

Postcard
from the
path...

No Charge for Diabetes Supplies

Enroll in the *Take Charge! Live Well!* Diabetes Management Program and receive free insulin and free diabetic testing supplies when you enroll in health coaching with APS Healthcare.

The Diabetes Management Program will provide you with:

- Free health coaching with regular outreach to you
- Valuable savings on diabetic care products and medications
- Telephone access to diabetes specialists and registered pharmacists
- Supply re-order reminders
- Complimentary educational materials

Get Reimbursed for Mileage when you sign up for a Flexible Spending Account

Sign up for a Flexible Spending Account before it's too late! October 30 is the deadline to enroll.

Save tax free dollars on your healthcare expenses. Learn more at:

ohio.gov/employeebenefits

State of Ohio *Take Charge! Live Well!* Diabetes Management Program Enrollment Steps

1	Call APS Healthcare 8 a.m. to 8 p.m. Monday through Friday	APS Healthcare 1.866.272.5507	APS Healthcare will enroll you in health coaching.
2	For insulin: Contact Catalyst Rx Available 24 hours, seven days a week	Catalyst Rx 1.866.854.8850	Catalyst Rx will enroll you for free insulin.
3	For testing supplies: Contact Catalyst Rx. Catalyst Rx will transfer you to Diabetic Sense via Liberty Medical Supply. Available 8 a.m. to 8 p.m. Monday through Friday and 9 a.m. to 3 p.m. Saturday	Liberty Medical Supply 1.877.852.3512	Liberty Medical Supply will enroll you in Diabetic Sense and help you order free supplies. Applies to members who are actively working with an APS Healthcare health coach.

OhioDAS

...walking together down a path of wellness, through insight and information for a healthy workforce.

State of Ohio Employee Alert

Aetna Group Long Term Care Insurance members who were previously paying premium through payroll deductions were notified back in May of this year that they would be switched to Direct Bill beginning July 1, 2009.

There are several members who have not yet paid their premiums to Aetna. As a result, those members' Group Long Term Care Policy will lapse due to non payment on Oct. 16, 2009. This does not affect anyone who has automatic bank withdrawals.

Please contact Aetna immediately if you have not paid your premiums at 1-800-537-8521.



Don't wait until the last minute! The State of Ohio has selected **SECOVA** to conduct a Dependent Eligibility Verification. Have you verified your dependents? The deadline for Dependent Verification is Oct. 31, 2009.

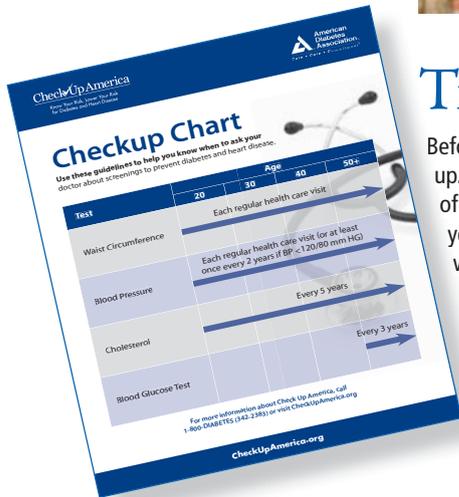
SECOVATM

Time for a Check Up?

Before you start on any health or fitness plan, you should see your doctor for a check up. A check up can help you monitor all your risk factors, giving you a total picture of your health, from blood pressure to your family history. Your doctor can also help you decide what changes will have the biggest effect on your health. You'll probably want to make some lifestyle changes, perhaps to your diet and exercise habits. And that's not always easy, so start small.

Download the CheckUp Chart at CheckUpAmerica.org for guidelines to help you know when to ask your doctor about screenings to prevent diabetes and heart disease.

Source: <http://www.diabetes.org/diabetes-prevention/check-up-america.jsp>



TOP TEN

Indicators of Diabetes

Type 1 Diabetes symptoms (listed 1-3 below) usually appear over a few days to weeks.

Sometimes people notice Type 2 Diabetes symptoms (listed 4-10 below) after an illness, such as the flu. They may think that the diabetes symptoms are because of the flu, so they don't seek medical care soon enough. If a person waits too long to get medical care, he or she may get symptoms of diabetic ketoacidosis. Symptoms of this problem are listed in bullet points 4-10 below.

1	Being very thirsty/Urinating a lot
2	Losing weight without trying
3	Being hungrier than usual (sometimes)
4	Flushed, hot, dry skin
5	Not feeling hungry
6	Belly pain/Vomiting
7	A strong, fruity breath odor
8	Fast and shallow breathing
9	Restlessness, drowsiness, or trouble waking up
10	Confusion

Source: stateofohio.apshealthcare.com