Healthcare Plan Prescription Coverage Changes

Last year, EKU and its employees paid $4 million for prescription drugs. EKU prescription drug costs continue to increase every year. To help reduce these expenses, some cost saving programs will be implemented this year.

Effective July 1, medications falling under the existing Step Therapy program will require pre-authorization for all members. Members taking these medications prior to 2009 were grandfathered in and were not required to pre-authorize.

Effective September 1, Exclusive Home Delivery will be implemented. This will require that all maintenance medications taken on a regular basis be filled through Express Scripts home delivery service. This convenient service will also provide a savings to employees on High and Standard options by eliminating one month of copay every three months.

Express Scripts will notify you if you are impacted by any of these changes. The Benefits Office and the Kentucky Rx Coalition will be available to assist you with these transitions. For a list of FAQs (frequently asked questions) regarding these changes, please click here.

Human Resources, 622-7777
Kentucky Rx Coalition, 1-855-218-5979
Express Scripts, 1-800-461-6245
www.express-scripts.com

NOTE: The pharmacy network for non-maintenance drugs will remain unchanged.

Smart Play for Summer Sports

Liberty Mutual’s Responsible Sports program recognizes the importance of educating youth who participate in summer sports about conditioning, hydration, nutrition, equipment and injury prevention. Taking the following precautions will help protect their health and well-being.

- **Conditioning**: Before participating in organized sports, it’s important to see a doctor for a complete physical examination to determine your child’s fitness level.
- **Hydration**: Although they rarely think about it until they’re thirsty, young people need continuous fluid replacement before, during and after practice, games and competitions. Buy several re-usable water bottles, and make it a habit to give one to your children as they leave the house and when you pick them up after practice.
- **Nutrition**: Children need three balanced meals and snacks in between to fuel their activities, even on days without practice or games.
- **Equipment**: Protective gear—such as helmets, pads and face masks—should be worn as appropriate and be free of cracks, rips and tears.
- **Injuries**: If you’re attending a practice or game, it’s smart to bring along your own first aid kit, since preoccupied coaches often forget. Also consider getting certified in CPR, as you never know what kind of health emergencies might arise.

Liberty Mutual is a responsible company that delivers expert advice and caring service. For more information, 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.

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Spotlight on HealthyYou! at EKU

Farmers Market Every Thursday
10-1pm, Parking lot between Dupree and Palmer Halls
The first week of the market was a huge success with 8 vendors and over 100 shoppers.

Everything is ripening early this year, so there are already red tomatoes, zucchini, and cucumbers available. Pick up yours this week.

Buy 100% LOCAL fresh fruits and vegetables conveniently on campus all summer long. Every week Healthy You! at EKU will be offering a drawing for $10 to be spent at the Farmers Market.

Questions You Should Ask Your Doctor

Do I really need this test?
Doctors often utilize a “better safe than sorry” approach, ordering tests just to protect themselves in the event of a lawsuit. If the test isn’t necessary, ask to forego having it. Often times unnecessary tests can drive up costs, as well as worry. According to Harvard researchers, up to 80 percent of unnecessary prostate-cancer screenings result in false positives, causing thousands of men to undergo needless biopsies.

How many surgeries do you perform each year?
Nowhere is the saying “practice makes perfect” more applicable than in an operating room. The more experienced your surgeon, the lower the probability of complications. The bottom line is your health hinges on your surgeon’s experience.

Can I schedule my surgery for the morning?
Arrive early and you’ll get the undivided attention of an alert medical staff. A recent study by Duke University found that patients who had operations in the morning were four times less likely to have anesthesia complications—nausea, post-op pain, fluctuating blood pressure—than those with afternoon surgeries.

When did you graduate from medical school?
Researchers at Harvard Medical School discovered that doctors who have been out of medical school for more than 20 years were less likely to stay up-to-date on developments in their fields. They are also more likely to be unaware of current treatment guidelines. If you are uncomfortable asking your doctor directly, you can check on www.healthgrades.com to see when they graduated.

What does that say?
No doctor would prescribe Zoloft for high cholesterol, but that’s what you might end up with if your pharmacist can’t read Zocor in your doctor’s chicken scratch. Poor penmanship is responsible for up to 61 percent of medication errors and more than 1.5 million patient injuries per year.

What else can I do to treat my condition?
Recent studies suggest that diet and exercise are essential for treating and preventing everything from heart attacks to prostate cancer. Yet only one in six doctors discuss how to use nutrition to prevent disease. Many primary care physicians work with dietitians and trainers who can help patients with lifestyle-influenced health problems, such as type 2 diabetes.

It’s your health and well-being at stake. Don’t be afraid to ask your doctor questions.

Take an active role in your health care treatment!

A note from Small Steps, Big Rewards:
Here’s an excellent resource to learn more about diabetes whether it’s for you or someone you love. For people with diabetes, the National Diabetes Education Program’s (NDEP) “Tips to Help You Feel Better and Stay Healthy” shares the great news that taking control of diabetes can not only help people feel better, stay healthy, and have more energy, but also reduce their risk for the complications of diabetes. Do you care about someone who has diabetes??? People with diabetes need all the support they can get. NDEP can help you help your loved ones manage their diabetes and stay healthy! Visit the NDEP website at http://www.ndep.nih.gov to download free copies of all materials, or call 1-800-438-5383 to order printed copies.

The U.S. Department of Health and Human Services’ National Diabetes Education Program (NDEP) is jointly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) with the support of more than 200 partners.

Know Your M.Y. Benefits Staff

Find us in Jones 104
Erin Bailey, Benefits Specialist Ph: 622-1324
Tarena Tyree, Benefits Specialist Ph: 622-1325
Jamie Carmichael, Benefits Specialist Ph: 622-8637

Find us in Coates 2
Patty Sallee, Retirement Specialist Ph: 622-1326
Leanna Bowles, Wellness Analyst Ph: 622-7218
Wally Skiba, Associate Director, Benefits and Compensation Ph: 622-5893