



# HealthVoice

A Newsletter Provided by HealthChoice

Summer Issue 2009

## What to Know About the Flu

According to the Centers for Disease Control and Prevention (CDC), approximately 5 to 20% of the U.S. population gets the flu each year, more than 200,000 Americans are hospitalized from flu complications, and approximately 36,000 people die from this illness.

Prevention is the key to avoiding any flu. Practice the following good health and hygiene habits to help stay healthy:

- ◆ Avoid close contact with people who are sick.
- ◆ Wash your hands often throughout the day. Remember, germs are often spread after touching a contaminated object.
- ◆ Avoid touching your eyes, nose, or mouth unless you're certain your hands are clean.
- ◆ Eat right and get enough sleep.

The CDC also recommends a yearly flu shot. The flu vaccine will protect you against the three main flu strains that research has shown cause the most illness. The vaccine will not only protect you from these three flu viruses, it can make your illness milder if you catch a different type of flu.

It's important for people in high-risk groups to get a flu shot, including young children, pregnant women, people with chronic health conditions like asthma, diabetes, or heart and lung disease, and those age 65 or older. If you live with

or take care of someone who is at high risk, you should also get a flu shot.

Adults who have the flu may be able to infect others one day before flu symptoms begin and up to seven days after getting sick. Flu symptoms include:

- ◆ High fever
- ◆ Headache
- ◆ Extreme tiredness
- ◆ Dry cough
- ◆ Sore throat
- ◆ Runny or stuffy nose
- ◆ Muscle aches
- ◆ Gastro-intestinal symptoms which are generally more common in children than adults

For those who are unable to avoid the flu:

1. Drink plenty of fluids and eat balanced meals.
2. Get lots of rest until your symptoms are gone.
3. Take ibuprofen or Tylenol to bring down a fever (don't give children under the age of 18 aspirin).
4. See your doctor within two days of the onset of flu symptoms to see if certain antiviral medicines are appropriate for you.

Antiviral drugs such as Tamiflu, and Relenza, are an important treatment option, because they keep flu viruses from reproducing in your body. Antiviral drugs can make your illness milder and help

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## Network Providers Limit Your Costs

HealthChoice allows you to seek care from a HealthChoice Network Provider or a non-Network provider; however, plan benefits are reduced when you use a non-Network provider.

Plan payment is based on set fees known as Allowed Charges. Network Providers **have contracted** with HealthChoice to accept Allowed Charges for the services and equipment they provide and will not bill you for amounts greater than that amount. You are responsible for deductibles, coinsurance, and copays.

Non-Network providers are **not contracted** with HealthChoice and do not have to accept the HealthChoice Allowed Charges as full payment. This can leave you paying the difference between what the provider bills and the Plan's Allowed Charges even after reaching your out-of-pocket maximum. Using a non-Network provider could cost you a huge amount of money.

To find out if your provider is a HealthChoice Network Provider, go to our website at [www.sib.ok.gov](http://www.sib.ok.gov) or [www.healthchoiceok.com](http://www.healthchoiceok.com). You can also call Member Services at 1-405-717-8780 or toll-free at 1-800-752-9475. TDD users call 1-405-949-2281 or toll-free 1-866-447-0436.

## Most Cough/Cold Medications Are Not Covered

As a reminder, HealthChoice no longer covers most non-sedating antihistamines and cough/cold medications because equal or alternate versions of these drugs are available over-the-counter.

To see if your medication is covered, visit the HealthChoice website at [www.sib.ok.gov](http://www.sib.ok.gov) or [www.healthchoiceok.com](http://www.healthchoiceok.com) and view the list of covered cough/cold medications.

You can also visit the Medco website at [www.Medco.com](http://www.Medco.com) and enter the name of your medication to see if it is covered.



## Attention Non-Medicare Members Taking Triptan Medications



Effective July 1, 2009, the non-Preferred, brand-name triptan medications, Amerge, Axert, Frova, Maxalt, Maxalt-MLT, Relpax, Treximet, Zomig, and Zomig-ZMT which are used to treat certain migraine and cluster headaches, will no longer be covered without prior authorization. Sumatriptan, the generic

for Imitrex, will be the Preferred triptan for all of the non-Medicare plans.

If you are currently taking a brand-name triptan medication and you wish to continue using this drug after July 1, 2009, you will be responsible for the entire cost unless you obtain prior authorization. Your request for prior authorization will only be approved if you have specific health problems that require the brand-name medication. Your doctor may contact Medco toll-free at 1-800-417-1764 for a Brand-Name Exception Form. If your prior authorization is approved, you will still pay the higher, non-Preferred copay for your brand-name triptan medication.



## 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
Adderall XR	amphetamine/dextroamphetamine mixed salts	Attention Deficit Hyperactive	4/02/09
Casodex	bicalutamide	Prostate Cancer	4/09
Cytomel	Liothyronine sodium	Underactive Thyroid	4/14/09
Depakote Sprinkles	divalproex sodium	Seizure Disorder	1/29/09
Imitrex Nasal Spray	sumatriptan nasal spray	Migraine or Cluster Headache	3/18/09
Keppra Solution	levetiracetam solution	Epilepsy	2/03/09
Keppra 1000mg	levetiracetam tablets 1000mg	Epilepsy	1/20/09
Tobradex Suspension Ophthalmic	tobramycin sulfate	Intraocular Infection Following Surgery	1/20/09
Topamax	topiramate	Migraine Headache	4/09

**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. Check with your pharmacist about the availability of your medication in a generic alternative.

## Why Thin is not Always Healthy

You are a thin person, so consequently you must be healthy, right? Not necessarily. Don't assume that just because you fall into a height/weight chart standard, or even have acceptable levels of body fat (15% for men and 23% for women), that you are a healthy individual. I have worked with many apparently healthy people who suffered with high blood pressure or cholesterol levels. In fact, this is very common.

You see, there are people who are overweight, yet still healthy, and people who are thin, but in terrible physical condition. Your health is not always linked to what you look like, or what height/weight category you fit in based on some chart.

Let me give you an example of why you can get a false sense of health from using a height/weight chart. according to a height weight chart, if you are a man standing 6 feet tall and weighing between 149-188 pounds, you're in a good healthy range (depending on the size of your frame). At a little over 6 feet tall, I weigh approximately 250 pounds. So, based on a height/weight chart, I'm obese. In reality, my body fat is around 7.5% which is far from what is considered obese for men.

You can also be what I like to call skinny fat. Skinny fat means you weigh within the desired range, but you are severely lacking in muscle and have significant levels of body fat. Let's say that

one woman is 5 feet 6 inches tall, weighs 120 pounds, but has 25% body fat. Another woman is the same height, weighs 135 pounds, but has a body fat of only 15%. Which woman do you believe is the healthiest? Well, it's the woman who weighs more. She will also be more toned and appear thinner because she has less body fat and more muscle. So, don't

think that because you look a certain way that you're in good health. It's just not that simple.

Consider people who have thin, lanky, and can eat whatever they want body types. These are the folks that have never been on a

diet. They often spend their lives trying to gain weight, and men with this body type typically tend to lift weights and avoid cardiovascular exercise. People with this body type are the ones who annoy everyone else because they can eat double cheeseburgers and french fries and never gain weight or at least lose it pretty easily. Over time, these meals that are heavy in saturated fats can lead to the accumulation of cholesterol and triglycerides in the arteries. This can lead to atherosclerosis which is the buildup of fatty material in the arteries. When you look at the dietary practices of people with this body type and combine that with a lack of heart strengthening cardiovascular training, well, the road to heart disease is not very far off.

For most people, the act of cardiovascular training and better

nutrition is driven by the desire to lose fat and inches rather than lower cholesterol and blood pressure. However, two side effects of eating a healthy diet and working out is that you will be strengthening your heart as you pursue a leaner body.

**Brian Attebery owns Results Fitness and Nutrition Center, L.L.C. in Edmond. He has a B.S. in Health & Sport Sciences from O.U. and is an N.F.P.A. Certified Trainer.**



### *What to Know About the Flu continued from page 1*

you feel better faster. They may also prevent serious flu complications, which could be especially important for people at high risk.

These drugs work best if given soon after getting sick, usually within two days of feeling the symptoms.



To help keep from spreading the illness to others:

- ◆ Keep your distance from others
- ◆ Stay home from work
- ◆ Cover your mouth and nose with a tissue when coughing or sneezing

For those at risk for severe complications, such as bacterial pneumonia, dehydration, or the worsening of chronic medical conditions, the flu can be a serious illness. Contact your physician if you come down with the flu.

**Source: Centers for Disease Control and Prevention**

## ***Astelin, Astepro, and Patanase Restored***

Effective April 08, 2009, Astelin, Astepro, and Patanase were restored to the HealthChoice Select Medication List.

These medications are used for allergy symptom relief. They will not require prior authorization, but you will be required to pay the higher non-Preferred copay.

### ***Maternity Benefit***

HealthChoice maternity benefit include:

- Hospital and delivery with prenatal and postnatal care
- Prenatal lab work
- The Mommy and Me Program
- One skilled nurse home health visit if the delivery is at home or in a birthing center; certification is required or a 10% penalty will be applied

Newborns are covered for the first 48 hours following a vaginal birth or the first 96 hours following a cesarean section birth without enrollment. This coverage is subject to all policy provisions. To enroll your newborn, you must complete a Change Form within 30 days following the birth.

A separate calendar year deductible and out-of-pocket maximum apply to the newborn.

For more information, call EDS Administrative Services at 1-405-416-1800 or toll-free 1-800-782-5218. TDD users call 1-405-416-1525 or toll-free 1-800-941-2160.

## ***Dry Eyes Can Be a Problem for Women***

As a part of the natural aging process, the chances of developing dry eye increases in both men and women, but women are 2 to 3 times more likely than men to develop chronic dry eye symptoms.

Studies have found that as many as 1 in 12 women over age 50 are affected. Research indicates that this may be related to hormonal changes during menopause.

Dry eye results when the eyes do not produce sufficient amounts of tears or when the eyes produce imbalanced tears. Tears are the combination of water, oils, mucus, and special proteins secreted by glands around the eye. Imbalanced tears result when one of the tear components is over or under produced.

Symptoms can range from mild to severe and include the feeling something is in your eye, itching, burning, or scratchy eyes, and blurred vision. Those with dry eye may feel symptoms in dry, hot, or windy weather conditions, at the end of a long day of visual activity, or while reading, using a computer, or watching television. Others may feel symptoms all day long and may find daily activities difficult. Those with chronic symptoms are at greater risk for developing eye infections and permanent vision problems.

There is no cure for chronic dry eye, but over-the-counter eye drops, prescription therapies,

and/or surgery may lessen the symptoms.

The following tips may help ease the symptoms:

- \* Take breaks when using a computer or reading to blink and rest your eyes.
- \* Wear wrap-around sunglasses to keep wind from blowing into your eyes.
- \* Use a humidifier to keep the air in your home or work area moist.
- \* Wear glasses, rather than contacts, when possible.
- \* Talk to your eyecare provider about what contact lenses are best with chronic dry eye.
- \* Resist rubbing your eyes.
- \* Don't smoke.
- \* Avoid second-hand smoke, direct wind, and sitting near vents or fans.

Cold and allergy medications, heart and blood pressure medications, hormone replacement therapies, contact lenses, and other medical conditions can also trigger dry eye symptoms. If you have symptoms of dry eye, consult your eyecare provider or physician to discuss your concerns.

If your eye symptoms include:

- \* Painful, inflamed, or red eyes,
- \* Flaking or a discharge,
- \* A lesion on your eye or eyelid,
- \* Joint pain, swelling, or stiffness,
- \* A dry mouth,
- \* Trauma to the eye, or
- \* A bulging or drooping eye, please contact your doctor as these may be signs of a more serious condition.

**Source: *UnitedHealthcare Vision***



## HealthChoice Mammogram Benefit

If you are a female 40 years of age or older, you may receive one free mammogram a year when you use a Network Provider. Additional mammograms during the year are subject to the standard benefit of your plan.

If you use a non-Network Provider, up to \$115 will be paid toward the cost of your mammogram. Your provider will balance-bill you for any amounts over the Allowed Charges.

Charges associated with the free annual mammogram do not apply toward your Plan's deductible or out-of-pocket maximums.

If you are a female under 40 years of age and use a Network Provider, you can receive one mammogram per year according to Plan provisions under the HealthChoice High Option, Basic, S-Account, or USA Plan.



We are excited to add another 20 facilities to the list of fitness centers who provide a special discount to HealthChoice members.

If your favorite center is not listed and you would like HealthChoice to contact it, please call the H.E.L.P. line at 1-405-717-8991 or 1-800-318-BEOK (2365). For a complete list of fitness centers, visit the HealthChoice website at [www.sib.ok.gov](http://www.sib.ok.gov) or [www.healthchoicetok.com](http://www.healthchoicetok.com)

### New Fitness Centers

#### ARKANSAS

Island Health and Fitness, Holiday Island  
1-479-253-6844

#### OKLAHOMA

Cristelli Fitness, Ada  
1-580-272-4204

## Update to Fitness Center List

All American 24 Hour Fitness,  
Broken Arrow

1-918-251-4855

Fitness Xpress, Broken Arrow

1-918-355-7227

All American Fitness Xpress,  
Edmond

1-405-562-1100

Results Fitness and Nutrition  
Center, Edmond

1-405-562-2091

All American 24 Hour Fitness,  
Midwest City

1-405-737-8441

Shape Fitness, Moore

1-405-793-8746

All American Fitness Xpress,  
Norman

1-405-364-9494

All American Fitness, OKC

1-405-752-2500

All American 24 Hour Fitness,  
OKC

1-405-728-3600 - North

1-405-691-0037 - South

Fitness Xpress, OKC

1-405-491-4545

All American 24 Hour Fitness,  
Owasso

1-918-609-6090

Life Gym, Piedmont

1-405-373-3500

All American Fitness Xpress, Sand  
Springs

1-918-245-2442

Fitness Xpress,  
Shawnee

1-405-878-8701

Curves of Stillwater

1-405-780-7700

All American  
Fitness, Tulsa

1-918-494-3644

All American 24 Hour Fitness,  
Tulsa

1-918-438-0193



## Prostate Cancer Screening

### Screening Test

An annual, prostate specific antigen test (PSA) for the early detection of prostate cancer is covered for men over the age of 50 and also for men who are over the age of 40, but who are in high-risk categories.

The screening diagnosis must indicate that the (PSA) test was performed as a routine screening.

The maximum Allowed Charge for a PSA test is \$65 which is not subject to the deductible, but it is subject to coinsurance.

Claims for PSA testing that are not submitted with a routine

diagnosis are considered eligible for coverage, but are subject to all Plan copays, deductibles, and coinsurance.

### Coverage for the Side Effects of Prostate Related Conditions

HealthChoice provides coverage for the side effects associated with radical retropubic prostatectomy surgery. Coverage is available for certain conditions such as impotence and incontinence, as well as other prostate-related conditions.

Coverage is subject to all Plan copays, deductibles, and coinsurance.

# HealthVoice

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3545 NW 58th Street, Suite 110

Oklahoma City, OK 73112

[www.sib.ok.gov](http://www.sib.ok.gov)

[www.healthchoiceok.com](http://www.healthchoiceok.com)

Phone Number 1-405-717-8780

Toll Free 1-800-752-9475

Hearing Impaired 1-405-949-2281

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## Option Period is Just Around the Corner

With Option Period just a few months away, HealthChoice would like to remind you how important it is to consider your insurance needs for the next plan year, which begins January 1, 2010.

Please take the time to review your Option Period materials when you receive them so you can choose the options that best meet your insurance needs.

If you are planning a move, be sure to notify us of your new address.

## Women's Dental Health Facts

### Oral Health Issues for Women

- ◆ Women are more likely to be diagnosed with TMD, facial pain, eating disorders, and Sjögren's syndrome (which causes dry mouth).
- ◆ Smoking can devastate a woman's attractiveness by staining her teeth, contributing to facial wrinkling, and causing bad breath. Smoking also contributes to gum disease, which can lead to tooth loss and other serious diseases.
- ◆ Diet pills and certain medications (whether over-the-counter or prescription) can decrease salivary flow and increase a woman's risk of cavities, gum

disease, and discomfort.

### Do Women Take Better Care of Their Teeth Than Men?

In an ADA Public Opinion Survey, *Oral Health of the U.S. Population*, women said they took better care of their teeth than men.

- ◆ Women were more likely than men to brush their teeth after every meal (28.7% to 20.5%)
- ◆ Women were more likely than men to brush their teeth twice a day (56.8% to 49%).
- ◆ Women were more likely to have a dentist than men (89.2% to 74.6%).

Have you had a dental checkup lately?

Source: *CIGNA Dental*