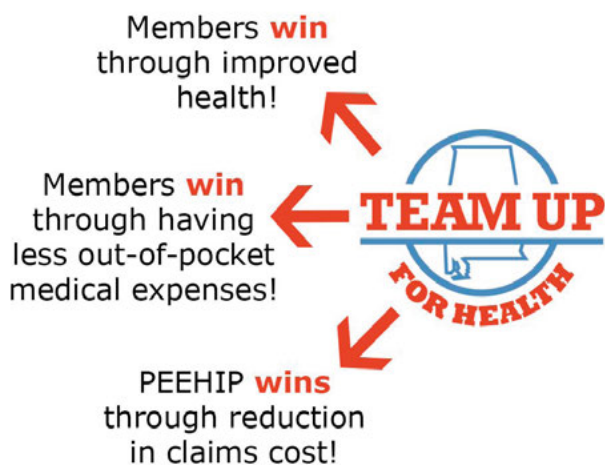




## PEEHIP's *Team Up for Health* - It's a Win, Win, Win Wellness Program!



Are you ready to start improving your health and feeling better? With PEEHIP's Team Up for Health wellness program, you can! The better your health, the lower your health care costs are likely to be.

By maintaining and improving your health, you can live a longer, healthier life and help lower health care costs for you, your family and all insurance plan members.

These savings mean PEEHIP can offer you the most comprehensive plan at the lowest cost. With Team Up for Health, it's a win, win, win for everyone!

The Alabama Department of Public Health (ADPH) and ActiveHealth are two of our wellness partners we have teamed up with to provide free wellness benefits for our members.

### 2015 Monthly Wellness Premium Waiver

**By completing the activities listed below, you can earn a waiver of the upcoming \$50 monthly wellness premium.** If you choose not to participate, you will begin paying the premium in October 2015. The new premium applies to both eligible members and covered spouses, resulting in a combined \$100 premium if the activities below are not completed.

To receive the waiver:

- **Get a Wellness Screening** between August 1, 2014 and May 31, 2015
  - **Complete the Health Questionnaire (HQ)** at [www.MyActiveHealth.com/PEEHIP](http://www.MyActiveHealth.com/PEEHIP) between January 1, 2015 and May 31, 2015
  - **Enroll in Wellness Coaching or Disease Management** if you get an invitation letter in January 2015. By May 31, 2015, you must complete at least 1 of these activities:
    - 1 phone call with a coach or nurse (ActiveHealth will begin contacting candidates for coaching in January 2015. At that time you will also have the option to initiate coaching calls by dialing 1-855-294-6580)
- OR**
- "100 heartbeat units" of Online Health Coaching at [www.MyActiveHealth.com/PEEHIP](http://www.MyActiveHealth.com/PEEHIP) completed over 4 weeks

You'll be able to track your progress towards receiving the waiver online at [www.MyActiveHealth.com/PEEHIP](http://www.MyActiveHealth.com/PEEHIP) starting on January 1, 2015.



## Wellness Program - continued from page 1

Visit the ADPH online calendar at [www.adph.org/worksitewellness](http://www.adph.org/worksitewellness) to find out when and where screenings will be offered in your area. All PEEHIP members are allowed one free annual screening provided by the ADPH nurses. **Bring your PEEHIP ID card as proof of eligibility for the free annual screening.** Or if you prefer, you can obtain your screening through your annual preventive office visit with your personal physician using the PEEHIP Healthcare Provider Screening form downloadable from the PEEHIP wellness webpage at [www.rsa-al.gov](http://www.rsa-al.gov). Over 30% of

required participants have already completed their screening! Other screening options are coming soon.

Visit [www.MyActiveHealth.com/PEEHIP](http://www.MyActiveHealth.com/PEEHIP) to take the Health Questionnaire (HQ) and participate in online coaching for wellness or disease management. If you don't have access to a computer, tablet or smart phone, call ActiveHealth toll free at 855.294.6580 to complete the HQ and coaching over the phone. Wellness coaches help members reduce health risks and build a plan for achieving a healthier lifestyle, and disease management helps those with asthma, congestive heart

failure, coronary artery disease, COPD and diabetes better manage their health condition. Other free services include ActiveHealth's Tobacco Cessation Program and 24/7 Nurse Line at 855.294.6580.

Members & spouses are required to participate in Team Up for Health and complete the requirements if enrolled in PEEHIP's hospital medical group #14000 plan. **NOT** required to participate: Medicare eligible retirees & Medicare eligible spouses covered on retiree contracts, children, and members who are **only** enrolled in VIVA, Optionals, Supplemental coverage. ●

## Reminder -- Scale Back Alabama School Program Kicks Off January 6, 2015

Scale Back Alabama 2015 is a statewide contest held in January each year to encourage Alabamians to lose weight, exercise, and have fun while doing it. The 2015 contest begins January 6! We encourage you and your school to participate. There is no cost to take part in Scale Back Alabama. The contest is for adults age 18 and older. Read the November 2014 PEEHIP Advisor for more details or visit [www.scalebackalabama.com](http://www.scalebackalabama.com).

## Tips for Avoiding the Flu

[www.cdc.gov/flu/protect/habits.htm](http://www.cdc.gov/flu/protect/habits.htm)

**Get a flu shot:** The flu vaccine does not guarantee that you will not get the flu, but it is the single best way to help prevent the flu.

**Wash your hands:** Washing hands often with soap and warm water for about 20 seconds will help protect you from germs. Alcohol-based hand sanitizers can be used when soap and water are not available.

**Avoid close contact:** Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

**Cover your mouth and nose:** Flu can be spread by coughing or sneezing. Cover your mouth and nose with a tissue when coughing or sneezing. It may help those around you from getting sick.

**Avoid touching your eyes, nose or mouth:** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.

**Practice other good health habits:** Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is sick. The risks of flu can also be reduced by getting plenty of sleep, being physically active, managing your stress, drinking plenty of fluids, and eating balanced, nutritious meals. ●

# Medicare GenerationRx Update

Medicare retirees and covered spouses received their 2015 Annual Notice of Change (ANOC) materials from Medicare GenerationRx in November 2014, which gives a summary of the changes to the drug benefits and costs for 2015.

The ANOC document provides information about the new prior authorization requirement for high risk medications. The American Geriatrics Society recommends that older people be careful about using certain drugs. These high risk drugs are thought to do more harm than good. As we get older, we become more sensitive to the side effects of medication. As the number of medications we take increases, so do the chances of side effects. For this reason,

Medicare GenerationRx will require a prior authorization (PA) beginning January 1, 2015, on high risk drugs that are considered unsafe in adults aged 65 and older.

The list of high-risk drugs requiring prior authorization in 2015 can be found on pages 9 - 12 of the ANOC. This will give our members enrolled in PEEHIP's Medicare GenerationRx prescription drug program the chance to work with their doctor to determine if there are safer alternatives. Only one transition fill of the high risk medication will be allowed after January 1, 2015. You must have your doctor submit a prior authorization if he or she feels it is safe for you to continue the high risk medication, or prescribe a safer alternative medication. ●

## Prescription Drug Program

*(Changes do not apply to PEEHIP's Medicare GenerationRx drug program or the VIVA Health Plan)*

The PEEHIP Board approved changes in the Prescription Drug Program for an April 1, 2015 effective date. **All members affected by the formulary deletion, prior authorization and quantity limit changes will be mailed a letter prior to April 1, 2015. Prescribing physicians will be mailed a letter regarding the prior authorization changes.**

### Drug Formulary Changes

These changes will result in either an increase or decrease in the amount you pay for these prescription drugs. PEEHIP's Formulary is a drug list that helps determine your copayment for each prescription. You will pay a copayment of \$6 for the generic drugs and \$40 for Tier 2 preferred brand drugs on the PEEHIP Formulary List for a 30 day supply. Tier 3 non-formulary brand drugs have the highest copayment of \$60 for a 30 day supply. The PEEHIP Formulary Drug List is available on the PEEHIP Pharmacy Benefits web page at [www.rsa-al.gov/index.php/members/peehip/pharmacy/](http://www.rsa-al.gov/index.php/members/peehip/pharmacy/).

**The following drugs have been moved from Tier 3 to Tier 2 and will have a lower copay of \$40:** Anoro Ellipta, Breo Ellipta, Imbruvica, Nuvigil, Suboxone, Tudorza, and Victoza.

**The following drugs have been moved from Tier 2 to Tier 3 and will have a copay of \$60:**

Drug Name	Indication	Alternative Drugs (Tier 2 brand or generic)
Desvenlafaxine ER (Single Source Brand)	Major Depressive Disorder	paroxetine, fluoxetine, citalopram, sertraline, escitalopram, venlafaxine IR, venlafaxine ER, mirtazapine, bupropion
Dexilant	GERD, Erosive Esophagitis	lansoprazole, omeprazole, pantoprazole
Inderal XL and Innopran XL	Hypertension, Atrial Fibrillation	Long acting propranolol
Kalbitor	Hereditary Angioedema	Firazyr
Nicotrol	Smoking Cessation	bupropion
Opana ER	Chronic Pain	oxymorphone
Saizen	Growth failure	Omnitrope
Serostim	Wasting or cachexia associated with HIV	
Zorbtive	Short Bowel Syndrome	
Zubsolv	Opioid Dependence	Suboxone

### Prior Authorization Program Changes:

**Drugs to be added to the Prior Authorization (PA) List:** Duragesic, Exalgo, Makena, Vimizim.

**Drugs to be deleted from the PA List:** Androgel, Axiron, Fortesta, Testim, Vogelxo.

The prior authorization requires an FDA approved indication for coverage to prevent unapproved off label use of these medications. Your doctor's office may call the Prior Authorization toll-free phone and fax numbers 800.347.5841 and 877.606.0728, respectively, to request a Prior Authorization review.

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**Quantity Level Limit (QLL) Program:**

A quantity limit will be placed on the medications shown in the chart below. PEEHIP will cover the quantity of each of these medications without the need for a Prior Authorization (PA). If your prescription calls for more than the limit specified below, a PA is required. If the PA is not approved, a member may purchase the additional quantity at their own expense. The limits are recommended by the U.S. Food & Drug Administration (FDA) and medical studies based on manufacturers' guidelines. The purpose of the PA is to prevent stockpiling or misuse and also helps PEEHIP control the cost by limiting the "extra" supply of these medications.

Aptiom 200, 400, 800mg = 30 tabs; 600mg=60tabs	Luzu 1 tube (60g) per 28 days
Breo Ellipta 60 units (1 canister)	Nesima 30 tabs
Desvenlafaxine ER 30 tabs	Oseni 30 tabs
Evzio .8ml (2 injections) per 365 days	Plavix 300mg 4 tabs
Hemangeol 360ml	Sitavig 4 tabs per year
Janumet XR 100-1000mg=30 tabs; 50-1000mg=60tabs; 50-500mg=60tabs	Tradjenta 30 tabs
Jentadueto 60 tabs	Xartemis XR 360 tabs
Karbinal ER 960ml	Xerese 10g per year
Kazano 60 tabs	Zipsor 120 capsules
Kombiglyze 2.5-100mg=60tabs; 5-500mg=30tabs; 5-1000mg=30tabs	Zohydro ER 60 capsules

**Additionally, the existing limits on the following drugs will have a revised QLL:** Advair, Anoro, Avinza, Dexilant, Kadian, MS Contin, Nicotrol, Nicotrol NS, Opana ER, Oxycotin, Symbicort

**Step Therapy Program Changes**

The PEEHIP Step Therapy Program will have seven new programs added, a revision of two existing programs, and one deleted program as shown in the chart below. **Current members utilizing these drugs will be grandfathered from these step therapy requirements.**

Program Name	Indication	Drug Name	Changes & Coverage Criteria (Effective 10-1-2012)
Anticonvulsants	Partial Onset Seizures	Aptiom	Requires prior use of two 1st step drugs within the past 365 days: carbamazepine, gabapentin, lamotrigine, levetiracetam IR or ER, oxcarbazepine, valproic acid, divalproex, topiramate, zonisamide
Antidepressants	Major Depressive Disorder	Desvenlafaxine ER	Requires prior use of two 1st step drugs within the past 365 days: paroxetine, fluoxetine, citalopram, sertraline, escitalopram, venlafaxine IR, venlafaxine ER, mirtazapine, bupropion
Antihistamines (NEW)	Allergies	Karbinal ER	Prior use of a 1st step drug within the past 130 days: immediate release carbinoxamine maleate
Anti-Infectives (NEW)	Fungal Infections	Luzu	Prior use of both 1st step drugs within the past 365 days: ketoconazole and clotrimazole
Topical Anti-Infectives (NEW)	Bacterial Infection, Dermatoses	Ovace Plus	Requires prior use of a 1st step drug within the past 130 days: ketoconazole shampoo/cream, ciclopirox shampoo/gel
Antiviral (NEW)	Cold Sores	Sitavig, Xerese	Requires prior use of a 1st step drug within the past 130 days: acyclovir, valacyclovir, famciclovir
Beta-Blockers (NEW)	Hypertension Atrial Fibrillation	Hemangeol	Requires prior use of 1st step drug within the past 130 days: propranolol oral solution
Testosterone (NEW) Effective 1-1-2015	Testosterone replacement, Hypogonadism	Fortesta, Testim, Vogelxo, Testosterone 1% gel	Requires prior use of a 1st step drug within the past 130 days: Axiron, AndroGel
Anticholinergics (DELETE STEP)	COPD	Tudorza	Requires prior use of 1st step drug within the past 130 days: Spiriva

Additionally, the following existing Step Therapy programs are being amended/modified: Ace Inhibitors (Epaned), Beta-Blockers (Inderal XL, Innopran XL), GLP1 Agonists (Byetta, Victoza), High Cholesterol Lowering (Crestor 5mg, 10mg, 20mg, 40mg), NSAID (Zipsor), Respiratory Inhalents (Symbicort) ●