Due to healthcare reform, the 2013 max for medical reimbursement (FSA) will be $2,500. Dependent care FSA max will remain $5,000.

Prescription Home Delivery

Effective September 1, 2012, home delivery through Express Scripts will be the REQUIRED way to fill your maintenance medication(s)-prescriptions taken on a regular basis. Some exceptions do apply. Click here for more information.

Take one of these simple steps to get started today.

- **Enroll online** 24/7 at StartHomeDelivery.com
  You will need your Express Scripts card to register.
  The EKU Benefits Office can assist you with registering.
- **Call** Express Scripts at 877.697.7088, Monday – Friday, 8:30 a.m. to 6 p.m.
  Express Scripts will make the transition easy by contacting your doctor to get a new 90-day prescription.
- **Ask your doctor** to fax your Rx to Express Scripts.
  The Benefits Office has a form you can take to your doctor.
- **Mail it in.** The Benefits Office has special mail order envelopes. Keep in mind this is the slowest method.

For Questions, please contact:
EKU Benefits Office – 859-622-1324
Kentucky Rx Coalition – 855-218-5979

A1c...or what we call a 3 month average blood sugar

When a person has diabetes it’s very important that they “know their numbers.” One of these numbers is called an A1c. The A1c checks the blood sugar (or glucose) level over the last 2-3 months. It’s pretty interesting the way it works. Sugar will stick to blood cells. The more sugar in the blood, the more sugar will find a place to stick on the blood cells. Your red blood cells live about 2-3 months. In a simple lab test they can look at the little red blood cells and see what someone’s blood sugar has been for about 3 months. The number is reported as a percentage. A normal A1c, for someone without diabetes, is less than 6%. The goal, for someone with diabetes, is less than 7%-according to the American Diabetes Association. Other experts say the goal should be 6.5% or as close to normal as possible.

If you have diabetes be sure to ask if you have had your A1c checked and then ask “What’s my number?” If you forget “A1c” just ask what your 3 month average blood sugar is.

If you have any questions about your A1c and would like to talk about how to get to your goal, call me in the Small Steps, Big Rewards office at 622-7259 or send me an email @ paulaa.hollon.ky.gov. I’m always glad to help people be healthy and happy with diabetes!
Spotlight on HealthyYou! at EKU

Fruit and Veggie Webinar
Thursday, August 30
12-1pm, participate from the convenience of your own computer

If you have ever seen a Healthy You! booth set up at the Health Fair or the Benefits Expo, you know how much I love fruits and veggies. This webinar will provide you with info about why you should love them too, how much is enough, what actually counts as a serving, if you have to buy the organic varieties and give you some tips and tricks to fitting them in your daily life. This session should not be missed. (If you have to miss it the first time around, the recording will be made available, but you will miss the interactive portions and the opportunity to ask questions at the end.)

Don't know how to prepare a fruit or veggie, Leanna will be available at the end to make recommendations or how to cook or prepare any fruit or veggie and send you recipe links for recipes to try.

To sign up, click here or email Leanna.Bowles@eku.edu.

Parking Lot Safety  By: Melanie Foley, Executive Vice President, Liberty Mutual

Parking lots—they can be as open as the plains of the Midwest or as bumper-to-bumper as a city street during rush hour. Although they may not be the most hazardous places to drive, parking lots can be more unpredictable than anywhere else you travel. Drivers seem to suspend their good judgment when looking for a parking space. Some consider the Stop and Yield signs as optional because parking lots are on private property and not subject to traffic laws; others ignore the traffic lanes to cut diagonally across the lot. So it’s not surprising that parking lots are home to frequent accidents. Although most mishaps cause fender benders or minor dings, if collisions occur at higher speeds or involve small children, more serious consequences could ensue.

To help keep you and others safe while driving in parking lots, we’ve got some tips for you and, especially, any teen drivers in your family:

• **Be aware**: Don’t distract yourself as you exit the parking space. Make sure that all bags and packages are secure, children are in car seats, seat belts are on, and that lights or windshield wipers are operating before you shift into gear.

• **Back out gradually**: Give oncoming drivers enough time to see you. If possible, pull into a space so that you can exit moving forward or park in areas with fewer cars.

• **Drive slowly**: Give yourself plenty of time to react to any possible hazard. Check your rearview mirrors constantly, as a car could be coming from any direction at any time.

• **Look out for children**: They could suddenly run in front of you from behind a row of parked vehicles.

• **Give pedestrians in crosswalks the right of way**: It’s not just a courtesy, it’s the law.

If you are in a car accident, Liberty Mutual offers quality auto coverage and 24-Hour Claims Assistance to help you get your life back on track as quickly as possible. As an employee of Eastern Kentucky University, you are also eligible to receive exclusive group savings.

For more information and to get a free, no-obligation quote, please call Joey Doom and Jeff Creech, at 800-852-4419 ext. 53302 and ext. 53300 or visit www.libertymutual.com/gspeku. Or email Jeffrey.Creech@LibertyMutual.com and Joey.Doom@LibertyMutual.com. Discounts and savings available where state laws and regulations allow, and may vary by state. To the extent permitted by law, applicants are individually underwritten; not all applicants may qualify. Coverage underwritten and provided by Liberty Mutual Insurance Company and its affiliates, 175 Berkeley Street, Boston, MA 02116. ©2012 Liberty Mutual Group. All rights reserved.

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