

Postcard
from the
path...

Cedar Point, Sandusky, OH / Photo by Ashley Gonzalez, DAS

Benefits Changes Effective July 1, 2009

- For Ohio Med, mail order is voluntary.
- Preventive services covered at 100%.
- Insulin prescriptions covered at 100% if enrolled in the *Take Charge! Live Well!* program.
- Tobacco cessation products such as medications, gum, patches and lozenges are now covered (with a prescription).
- Network office copay \$20/Non-Network office copay \$30.
- \$200 single/\$400 family deductible applies to all plans (\$400 single/\$800 family for Ohio Med non-network).
- Out-of-pocket maximums are \$1,500 single and \$3,000 family (\$3,000 single/\$6,000 family for Ohio Med non-network).
- Payroll deductions for health care occur every pay period (26 total).

Take Charge! Live Well!

One provider – APS Healthcare
\$100 Incentive Model:

- \$50 for health assessment completion
- \$50 for participation in health coaching
- \$25 for online program completion
- \$25 for worksite health screening
- No preventive care incentive

Free 24-hour Nurse Advice Line for all health plans through APS Healthcare 1.866.272.5507 option 3.

For Benefits questions, please contact the Ohio Department of Administrative Services Human Capital Management Customer Service Unit at 614.466.8857 or 1.800.409.1205 or visit das.ohio.gov/benefits.

New Pharmacy Benefits Manager

The State of Ohio has selected Catalyst Rx as the state's Pharmacy Benefit Manager

beginning July 1, 2009. You will receive additional information regarding your pharmacy benefit in the mail.

Catalyst Rx recently acquired Immediate Pharmaceutical Services, Inc. (IPS), a state-of-the-art prescription mail service fulfillment center located in Avon Lake, Ohio. On August 1, 2009, your mail service pharmacy provider will transition from Walgreens Mail Service to IPS. Look for information regarding this change in the mail. If you have questions, please contact Catalyst Rx at 866-854-8850.

OhioDAS

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

Take Charge! Live Well!

As of July 1, APS Healthcare will be the sole *Take Charge! Live Well!* service provider for all employees and spouses enrolled in any State of Ohio health plan. Contact APS Healthcare at 1.866.272.5507 or visit stateofohio.apshealthcare.com.

When you participate in any of the state's health plans, you and your enrolled spouse are automatically eligible to participate in the *Take Charge! Live Well!* health and wellness program. The State of Ohio is committed to investing in the health of employees and their families. The state's *Take Charge! Live Well!* program is a confidential and voluntary health management program. Your benefits include services to help you maintain your good health and improve any health risks you may have. Visit our Web site at ohio.gov/tclw.

Even if you have already participated in *Take Charge! Live Well!*, you are eligible

to participate again between July 1 and June 30, 2010 and earn incentives up to \$100 for yourself and \$100 for your spouse. Incentives are available for health assessment participation, working with a

health coach and participating in an online lifestyle change program or worksite health screening.



Flexible Spending Account Program

To participate in the Flexible Spending Account program, you can enroll during the Fall Open Enrollment period at das.ohio.gov/FlexibleSpendingAccount or myfbmc.com.

Learn how to save money on eligible healthcare expenses. Visit myfbmc.com, under the Resources section and select Eligible Healthcare Expenses.

Take Charge! Live Well! Services



- Chronic Condition Management
- Health Coaching
- Diabetes Program
- Health Screenings
- Free 24-hour Nurse Advice Line
- Online Lifestyle Change Programs
- Health Assessments
- Tobacco Cessation

TOP TEN Ways to eat healthy on a budget

1	Shop the sales. Plan your family menu with sale items in mind.
2	Purchase white or sweet potatoes. Both are packed with nutrients, fiber and are low in calories.
3	Eat regular oatmeal from the round canister instead of instant, and add your own fruits, spices and nuts.
4	Cook once, eat twice and save time. Instead of leftovers, think planned-overs.
5	Bake your own quick breads, muffins and cookies. You control the ingredients.
6	Use a crock pot. Add vegetables to increase the nutritional value of the meal.
7	Prepare meatless meals using beans or peas.
8	Grow your own! Stake out a vegetable plot and grow some of your favorites.
9	Grill with family and friends. Have everyone bring a health conscious dish.
10	Save time and money. Take turns cooking a healthy meal with friends or loved ones.