

If you have any worries about your memory, or if memory loss affects your daily activities, talk to your doctor.

Brought to you by
Kansas State Employees
Health Care Commission:



Ask an Expert

BPA: What You Should Know

Question: What is BPA, and what do I need to know about it?

Answer: BPA stands for Bisphenol A, a chemical found in many hard plastic bottles. It may also be found in food and drink cans.

BPA has been linked to a variety of health problems, especially in infants and children. An increased risk of heart disease has also been suggested.

The U.S. Food and Drug Administration is supporting efforts to reduce BPA use in the United States.

Here are some things you can do to reduce your exposure to BPA:

- Don't microwave plastic containers.
- Choose fresh or frozen foods over canned foods.
- Choose glass or stainless steel containers over plastic containers.
- Avoid plastic containers with the number 7 on the bottom.

In the News

Herbal Supplements and Heart Disease

Do you take herbal supplements such as ginkgo biloba or echinacea? Do you also take medicine for a heart condition?

Research has found that some herbal supplements can cause serious reactions in people with heart-related conditions. These include increased risk of bleeding, increased blood pressure, and changes in heartbeat. Other popular herbal products that could cause problems include St. John's wort, ginseng, green tea, saw palmetto and motherwort.

Like any medicine, herbal supplements may not be safe for everyone. When taken with a medicine, they can affect the way the medicine works.

It's important to talk to your doctor or pharmacist before you try an herbal supplement. This is especially true if you are taking other medicines, if you are having surgery, or if you are under the age of 18 or older than 65.

Remember to always tell your doctor about all medicines you take, including herbal supplements.

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
Mirapex®	pramipexole	Parkinson's disease or Restless Leg Syndrome (RLS)
Flomax®	tamsulosin	Benign Prostatic Hyperplasia (BPH)

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

Is Plavix® Working for You?

Plavix is a medicine that is used to help prevent heart attacks or strokes in at-risk patients. While it works for many people, here are two examples of times it does not work as well.

- (1) The effect of Plavix may be reduced by almost half when taken with omeprazole. Omeprazole is a medicine that reduces stomach acid and may prevent stomach irritation. For Plavix to work, it must be "turned on," or activated, by enzymes in the liver. One such enzyme is called CYP2C19. By blocking this enzyme, omeprazole does not allow Plavix to be turned on. This happens whether the two medicines are taken at the same time or even 12 hours apart.
- (2) In some people, the CYP2C19 enzyme works slowly or not at all. These people are called "poor activators." This results in less protection from a heart attack or stroke at normal doses of Plavix. Tests can tell if you are a poor activator. If so, you may be able to use other treatments.

Please talk to your doctor or pharmacist if you have any concerns about taking Plavix.

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