



## 2016 Scale Back Alabama Schools



It is time again to start gearing up for the Scale Back Alabama program. PEEHIP hopes you will join in when the program kicks off on January 8, 2016. It will be an exciting year because of your participation and continued support!

### New This Year

- **FREE** Scale Back Alabama phone app

### Registration and More

- Register at [www.scalebackalabama.com](http://www.scalebackalabama.com) or in person at a weigh-in site for teams of two.
- Schools that decide to be a weigh-in site (public or private) must register at least 3 teams of 2 people each.
- Receive health tips and family centered information for healthier lives.

### Attention Schools!

The Scale Back Alabama School program is an additional component of Scale Back Alabama, providing school personnel the opportunity to be examples of healthy role models for their students. Also, as a result of personnel participation each school will be entered into a drawing to win nutrition and physical activity oriented prizes.

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## PEEHIP Wellness Program Policy for New Members

The PEEHIP *Team Up for Health* Wellness Program has evolved and improved since its inception thanks in large part to the feedback and suggestions generated by the PEEHIP membership. The main goal of the Wellness Program is to work together with PEEHIP members to achieve a healthier membership and thereby significantly reduce healthcare costs to the PEEHIP plan and to our members.

Lower costs will also help members to continue to have a viable healthcare benefit at a reasonable cost. To meet this goal, the Wellness Program must continue to adapt to meet the needs of PEEHIP members. After listening to member feedback, PEEHIP has revised the policy regarding the Wellness Program deadlines for new PEEHIP members (i.e. employees and covered spouses).

The revised policy regarding the deadlines for required activities for newly enrolled PEEHIP members (in group #14000 coverage) is as follows:

- All new PEEHIP members now have an extended deadline of August 31, 2016. **This means all members currently have the same deadline.** New members will not be charged the wellness premium as long as they complete their requirements by August 31, 2016.
- Just like all other existing members, health coaching may be required for new members because they have the same deadline as all other members. If a new member received a health coaching invitation letter from ActiveHealth in October 2015, then that health coaching must be completed by August 31, 2016, in order

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Becoming a Scale Back Alabama School is easy:

- Go to [www.scalebackalabama.com](http://www.scalebackalabama.com) for instructions on signing up for Scale Back Alabama. Your school will need a coordinator to get started. On the website, you will find training for coordinators that is available on demand in the Coordinators section.
- All schools (K-12) that sign up as a weigh-in site for Scale Back Alabama will **automatically** be enrolled in the Scale Back Alabama School program. Students are not allowed to participate and weight loss for students is not being encouraged.
- Scale Back Alabama Schools receive special recognition and are entered into a school drawing for prizes that promote good nutrition and physical activity habits for the students. These prizes are in addition to the team and individual drawings for cash prizes.
- If your school does not have a coordinator or does not wish to be a weigh-in site, check the Scale Back Alabama website for a public site in your area so you do not miss out on the fun! Be sure to let us know your school teams are using a public site so it is still eligible for prizes.

It is a win-win for schools. School personnel work to achieve a healthier lifestyle while their students cheer them on and learn the importance of healthy habits.

For more information about Scale Back Alabama Schools, please contact Molly Killman at 334.206.5646 or [molly.killman@adph.state.al.us](mailto:molly.killman@adph.state.al.us) or Geraldine Harrison-Foote at 334.206.5659 or [geraldine.harrison-foote@adph.state.al.us](mailto:geraldine.harrison-foote@adph.state.al.us).

### Important Program Dates

- Statewide program kickoff: January 8, 2016
- Initial weigh-in and registrations week: January 25, 2016 – January 31, 2016
- Final weigh-in week: April 11, 2016 – April 17, 2016
- Final event and announcement of winners: April 29, 2016

Scale Back Alabama is sponsored by the Alabama Hospital Association and the Alabama Department of Public Health (ADPH) in partnership with Blue Cross Blue Shield of Alabama and is not part of the PEEHIP

*Team Up for Health* Wellness Program. ●

## Wellness Program Policy continued from page 1

for them to earn the wellness premium waiver. Health coaching requirements can be verified by visiting the “My Required Activities” page at [www.MyActiveHealth.com/PEEHIP](http://www.MyActiveHealth.com/PEEHIP).

- The only time a new PEEHIP member will have a different deadline from the rest of the membership is if they have an effective date of coverage between June 2 and September 30 of any given year. These members will have a deadline of August 31 of the following year rather than the current year in which they enroll. This is because enrolling in this time period gives the member less than 3 months to complete, so they will receive an additional year to do so. For example:
  - ◇ If a member enrolls in coverage effective **June 1, 2016**, or before within the plan year, their deadline is **August 31, 2016**.
  - ◇ If a member enrolls in coverage effective **June 2, 2016**, or after within the plan year, their deadline is **August 31, 2017**.

This new policy is on our website at [www.rsa-al.gov/index.php/members/peehip/health-wellness/](http://www.rsa-al.gov/index.php/members/peehip/health-wellness/) under the “Earn the Wellness Premium Waiver” link. ●

## Newborns’ and Mothers’ Health Protection Act

Under the provisions of The Women’s and Newborns’ Act, group health plans and health insurance issuers generally may not, under federal law, restrict benefits for any hospital length of stay in connection with childbirth for the mother or newborn child to less than 48 hours following a vaginal delivery, or less than 96 hours following a Caesarean section.

Federal law generally does not prohibit the mother’s or newborn’s attending provider, after consulting with the mother, from discharging the mother or her newborn earlier than 48 hours (or 96 hours as applicable). In any case, plans and issuers may not, under federal law, require that a provider obtain authorization from the plan or the issuer for prescribing a length of stay not in excess of 48 hours (or 96 hours). ●

# It's Flu Season Time to Protect Yourself with a Flu Shot



**E**ach year around 226,000 people are hospitalized and around 36,000 die because of the flu. Adults infected with the flu can begin to infect others as early as one day before their symptoms even develop and as long as five days after becoming sick. That means each person infected with the flu has a long time period in which they can infect others with this illness. Common signs indicating you may be infected with the flu include high fever, headache, extreme fatigue, cough, sore throat, runny nose, aches, and upset stomach.

PEEHIP works to fight the flu virus by offering a variety of options for flu vaccines for PEEHIP members. Please see below for the available options for PEEHIP members and dependents to receive a flu vaccine and take action this flu season to protect yourself and your loved ones from this dangerous illness.

- Flu vaccines are offered through the Alabama Department of Public Health (ADPH) for members, retirees, and dependents age 18 or older who are enrolled in any of the coverages offered by PEEHIP. In addition, these members' school-aged children at least four years of age or older can also receive a flu vaccine from the ADPH. ADPH nurses will visit PEEHIP participating schools and workplaces this flu season to administer flu shots at no cost. To receive a free flu shot

from an ADPH nurse, bring your PEEHIP insurance card to the location where the shots are being offered. If you would like to see the current schedule of upcoming flu shot clinics in your area, please visit <https://dph1.adph.state.al.us/PublicCal/>.

- Flu shots are also covered by PEEHIP when given at a doctor's office with or without an actual doctor's visit. For retirees who are Medicare-eligible, flu shots must be filed under Medicare Part B, so please bring your Medicare card. Medicare Part B will cover 100% of the flu shot once every flu season with no Part B deductible or copayment needed no matter which healthcare provider is used.
- Effective August 1, 2015, flu shots obtained at participating retail pharmacies began being covered for PEEHIP eligible members and dependents enrolled in a PEEHIP healthcare benefit. Although participating pharmacies are now allowed to administer flu vaccines to PEEHIP members at the pharmacy location, PEEHIP does not allow pharmacies or any other vendor besides the ADPH to administer flu shots or any other health-care benefit for PEEHIP members at PEEHIP participating workplaces. Please see the September 2015 PEEHIP Advisor for more information. ●

# Drug Formulary Changes

## PEEHIP Commercial Drug Plan only

Dexilant, Restasis and the migraine class of brand drugs (Alsuma, Amerge, Axert, Frova, Imitrex, Maxalt, Maxalt MLT, Relpax, Sumavel, Dosepro, Treximet, Zomig, Zomig ZMT) were added back to the PEEHIP Formulary as covered medications effective October 1, 2015. Dexilant and Restasis were also added to the Prior Authorization Program. The migraine drugs shown in the table below were also added back to the Step Therapy Program as second step drugs. 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 MedImpact Prior Authorization toll-free phone and fax numbers 800.347.5841 and 877.606.0728, respectively, to request a Prior Authorization review.

Members utilizing the migraine drugs within the past 180 days from the refill request date will be grandfathered from the step therapy requirements. New utilizers and utilizers with a claim older than 180 days from the refill date will be subject to the step requirements. Notification letters were mailed to all members utilizing Dexilant, Restasis and the migraine drugs, and letters were also mailed to the members' prescribing physicians notifying them of these changes.

Step Therapy Condition	First Step Drugs (generic copay \$6 for a 30 day supply)	Second Step Drugs (brand copays of \$40 or \$60 for a 30 day supply)
Migraine	naratriptan; sumatriptan; rizatriptan; zolmitriptan	Axert; Frova; Relpax; Sumavel Dosepro; Zomig; Zomig ZMT

Effective January 1, 2016, the high cost drug Glumetza will be excluded from coverage under the PEEHIP Commercial Drug Plan to drive utilization to the lower cost generic metformin therapeutic drug alternatives. Glumetza, only available as a brand, underwent dramatic price increases (over 500%) beginning late June 2015 and again at the end of July 2015. At current pricing, Glumetza has increased in price over 900%.

Manufacturers have developed extended release formulations of metformin to deliver more steady release throughout the day. There are two other extended release formulations of metformin available, both of which have generics available: Glucophage XR – generic metformin ER available; Fortamet – generic metformin ER available. Utilization of the generic drugs results in cost savings to the plan and to members by lowering their copay to the low generic copay of \$6. Notification letters have been sent to both the members and their prescribing physicians making them aware of these changes and allowing time to switch to a lower cost alternative drug in the class. ●

## Medicare GenerationRx Drug Plan only

Effective January 1, 2016, PEEHIP will switch to a EGWP Closed Formulary for the Medicare GenerationRx prescription drug plan. This means covered drugs are strictly limited to Formulary drugs (i.e. drugs listed in the formulary) and Non-Formulary drugs will reject at the point of sale. There are generally several drugs in a therapeutic class that all treat the same condition, though some have a higher cost to the plan and higher copays for members. A closed formulary limits the number of drugs in a therapeutic class to prefer the lower cost drugs, saving money for the plan and for our members.

Members, physicians, and pharmacies will be notified through a variety of media that the formulary is changing.

- **POS Messages** – Beginning early November, MedImpact implemented messaging for the non-formulary drugs with the highest utilization that will display to the pharmacies at the point-of-sale (POS).
- **Impacted Member & Physician Letters** – Notification letters were mailed in early November to impacted members (those who filled a drug within the last 120 days that will no longer be covered) and the physicians that wrote their prescriptions.

- **2016 Annual Notice of Change** – All members enrolled in PEEHIP's Medicare GenerationRx Part D Prescription Plan (EGWP) received a packet of information known as the Annual Notice of Change (ANOC). The documents in this packet provide a detailed and summarized description of the prescription drug benefit and outline any changes being made in 2016, including the closed formulary. The ANOC also includes an Abridged (abbreviated) Formulary. If you would like a copy of the Comprehensive Formulary document, please contact Medicare GenerationRx at 877.633.7943 or visit [www.MedicareGenerationRx.com/PEEHIP](http://www.MedicareGenerationRx.com/PEEHIP).
- **PEEHIP Advisor** - An article was published in the July PEEHIP Advisor notifying members of the change to the EGWP Closed Formulary.

Members taking non-formulary drugs are strongly encouraged to discuss the preferred, formulary alternatives with their physician to determine the best option for them. By switching to a formulary alternative, members not only play a huge role in helping PEEHIP save money and sustain the plan for all members, but they could also see a reduction in their out-of-pocket costs, especially when a generic drug is chosen. ●