



Approved Benefit and Policy Changes

The PEEHIP Board met on November 5, 2014, and approved four benefit and policy changes related to PEEHIP's **Team Up for Health Wellness Program**.

- **ActiveHealth** is our wellness partner
- \$50 wellness premium approved per **non-participating** member and **non-participating** covered spouse
- PEEHIP to cover lab fees for certain routine lab screenings

➤ Wellness screenings should be available at credentialed pharmacies sometime in the future
Details of these four wellness program changes are on pages 1–3.

Board approved changes to the PEEHIP Prescription Drug Program for an April 1, 2015, effective date will be published in the January 2015 *PEEHIP Advisor*.

ActiveHealth Management approved as PEEHIP's integrated Wellness and Medical Management partner

PEEHIP is teaming up with **ActiveHealth** to help make meeting your health goals easier.



ActiveHealth is an experienced leader in providing health management solutions that are designed to help improve health outcomes and save lives. **ActiveHealth** uses a patient-centered approach to individual engagement, proactive prevention of illnesses, and promotion of healthier lifestyles and quality care. Using premier analytics and state of the art technology, **ActiveHealth** helps patients better understand their health risks and opportunities for health improvement.

Are you ready to start making some healthy changes?

ActiveHealth, our newest *Team Up for Health* wellness partner, will provide you these great new wellness benefits **free of charge** starting January 2015:

- ☐ **Health Questionnaire (HQ)**. This short 30-minute questionnaire provides an assessment of your overall health and helps you find ways to improve your health.
- ☐ **Wellness Coaching**. This program connects you with registered dietitians, nutritionists, exercise physiologists, or licensed counselors who can help you build a plan for achieving health goals of exercise and fitness, nutrition and diet, coping with stress, and quitting tobacco use.
- ☐ **Disease Management**. Licensed nurses offer one-on-one support with managing a long-term health condition. This program connects you with a licensed nurse who you can talk to over the

phone if you have asthma, congestive heart failure, coronary artery disease, COPD, or diabetes.

☐ **24-Hour Nurseline**. You'll be able to speak with a registered nurse anytime, day or night. That's 24 hours a day, seven days a week – and there is never any cost to you. Anything you say to the nurse is kept private and confidential.

☐ **Care Considerations**. ActiveHealth will work seamlessly with PEEHIP in reviewing your health information to see if there might be a medicine or treatment that could help you, a test you possibly should have, or some other change you and your doctor should consider. ActiveHealth will then notify you of any suggestions that could potentially improve your health.

☐ **MyActiveHealth**. At the center of your **Team Up for Health** wellness program is a powerful new health and wellness personal website. This website provides a wide variety of tools including the HQ and online Wellness Coaching, a Personal Health Record to keep track of your health information, interactive tools, videos, quizzes and much more to help you achieve your health goals. Beginning **January 1, 2015**, you can log on to **MyActiveHealth** at www.myactivehealth.com/PEEHIP.

Introductory letter from ActiveHealth will be sent in early December: Look for the PEEHIP and ActiveHealth logos
Members and spouses enrolled in PEEHIP's hospital medical group #14000 plan and are not Medicare primary will receive an introductory letter from ActiveHealth in early December.
Please pay close attention to the information provided so that you are knowledgeable of your wellness program benefits and will know how to participate in your wellness program requirements by the May 31, 2015, deadline to earn a waiver of the new wellness premium by October 1, 2015.

\$50 Wellness Premium approved effective October 1, 2015, per non-participating member and non-participating covered spouse



Members who are enrolled in PEEHIP's hospital medical group #14000 plan (excludes Medicare primary members) and do not participate or complete their annual wellness program requirements by May 31, 2015, will have a \$50 **monthly** wellness premium added to their monthly PEEHIP hospital medical premium beginning October 1, 2015. If your spouse is covered on your policy and does not participate or complete his or her wellness requirements, an additional \$50 **monthly** wellness premium will apply.

No one wants to incur the wellness premiums, so complete your required wellness activities by the specified deadline to ensure you receive the waiver of the wellness premiums. However, if you and/or your covered spouse miss the deadline, the **wellness premiums can be removed prospectively** after PEEHIP receives confirmation that your wellness requirements have been completed. No refunds will be allowed.

You'll be able to track your progress towards receiving the wellness premium waiver through your **MyActiveHealth** online account beginning January 1, 2015.

Here's what you'll need to do to earn the waiver of the wellness premium:

1. Take part in a free **Wellness Screening** between August 1, 2014, and May 31, 2015, through the Alabama Department of Public Health (ADPH), one of our *Team Up for Health* screening partners. PEEHIP members are allowed one free wellness screening each year. Visit the ADPH online calendar at www.adph.org/worksitewellness to find out when and where screenings will be offered in your area. **Bring your PEEHIP ID card as proof of eligibility for the screening.** Or if you prefer, you can obtain your screening through your personal physician using the PEEHIP Healthcare Provider Screening form downloadable from our website at www.rsa-al.gov.
2. Complete the **Health Questionnaire (HQ)** at MyActiveHealth (www.myactivehealth.com/PEEHIP) between January 1, 2015, and May 31, 2015, using a computer, tablet or smart phone, or by calling an ActiveHealth customer care associate toll free at 1-855-294-6580 if you don't have access to a computer or the Internet. The **MyActiveHealth** website and phone number will not be active until January 1, 2015.
Step number three ONLY applies if you have been identified as a candidate for an extra wellness activity.
3. Participate in **Wellness Coaching or Disease Management** between January 1, 2015, and May 31, 2015. Participation can be completed online at MyActiveHealth or through a phone call with an ActiveHealth licensed nurse or coach. Candidates who are identified for participation will be notified in writing in early January, 2015.

Create Your MyActiveHealth Account Beginning January 1, 2015

ActiveHealth will mail introductory letters to PEEHIP members and covered spouses who are eligible for the Team Up For Health Wellness Program beginning in early December. So that you will know it is from a trusted source, your letter will include the ActiveHealth logo shown below. These letters will further introduce the benefits



ActiveHealth offers to PEEHIP members and covered spouses, and will guide you to the MyActiveHealth website, which will become available starting January 1, 2015. Beginning on that date, you will be able to register your online account and access all of the new beneficial wellness tools and activities such as the

Health Questionnaire, digital coaching platform, and much more.

In Order to create your account on or after January 1, 2015, first log on to www.myactivehealth.com/PEEHIP. Then you will need to follow the instructions below:

- Click Create An Account
- Enter the information requested and click Next.
- Create your personal user name, password, and secret question. Please note that both eligible subscribers and their covered spouses will need to create separate accounts.

After registering, you'll be on your way to accessing all of the exciting new wellness benefits that ActiveHealth offers on behalf of PEEHIP.

Coverage of Certain Annual Routine Lab Screenings approved effective August 1, 2014

In order to meet the wellness screening requirements for members and covered spouses who choose to obtain their wellness screening from their healthcare provider instead of using ADPH, PEEHIP will annually cover lab fees for glucose, total cholesterol, HDL and LDL cholesterol, and triglycerides when filed as routine by a healthcare provider.

The lab fees will be covered without member

copay when in-network providers are used. These lab claims incurred on or after August 1, 2014, which were previously denied, will be reprocessed for payment by PEEHIP's claims administrator Blue Cross Blue Shield.

However, other lab tests that are not listed above may not be covered as routine under the PEEHIP benefits. If your healthcare provider orders a lab test that is not covered as a routine benefit, you will be responsible for payment of those charges.

COMING SOON!

The Board approved the PEEHIP staff to expand the wellness screenings to pharmacies credentialed to perform wellness screenings

Through the Team Up for Health Wellness Program, PEEHIP offers wellness screenings to members in a variety of ways including from Alabama Department of Public Health (ADPH) nurses through their worksite program and their county Health Department locations, or through your healthcare provider who completes the PEEHIP Healthcare Provider Screening form and faxes or mails it to the ADPH.

PEEHIP recognizes the need to provide additional wellness screening options and is working diligently with the appropriate parties to allow screenings through a network of pharmacies credentialed to perform wellness screenings. This would allow members and spouses added convenience in meeting the wellness program screening requirements. Wellness screenings through credentialed pharmacies are not available at this time but should be available in the near future.



Erectile dysfunction drug Viagra linked to increased risk of melanoma

A recent study published in JAMA Internal Medicine has found that men who use – or have used – Viagra have a significantly greater risk of developing melanoma compared to men who have never used the drug. Since Viagra hit the market 16 years ago, followed by similar erectile dysfunction (ED) drugs Cialis and Levitra, the ED drug market has soared into the billions of dollars. The years have not only taken the sting out of the stigma, they now offer more insight into the risks associated with the drugs.

Viagra, which contains the active ingredient sildenafil, affects the same genetic pathway that allows skin cancer to become more invasive, which led scientists to explore whether men who use the drug were at greater risk for developing skin cancer. Their research involved nearly 32,000 men, about 1,600 of whom reported using Viagra.

Researchers found that men who used Viagra were at an 84 percent greater risk of developing melanoma –

the deadliest form of skin cancer – compared to men who never used the drug. Researchers also found that if men had ever used Viagra, they still had twice the risk of developing the disease even after discontinuing use.

Scientists say more research is needed to draw a stronger link between Viagra use and skin cancer, but in the interim it is strongly advised that men – especially older men – protect themselves from getting too much sun and have regular checks by a doctor to look for skin cancer.

Melanoma can be curable if caught early, but if undetected it can rapidly spread throughout the body, making it more difficult to treat. More than 8,000 die from melanoma each year.

Medications used to treat erectile dysfunction are excluded from coverage under the PEEHIP benefits.

Sources: NPR, Righting Injustice, *Beasley Allen Report*

CORRECTION to the June 2014 PEEHIP Advisor article “Annual Out-of-Pocket Maximums”: The annual major medical deductions and out-of-pocket major medical maximums will continue to be applied on a **calendar** year basis and not a **fiscal** year basis. Any major medical claims that may have been applied on a fiscal year basis beginning October 1, 2014, will be reprocessed by BlueCross BlueShield on a calendar year basis.