



# HealthVoice

A Newsletter Provided by HealthChoice

Spring Issue 2009

## OSEEGIB Administrator Apologizes for Delay

While we regret the delay in claims processing, we are pleased to announce that as of January 30, 2009, the Oklahoma State and Education Employees Group Insurance Board (OSEEGIB) began making payments for HealthChoice health, dental, and life claims through its new claims processing system. A large number of electronic and paper claims have been received since Harrington stopped processing claims and EDS began.

Thank you for your patience and continued cooperation during this transition. Although progress will be slow at first, please know that we are focused on processing

all claims according to state guidelines and procedures, and as accurately and quickly as possible. All claims have now been converted into the new system and are being processed on a first-in/first-out basis.

You can check the status of your claims online by visiting the new ClaimLink website at [www.sib.ok.gov](http://www.sib.ok.gov) and clicking "ClaimLink."

The transition from Harrington to EDS has been very complicated and we appreciate your understanding during this period. We have every confidence that you will appreciate the improved claims administration services that will

result from the new EDS system.

Again, we apologize for any inconvenience this delay in claims processing may have caused.

Sincerely,  
Bill W. Crain  
Administrator

### Reminder

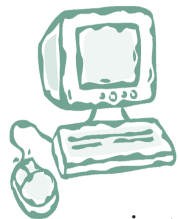
Payments that have been assigned to a provider will be made directly to the provider.



Any payment you make to your provider that exceeds your responsibility will be refunded to you by your provider.

## HealthChoice ClaimLink Online Services

ClaimLink is once again available to HealthChoice members. You can view your eligibility, benefits, deductible, and claim status; view and print your Explanation of Benefits; request ID cards; and print temporary ID cards from our website at [www.sib.ok.gov](http://www.sib.ok.gov) or [www.healthchoiceok.com](http://www.healthchoiceok.com).



If you were previously registered for ClaimLink, you will need to do so again to access this

site. To register, you will need to enter your first name, last name, date of birth, ZIP Code, member ID, and the last four digits of your Social Security number.

During the registration process, you will be instructed to create your unique User ID and password. Keep your User ID and password in a safe place as you will need them to access the site in the future.

Use the following steps to access ClaimLink:

1. Click on *ClaimLink (Claim Status & Eligibility)* in the left menu bar.

2. This will bring up an article about online services for HealthChoice members. Click on *here* at the bottom of the article.

4. You will be linked to ClaimLink where you can register or sign-in if you have already registered.

5. Follow the on screen instructions to register and you will be on your way to accessing your claims information.

## Benefit Changes for Non-Medicare Plans

As a reminder, effective January 1, 2009, prescription antihistamines and cough and cold medications are no longer covered under the HealthChoice pharmacy benefit. You will be responsible for the entire cost of these prescription medications.

This change was necessary because of the growing number of over-the-counter medications now available.

## Tracking Your Pharmacy Out-of-Pocket Maximum (Non-Medicare Members)

The calendar year out-of-pocket maximum for pharmacy benefits is \$2,500. Only copays for Preferred medications purchased at Network pharmacies apply to the out-of-pocket maximum.

Costs for non-Preferred medications, medications purchased at non-Network pharmacies, and brand/generic cost differences do not apply to your pharmacy deductible (S-Account only) or your out-of-pocket

maximum. These costs will not be reimbursed at 100% even if you meet your pharmacy out-of-pocket maximum



If you have pharmacy benefit questions, contact Medco Member Services toll-free at the numbers listed below:

HealthChoice High Option, Basic, S-Account, or USA members call 1-800-903-8113. TDD users call 1-800-825-1230.

## Medications Now Available in Generic Form

New generic medications have or will soon become available for the brand-name medications listed below. If you take any of these brand-name medications, please note that choosing a generic medication will cost you less. If you decide to continue using the brand-name medication, you will be responsible for the cost difference between the brand-name and generic medication in addition to the appropriate medication copay.

<b>Brand-Name Medication</b>	<b>Generic Medication</b>	<b>Treatment</b>	<b>Launch Date</b>
Ambien CR	zolpidem controlled release	Insomnia	3/09
Casodex	bicalutamide	Prostate Cancer	4/09
Cosopt	dorzolamide and timolol ophthalmic solution	Glaucoma	10/28/2008
Depakote Sprinkles	divalproex sodium	Seizure Disorder	1/29/09
Depakote ER 250/500mg	divalproex sodium extended release	Seizure Disorder	1/30/09
Diamox Sequels	acetazolamide	Glaucoma	12/25/2008
Imitrex Injection	sumatriptan succinate injection	Migraine Headache	11/06/2008
Keppra	levetiracetam tablets 250mg, 500mg & 750mg	Epilepsy	11/04/2008
Keppra 1000mg	levetiracetam tablets 1000mg	Epilepsy	1/20/09
Miacalcin Spray	calcitonin-salmon spray	Osteoporosis	12/10/2008
Pulmicort Respules	budesonide inhalation solution	Asthma	12/15/2008
Tobradex Suspension Ophthalmic	tobramycin sulfate	Intraocular Infection Following Surgery	1/20/09
Topamax	topiramate	Migraine Headache	4/09
Trusopt	dorzolamide and timolol ophthalmic solution	Glaucoma	10/28/2008
Vivactil 5mg & 10mg	protriptyline	Depression	10/01/2008

**Please Note:** The anticipated “generic” launch dates listed above are subject to change based on new or ongoing legal issues between the brand and generic manufacturers.

## Specialty Medication Copay Benefit Change

### HealthChoice Medicare Supplement Plan With Part D Members are Exempt

Effective January 1, 2009, the copay for specialty medications changed to one copay for each 30-day fill. Previously, members using specialty medications were allowed up to a 90-day fill per copay.

Most specialty medications do not have generic equivalents; however, if you choose a brand-name specialty medication when a generic is available, you will be responsible for the brand-generic cost difference, plus the copay.

## Wigs and Scalp Prostheses



HealthChoice provides a benefit for wigs or other scalp prostheses for pre-Medicare members who have had hair loss due to radiation or chemotherapy treatment for a covered medical condition. Coverage is subject to annual deductibles and coinsurance. The maximum annual benefit through approved providers is \$150.

## Attention Tobacco Users!

HealthChoice will cover two 90-day courses of any FDA-approved tobacco cessation product per year. This benefit is available to you and your enrolled dependents who are age 18 and older. The covered medications are listed in the HealthChoice formularies and include:

- Chantix™ (varenicline)
- Nicotrol® Inhaler (nicotine)
- Nicotrol® Nasal Spray (nicotine)
- Bupropion SR 150mg (generic for Zyban®)
- Buproban 150mg (generic for Zyban®)

Over-the-counter products (such as nicotine patches and gum) are not covered.

Prior authorization is not required for these products. All you need to do is take your prescription to your pharmacy and have it filled.

### Moving? Let Us Know

If you are a current employee, you should notify your Insurance/Benefits Coordinator of your new address. He/she will see that your new information is forwarded to HealthChoice.

If you are a former employee, you must notify HealthChoice in writing, or you can download a *Change of Address Form* from our website at [www.sib.ok.gov](http://www.sib.ok.gov) or [www.healthchoiceok.com](http://www.healthchoiceok.com).

Please mail your change of address information to:

**Oklahoma State and  
Education Employees Group  
Insurance Board  
P.O. Box 58010  
Oklahoma City, OK 73157-8010**

If you make the choice to quit tobacco, you are also strongly encouraged to take advantage of the FREE Professional Quit Coaches® available through the Oklahoma Tobacco Helpline at 1-800-QUIT-NOW (784-8669). The Helpline hours of operation are 7 a.m. to 11 p.m., seven days a week; staff will return any messages left after hours. Services are also available in Spanish by calling 1-800-793-1552.

Studies have concluded that a combination of medication and counseling is by far the **most effective way to successfully quit tobacco**.

In 2008, nearly 3,400 HealthChoice members took advantage of this benefit. Make the choice to quit now!

### Receive Your Newsletter Via Email



Don't miss out on the latest news from OSEEGIB.

To receive this newsletter via email, send your name, address, email address, and your member ID number to:

[hvsubscribe@sib.ok.gov](mailto:hvsubscribe@sib.ok.gov)

Be sure to keep your email address updated. Please email any changes to the address listed above.

Online subscribers will receive all future newsletters via email. As an added bonus, OU Physicians will answer three medical questions submitted by our members in each electronic issue.

## Complete Fitness Center List

So you've made the big decision to join a fitness center. Well, now is your chance to reap the rewards of regular physical activity!

Regular physical activity helps build strong bones, muscles, and joints. It aids in reducing the risk of developing many types of illnesses and lowers your risk for heart disease and stroke.

Regular physical activity has psychological benefits as well. It helps by reducing the symptoms associated with anxiety and depression, improving your mood, and promoting a sense of well-being.

This is why HealthChoice contacts fitness centers throughout Oklahoma and the surrounding states and asks them to provide a special discount to HealthChoice members and dependents.

All you have to do is present your HealthChoice identification card at any of the participating fitness centers to receive your special discounted rate. Please contact the facility for the services and discounts offered to HealthChoice members. If your favorite center is not listed and you would like for us to contact them about providing a discount, please call the HealthChoice H.E.L.P. line at 1-405-717-8991 or 1-800-318-BEOK (2365).

**PLEASE NOTE:** Silver Sneakers and the metro area YMCAs are NOT participating in this HealthChoice wellness program.

### Participating Fitness Centers:

#### Arkansas

##### Fort Smith

Marvin Altman Fitness  
Center



World Class Fitness  
Hot Springs Village  
Physical Therapy Plus

#### North Dakota

##### Fargo

Total Balance Fitness and  
Nutrition

#### Oklahoma

##### Alva

Northwestern Oklahoma State  
University

##### Ardmore

Ladies Workout Express

##### Bethany

Curves of Bethany

##### Blackwell

Curves of Blackwell

##### Chandler

Ripped Health & Fitness

##### Chickasha

Curves

##### Claremore

Access Fitness

##### Clinton

Curves Clinton

##### Duncan

Curves of Duncan

##### Durant

Curves of Durant

##### Edmond

Anytime Fitness  
Aspen Athletic Club  
Curves of Edmond  
Curves – E Memorial  
University of Central Oklahoma  
Wellness Center

##### Elgin

Pride Fitness

##### El Reno

Anytime Fitness  
Curves of El Reno  
Redlands Community College

##### Enid

Curves of Enid  
Finer Physiques Fitness Center

##### Grove

Curves of Grove

##### Guthrie

Curves of Guthrie

##### Guymon

Curves for Women

##### Idabel

Curves of Idabel

##### Lawton

Anytime Fitness  
Curves NW  
Curves East

##### Miami

Curves of Miami

##### Midwest City

Curves of Midwest City

##### Moore

Anytime Fitness  
Shape Fitness

##### Muskogee

Champion Fitness  
Flexitime Fitness

##### Mustang

Anytime Fitness

##### Newcastle

Curves of Newcastle

##### Norman

Athletic Loft  
Cleveland County Family  
YMCA  
Curves

##### Oklahoma City

Anytime Fitness – W Hefner Rd  
Anytime Fitness – NW 164th  
Anytime Fitness – SW 74th  
Anytime Fitness – S Sooner Rd  
Aspen Athletic Club – Glade Ave  
Aspen Athletic Club – Penn  
Square Mall  
Body by Decker Curves – S  
Western  
Curves of the Village  
Mademoiselle Fitness – NW  
63rd  
Mademoiselle Fitness – S Penn  
Santa Fe Fitness & Racquet Club  
Shape Fitness  
Southern Athletic Club

*continued on page 4*

*fitness center list continued***Oklahoma City**

The Weight Room

**Okmulgee**

Curves

**Owasso**

Fit for Her

Owasso Fitness Zone, Inc.

**Pauls Valley**

Curves

**Ponca City**

Curves of Ponca City

**Poteau**

Curves of Poteau

**Pryor**

Pryor Creek Recreation Center

**Sand Springs**

Anytime Fitness

**Sapulpa**

Access Fitness

Curves

**Seminole**

Curves of Seminole

**Shawnee**

Curves of Shawnee

St. Gregory's Mabee Aerobic  
Center**Stillwater**

Curves of Stillwater

Gym One Fitness

**Stilwell**

Curves of Stilwell

**Sulphur**

Curves of Sulphur

**Tulsa**

Aspen Athletic Club – E 61st

Aspen Athletic Club – E 103rd

Cherry Street Curves

Health Zone

Hillcrest Fitness Center

Grand Health and Racquet Club

Apex Fitness &amp; Martial Arts

**Wagoner**Access Fitness – The Blake  
Center**Weatherford**

Curves of Weatherford

Great Plains Family YMCA

**Wilburton**

Curves of Wilburton

**Woodward**

Curves for Women

**Yukon**

Crosstrainers Fitness

Curves of Yukon

**Tennessee****Jacksboro**

Curves

**Canyon Lake**

Premier Fitness

This list is available on our website, [www.sib.ok.gov](http://www.sib.ok.gov) or [www.healthchoiceok.com](http://www.healthchoiceok.com).

## Eye Protection – Astronauts Wear It, Why Not You?

What's the "space age" plastic that's appeared in everything from astronaut helmet shields to children's glasses? It's called polycarbonate. It's important stuff because it has saved many eyes from serious injury.

Jennifer Stone, O.D. knows what can happen when eye protection is not used because she treats the eyes, many of which belong to a large population of industrial welders. You know the searing pain an eyelash in your eye can cause, right? Well, imagine how a metal shaving feels. That's the most common eye injury Dr. Stone treats.

Often, eye injuries occur when someone is just working in their yard or workshop over a weekend and a random bit of something lodges in their eye. Sometimes the results are mild irritation; other times, vision loss can be the result.

The question is, when was the

last time you wore the right kind of protective eyewear for the task at hand?

It's a safety precaution few take, and many learn after it's too late. Safety glasses are easy to order through your eye care professional. Read on to find out more about these vision-saving accessories.

### The Basics: Safety Glasses 101

You can find safety glasses made of industrial strength glass and impact resistant plastic that meet current eye protection standards, but nothing beats polycarbonate. It's the safest and most impact-resistant lens material. It's been used for astronaut helmet shields and space shuttle window shields. It's that strong.

Besides lenses, you also can find frames of high-impact plastic or polycarbonate. Protective and fashionable designs are available in goggles, wraps, and shields – look

for rubber padding to cushion the face even more. If you don't wear prescription lenses, you can find protective eyewear at an eye doctor's office or at a sporting goods store.

### Eyes on the Job

Do you have a physical job where you rely on your eyes to do a task? You may need safety eyewear. Even though you know what you're doing, the chemical or machine you're working with might not. Protect your eyes no matter what, and wear safety glasses.

### Eyes About the House

We can all be a bit careless when it comes to safety and household chores. If you're cutting wood, mowing the lawn, or doing something fun like building a model plane, an unexpected flying object or chemical could hurt your eyes. Safety glasses can prevent that. *continued on next page*



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## Eyes on the Field

In sports, many people just plain forget about it. “Don’t,” says Dr. Stone. “Basketball has a high rate of eye injury. Jabs by elbows and fingernails to eyes are common.” Any racquet sport or one involving “flying objects” needs eye-protecting equipment.



While we use kneepads or a helmet, we often put the safety of our eyes at a lower priority. Our eyes are our windows to wellness, but they can also be a door to injury.

A small and simple precaution like the right pair of safety glasses can do the trick. Talk to your eye care professional to find out more.

*Source: VSP*

## SIX THINGS YOU SHOULD NEVER DO IN YOUR CAR

1. Don't adjust your child's safety belt while you're in traffic. Do this before you start out.
2. Don't peer into the rearview mirror to comb your hair or to touch up your makeup.
3. Don't drive with one hand holding the wheel and the other holding a hamburger. If you're hungry, stop and eat.
4. If a flying insect dive-bombs you or your passengers, pull off the road and get rid of the winged invader.
5. Don't try to drive and read a road map at the same time. If you're lost or need to get your bearings, pull off the road and look at a map, or have a passenger help you follow directions.
6. If your children start to misbehave, don't turn around to discipline them. Pull off the road and settle the problem, and teach your children how dangerous it is to misbehave in a car.

Driving takes total concentration. If you try to do other things when you're at the wheel, you risk having an accident. The one thing you should do in your car is always wear your seat belt. It can make the difference between surviving a car crash intact or not surviving at all, between walking away with just a scratch or never walking again.

*Source: American Institute of Preventive Medicine*