



Serving Employees and Retirees of School Districts in Smithtown, South Country, Three Village

Spring Bulletin April 2016

Virtual Visits now available...

As announced in the Winter bulletin you now have access to Virtual Visits through the SSEHP medical plan. Available as of April 1st, virtual visit lets you see and talk to a doctor from your mobile device or computer without an appointment. Most visits take about 10-15 minutes and doctors can write a prescription*, if needed, that you can pick up at your local pharmacy. In addition, you pay only \$15 for a virtual visit.

Doctors can diagnose and treat a wide range of non-emergency medical conditions, including:

- Bladder infection/Urinary tract infection
- Bronchitis
- Cold/flu
- Diarrhea
- Fever
- Migraine/headaches
- Pink eye
- Rash
- Sinus problems
- Sore throat
- Stomach ache

You have access to a network of virtual visit provider groups. To learn more about virtual visits and our network please log into myuhc.com® or the UnitedHealthcare Health4Me® app. Once you choose a virtual visit provider group you will be directed to their website from myuhc.com or their app from Health4Me. You also have the option of going directly to their website or app to access care. You can

download their app directly from Google Play™ or the Apple® App Store®.

Prescription Drug Prior Authorization

If you are a member actively at work and your doctor prescribes a medication that requires prior authorization, your pharmacist or mail order will contact your doctor to start the Prior Authorization process and you will be notified of the delay. Your doctor will then have to contact the PA department at Optum Rx (Catamaran Rx) for the forms. Once the forms are completed by your doctor and sent back, they will be reviewed based on the information provided by your doctor and a determination will be made.

All PA requests have a 3 business day turnaround time to receive information from the Physician. The doctor may call 800-626-0072 to start the PA process as well or to have the fax form sent to them.

For Medicare Part D members, either you or your doctor can initiate a coverage determination. Pharmacies do not do this for EGWP members. Simply contact Member Services to begin the process or have your doctor contact the PA Department at 800-626-0072. The turn-around times are usually 24 hours for urgent and 72 hours for standard requests.

Law change involving New York State Electronic Prescribing:

E-prescribing will be required for all New York State prescriptions effective March 27, 2015, pursuant to regulations adopted by New York State. This requirement is specific to prescriptions written by providers in New York State, and to be filled by pharmacies in New York State. This New York legislation does not include pharmacies that fill prescriptions outside of New York State such as Mail Service pharmacies managed by OptumRx and CanaRx.

If you wish to fill your prescription with a pharmacy outside of New York State, notify your physician that you will be filling your prescription outside of New York State, and request a paper prescription

Effective, July 1, 2016

New to market drugs will be subject to the PA process if a new medication is required to have a Prior Authorization (PA).

Prior authorization. The drug Jublia will be subject

April is Autism Awareness month

Parents often know in their guts that something's not right. But they may not be able to express their concerns. And it can take months or years for doctors to make a definite diagnosis of an autism spectrum disorder (ASD), such as autistic disorder or Asperger syndrome.

To help identify at-risk children, all toddlers should now be screened for ASD under guidelines set by the American Academy of Pediatrics (AAP). These developmental screenings can help parents and doctors pinpoint early warning signs of autism so that treatment can start sooner.

Although there's no cure for autism, early intervention can help a child reach his or her full potential.

Earlier screenings for autism

The AAP guidelines call for screening much earlier than before. They now suggest screening all children for signs of autism at 18 and 24 months of age, whether or not a parent has any concerns. Doctors can use autism screening tools that assess language, social interaction and other aspects of development at well-child visits.

What is high blood pressure and why is it dangerous?

Blood pressure measures the force of blood that travels through your arteries. If it's too high, it's a risk factor for heart disease, stroke and other complications. High blood pressure is often referred to as the "silent killer" because, most of the time, it has no symptoms.

Blood pressure is measured in millimeters of mercury (mm Hg). Readings are recorded as a fraction, with systolic pressure over diastolic pressure. For example: 120/80 mm Hg or "120 over 80."

- Systolic pressure is the first or top number -- 120 in the example above. This is the pressure in your arteries when your heart beats.
- Diastolic pressure is the bottom number -- 80 in the example. This is the pressure between heartbeats. Blood pressure readings vary during the day, depending on your activity level. Blood pressure is often lower when you sleep and rises when you exercise.

What is "high?"

Hypertension (high blood pressure) has no symptoms, so your nurse or doctor will measure your blood pressure regularly during checkups. Your doctor will let you know how often you need it checked. High blood pressure is usually diagnosed after two or more high readings are recorded.

High blood pressure is classified as follows: Only one number -- systolic or diastolic -- has to be high to be diagnosed with high blood pressure.

The higher your blood pressure, the greater your chance for complications, such as heart attack, heart failure, stroke and kidney disease.

How is it treated?

High blood pressure is treated through lifestyle modifications and possibly medication.

Lifestyle changes include:

- Reach or maintain a healthy weight. If you are overweight, lose weight. A weight loss of 10 pounds can often help lower blood pressure.
- Follow the Dietary Approaches to Stop Hypertension (DASH) diet. Studies show that the DASH diet helps control high blood pressure. The diet is rich in vegetables, fruit and low-fat dairy. Foods high in saturated and total fat and cholesterol are limited. The DASH diet is also high in potassium. Adding more potassium-rich foods to your diet can help reduce blood pressure. Potassium can be found in many fruits and vegetables, beans/legumes, nuts and dairy products.
- Limit sodium (salt) intake. Eating a diet high in sodium may raise your blood pressure and lead to heart disease and stroke. Experts now recommend limiting sodium intake to 1,500 mg (two thirds of a teaspoon) per day.
- Get active with your doctor's approval. Work up to 30 minutes of exercise most days of the week.
- Limit alcohol. If you choose to drink, limit yourself to two drinks a day for a man or one drink a day for a woman.
- Quit smoking. Smoking raises your risk for heart disease and other serious medical problems.

Changes to your lifestyle may not be enough to control your high blood pressure. Often, people need one medicine or more to control high blood pressure. Take your medication as your doctor prescribes.

What causes high blood pressure?

In 90 to 95 percent of the cases, the cause of high blood pressure is unknown. This type of high blood pressure is known as "essential hypertension."

Sometimes the cause of high blood pressure is known:

- Secondary hypertension is high blood pressure that is caused by illness, such as kidney or adrenal gland problems.
- Pregnancy-related hypertension is high blood pressure that develops during pregnancy.

How can I prevent it?

Follow these tips to help reduce your risk of high blood pressure:

- *Exercise regularly.* Check with your doctor before you start an exercise program.
- *Lose weight* if you are overweight.
- *Limit your salt intake.* The recommendation for daily intake of sodium is less than 2,300 milligrams (mg). If you are over 50, African American or have high blood pressure, diabetes or chronic kidney disease, that number drops to 1,500 mg per day. Consuming less salt can help reduce blood pressure.
- *Limit alcohol.*
- *Manage your stress.* Stress can raise your blood pressure.
- *Don't smoke.* If you do, quit.

Some risk factors for high blood pressure are out of your control, though:

- *Heredity.* Like many diseases, high blood pressure tends to run in families.
- *Age.* Your risk of developing high blood pressure increases as you age.
- *Race.* African Americans get high blood pressure more often than Caucasians. High blood pressure usually starts at a younger age and it is often more severe.

Introducing Real Appeal available as of July 1, 2016

Real Appeal is a brand new weight loss and healthy lifestyle program available at absolutely No COST TO YOU!

Whether you want to drop five pounds, shed serious weight and inches, or improve your health, Real Appeal is for you!

The Real Appeal online experience helps you stay accountable to your goals by giving you access to 24/7 support and tracking tools. Plus you'll be able to join an online Success Group with others just like you on the road to reap the rewards of Real Appeal! All on your smart phone, computer, or tablet.

Real Appeal helps you make small changes—changes you can easily live with—for lasting weight loss. We'll help you get on—and stay on—the road to results!

When you sign up, you'll get the Real Appeal success kit delivered right to your door. Look for more information about Real Appeal in the next bulletin including instructions on how to sign up!