



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

Summer Bulletin July 2016

- Doctor e-scribe to: OptumRx

Modifications to SSEHP:

The introduction of the Real Appeal adult weight loss program for covered adults enrolled in the SSEHP medical plan was announced in the last quarter bulletin. Real Appeal will be available as of September 1, 2016 (rather than July 1 as originally announced). You can expect to receive further information on this program later this Summer.

Effective October 1, 2016, services for the treatment of gender dysphoria will be covered according to the guidelines stated in the UHC's gender dysphoria medical policy.

Important Notice Mail Order Prescriptions

As you are aware, Catamaran is now Optum Rx. Effective immediately, Optum Rx will be your new home delivery pharmacy service. In order to have your script sent to Optum Rx mail order, please note the new information for submitting your scripts for home delivery below:

- Mail in your prescription to:

OptumRx Home Delivery
PO Box 2975
Shawnee Mission, KS 66201-1375

- Doctor Phone in: 800-791-7658
- Doctor Fax in: 800-491-7997

- Home Delivery info if needed for prescriber:
 - DEA – BP9587847
 - NABP – 1718634
 - NPI (Home Delivery) – 1669498515
- For Controlled Substances (CS) – prescribers cannot phone/fax in CS Rx's but they can e-prescribe, or mail in a hard copy
- Members should receive new prescriptions 10-14 days after they are received by OptumRx

Your prescriptions for specialty medications will continue to be filled through BriovaRx. They can be reached at 1-855-427-4682 (1-855-BRIOVA).

If you have any questions, please call the member service phone number at 877-633-4461. Medicare members should call 855-253-3270.

Mail Order FAQ:

HOW DO I ORDER NEW PRESCRIPTIONS?

Mail order pharmacy service works best with longer-term maintenance medications. For short-term medications, we suggest you fill your prescription at a local retail pharmacy.

Here is the simple, two (2) step ordering process:

1. When starting a new maintenance medication, ask for two prescriptions. Have one filled right away at a retail pharmacy.
2. Then, when you are sure you will continue taking the new medication, mail the second prescription to OptumRx, along with your copayment and order form.

Always ask your doctor to prescribe the maximum

number of days' supply your health plan allows, plus refills. Usually, this is a 90-day supply with three refills. Prescriptions for controlled substances have different rules. Ask your doctor for details.

HOW LONG DOES IT TAKE TO GET MY MEDICATION?

Once OptumRx receives your complete order for a new prescription, your medications should arrive within 10-14 business days. This will be the same for refills. If we need to contact you or your doctor to get more information, it may take longer. First time fills of new or transferred prescriptions should arrive within 10-14 business days. It may take up to 72 hours for your order to display online.

WHEN CAN I REFILL MY MEDICATION?

You can easily refill your OptumRx prescription on the website www.mycatamaranrx.com and viewing your refill information.

HOW DO I REFILL MY MEDICATION?

There are several easy ways to order prescription refills. Please order at least 21 days before you need your medicine

- Online – Go to www.mycatamaranrx.com and have copayments charged to a credit card.
- By Mail – All orders are mailed with a reorder form. Just check the medications you want to refill and mail the form back to our mail order pharmacy, along with a check or your credit card information. Do not send cash by the mail
- By Phone – OptumRx friendly Customer Service Advocates are available by phone, 24 hours a day, 7 days a week at 1-877-633-4461.

Making Sense of Sunscreen

Learn more about UV rays and how to choose a good sunscreen and use it properly. Sunscreens promise protection from the sun's ultraviolet (UV) rays, which can cause sunburn and skin cancer. But how effective are they? Studies have proven that sunscreen lowers the incidence of skin cancer. But sunscreen doesn't give

complete protection, and using it doesn't mean you can sit in the sun for long periods without damage. To protect yourself, it helps to know more about UV rays and sunscreens.

Sun facts

Sunlight contains two types of ultraviolet rays that can reach the earth and cause skin damage: ultraviolet A (UVA) and ultraviolet B (UVB).

- UVA rays account for the bulk of our sun exposure, and cause most aging of the skin. They are also linked to some skin cancers.
- UVB rays directly damage the DNA of the skin cells. They cause most sunburns and are thought to cause most skin cancers

What is most important to know is that there are no "safe" UV rays. Both types can cause skin cancer, including melanoma, the most deadly form.

Selecting the right sunscreen:

The goal of a sunscreen is to protect the skin from both types of UV rays. When sorting through your choices at the drugstore, focus on the SPF (sun protection factor) number on the labels. Experts recommend using sunscreen with an SPF of 15 or higher. SPF is an indicator of how well the sunscreen protects against UVB rays. For example, with an SPF 15 sunscreen, you get about one minute of UVB rays for each 15 minutes you spend in the sun. An hour in the sun wearing SPF 15 sunscreen gives you about the same UVB exposure as four minutes without sunscreen.