

PATHWAYS  
YOUR PATH TO WELLNESS

**pw**



**TAKE CHARGE!  
LIVE WELL!**

# **FLEXIBLE SPENDING ACCOUNT**

**SUCCESS STORIES | LIVE & WORK WELL | CATALYST RX**



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# PATHWAYS WINTER 2011

## YOUR PATH TO WELLNESS



**W**ELCOME to this edition of Pathways: your path to wellness. During the past few months, members provided helpful feedback about what benefit content they prefer to receive. Enjoy the new look of this publication and receive important information about member health care benefits.

Is your New Year's resolution to get into better shape? Take advantage of health and fitness club opportunities described

in the Global Fit section. Get quick and easy recipes ideas to help you eat right, shed unwanted pounds and feel better.

Members looking to improve quality of life can find support in the Live and Work Well section. Discover how to access tips and tools on more than 30 health-related topics. Enjoy these articles and much more in this edition of Pathways.

**Note!**  
**W**atch your mail! Employees participating in the State of Ohio's health care benefits plan will receive a notice by mail announcing upcoming changes in medical vendors.

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# Employee Self Service and myOhio

## Employee Self Service Overview

Expanded Employee Self service is coming to the State of Ohio! Starting early 2011, Employees will have more options to view and manage their personnel records, including Pay, Benefits, and Personnel Profile. The hallmark of Employee Self Service will be more opportunities for you to view and manage your information.

The following is a summary of things you will be able to do in Employee Self Service.



- Add up to 5 direct deposit accounts\*
- View, add or change direct deposit account(s)\*
- Request W-2 reissue/reprint\*
- Update W-4 tax information\*
- View current pay rate, earnings and deductions
- View and print pay statements

\*New features



- Receive helpful checklists and reminders via email\*
- Report life event changes
- Enroll in benefits
- View summary of current benefits
- Link to websites of benefits vendors

\*New features



- View or update name\*
- View or update mailing address\*
- View or update phone number\*
- View or update emergency contact(s)\*
- View or update email address\*
- Update marital status

\*New features

## Benefits

Employee Self Service is accessible from any internet connection making it convenient and easy to use.

Employee Self Service also helps provide you a better experience by reducing duplicated effort, data errors, and time for requests to be handled.

Additionally, Employee Self Service will help decrease our environmental impact by reducing a number of paper processes and forms currently used for Human Resource service.

## Things You Can Do to Prepare

To prepare for Employee Self Service, we are asking you to do the following before February 18, 2011.

### New Users:

1. Get your password by contacting the Help Desk at 614.466.8857 or 1.800.409.1205, Option 1.
2. Then log into the system at [myOhio.gov](http://myOhio.gov) and check out My System Profile and your ePay statement.
3. Enter/update your business email address. This will ensure that you receive email notifications for such transactions as time and labor, benefits, and travel and expense.

### Existing Users:

1. Log into the system at [myOhio.gov](http://myOhio.gov), and set up a forgotten password help question. Should you forget your login password at any time, the forgotten password feature enables the system to verify your identity when requesting a new password. If you enter the correct response, the system automatically emails a new password to you.
2. Enter/update your business email address identified in the system. This will ensure that you receive email notifications for such transactions as time and labor, benefits, and travel and expense.



myOhio

Investing In What Matters

## Additional Resources & Future Communications

Over the coming months, you will receive additional communications about Employee Self Service from your Agency communication and HR partners and at [das.ohio.gov](http://das.ohio.gov).

For step-by-step instructions for any of the tasks above and other systems tasks, please go to [selfservice.ohio.gov](http://selfservice.ohio.gov).

## myOhio

The expansion of Employee Self Service is just one of several exciting changes coming to State employees that will give you more information in less time. In summer 2011, [myOhio.gov](http://myOhio.gov) will become the central site for statewide employee news and updates, forms, employee policies, answers to frequently asked questions, and Employee Self Service. MyOhio will help us increase cohesion, communication and collaboration across agencies. In addition, it will include a Single Sign-On feature that gives the convenience of one-time entry of employee id and password for multiple functions within the Portal.

More to Come!

*The Department of Administrative Services is very excited about the launch of expanded Employee Self Service and myOhio. We are committed to continually improving your experience with administrative services and appreciate your ongoing flexibility and partnership as we introduce these changes to you.*

# Flexible Spending Account (FSA)

## Health Care Spending Account Payment Cards

*Each plan year, participants in the Health Care Spending Account (HCSA) program have access to a payment card to use as a convenient reimbursement option that deducts funds electronically from their account. Open enrollment for HCSA and dependent care was completed in October 2010. Members who enrolled for 2011 are eligible for the program. The EZ REIMBURSE Card stores the maximum amount of funds that an employee has elected for the plan year. Fringe Benefit Management Company (FBMC), the State's administrator for its flexible spending accounts (FSAs), supplies the EZ REIMBURSE Card at no cost to participants.*

The card enables a HCSA participant to be electronically reimbursed for eligible medical expenses such as coinsurance and copayments by simply swiping the card; the amount is then deducted from the employee's HCSA. Advantages of the card include easy access to your funds, no out-of-pocket expense, instant approval and reimbursement.

There are stipulations to using the card. In certain instances, documentation is required for transactions that are NOT a known office visit or prescription co-payment. As an example, office visits are \$20 under the state health plan and would not require documentation. Copayments for prescriptions, however, could vary depending on whether the drug was generic, brand name, or not on the drug formulary list. FBMC provides card users a monthly statement; a BLUE Outstanding Card Transaction indicates that documentation is required. If you fail to send in the documentation after two monthly notifications, the card will be suspended and reimbursement of paper claims will be withheld to offset any outstanding card transaction.

To find out more about the EZ REIMBURSE Card, go to 'Flexible Spending Accounts' on the Benefits website at [ohio.gov/employeebenefits](http://ohio.gov/employeebenefits), or to [www.myFBMC.com](http://www.myFBMC.com). 

## Health Care Spending Accounts and Over-the-Counter Medications

Beginning January 1, 2011, use of pretax dollars in your Health Care Spending Account for Over-the-Counter (OTC) medications will change. A doctor's prescription or letter will be needed in order to be reimbursed for certain OTC products.

Products that will require a prescription are generally those that either are ingested or applied topically. Examples are aspirin

or antibacterial ointment. OTC supplies such as bandages, contact lens solution, and crutches will not require a prescription. Insulin, even without a prescription is still an eligible flexible spending account expense.

If you need certain OTC medications or products, plan ahead. You might want to schedule your annual visit and plan to ask your physician for a prescription for the

products that you will need. Your doctor can provide a note or prescription for a twelve-month period from January 1 to December 31.

Additionally, you will not be able to use your EZ REIMBURSE Card for OTC products beginning January 1, 2011. 



## Catalyst Rx Formulary Changes in Effect January 1, 2011

Each year, the Catalyst Rx Pharmacy and Therapeutics Committee may add or remove drugs from their national formulary (preferred drug list). You should have received a new credit card sized preferred drug list (Pocket Formulary) in the mail in December along with a short list of changes and suggested alternative medications. When receiving prescriptions from your doctor or having them filled at your pharmacy, you should always check to see if the medication prescribed is preferred and ask if a generic alternative is available. Doing so will help you get the most value from your pharmacy benefit.

The preferred drug list may be viewed or reprinted at [catalystrx.com](http://catalystrx.com). You may also call the Catalyst Rx Customer Service Department at 1.866.854.8850 or utilize the 'drug dictionary' at [catalystrx.com](http://catalystrx.com) to research the status of each of your medications.

The 2011 preferred drug list and other important pharmacy updates may also be found at [ohio.gov/employeebenefits](http://ohio.gov/employeebenefits) by

clicking on 'services,' then 'pharmacy,' and scrolling to the end for 'Important Pharmacy Updates.'

In addition to the routine annual formulary review, a separate pre-approval program became effective on January 1 which targets high cost drugs with effective alternatives in a few specific categories. The employees affected by this program received a letter from Catalyst Rx in October, 2010 to allow them time to switch to preferred drugs. Please review the chart below to determine if you or a family member are affected by these changes. You may need to obtain a new prescription for a recommended alternative to ensure continued coverage. ♡

\*Approval not required for members under age 18 and other exceptions may apply. Plan changes may occur throughout the year with respect to drug coverage, quantity limits, prior authorization and daily supply.

Drug Class	Medications Requiring Approval*	Recommended Alternatives
<b>Angiotension II Receptor Blockers</b> Blood Pressure	Atacand/HCT, Avalide, Avapro, Benicar/HCT, Teveten/HCT	losartan, losartan/hctz, Diovan/HCT, Micardis HCT
<b>Bisphosphonates</b> Osteoporosis	Actonel, Actonel with Calcium	alendronate, Boniva, Fosamax Plus D
<b>Hypnotics</b> Sleep Aids	AmbienCR, Lunesta, Rozerem	All generic hypnotics
<b>Intranasal Steroids</b> Nasal Allergy	Beconase AZ, Nasacort AQ, Omnaris, Rhinocort Aqua, Tri-Nasal, Vancenase AQ, Veramyst	flunisolide, fluticasone propionate, Nasonex
<b>Triptans</b> Migraine	Axert, Frova, Sumavel, Treximet, Zomig	naratriptan, sumatriptan, Maxalt, Maxalt-MLT, Relpax

## Step-Therapy for New Users of Anti-Psychotic Medications Begins January 1, 2011

Effective January 1, 2011 certain atypical anti-psychotic drugs will not be covered unless you have first tried one of the alternative preferred brands and your physician can document that the alternatives were not effective. This change will be in effect for new users only. If you are a new

user, and have not tried one of the alternative options, you will have to pay 100% of the cost of the targeted drugs.

Note: If you are a current user of one of these targeted drugs, you are "Grandfathered" and will not be affected by this change.

### Targeted Drugs:

Abilify, Invega, Fazaclor, Fanapt, Saphris

### Preferred Brand or Generic Alternatives:

Zyprexa/Zydis, Seroquel/XR, Geodon, Risperidone/M-Tab/ODT.

Be sure to speak with your physician about your drug benefits before beginning any new drug regimen and check your coverage options by calling Catalyst Rx at 1.866.854.8850 or visit the website at [www.catalystrx.com](http://www.catalystrx.com).

# Live & Work Well

In response to the feedback received on the employee benefits communications, the State of Ohio offers employees a generous behavioral health benefit that includes services which you can access from your own home.

Sponsored by United Behavioral Health (UBH), [liveandworkwell.com](http://liveandworkwell.com) is a free and confidential mental health, work/life resource center offering an extensive array of information and tools that can help you take charge of your health and well being. You can search for providers, find tools for beating depression and anxiety, view your claims, take self assessment tests, search for community resources, download health and wellness articles, or create a personal plan to achieve a goal. You will also discover tools to assist you in dealing with personal and workplace issues such as coping with change, overcoming conflict, communicating effectively, and dealing with addictions. The Health and Wellness section includes over 30 topics on such issues as men's health, women's health, tobacco cessation, weight management, eating disorders and brain health.

These resources are available to you and your family. To access the Web site anonymously, select "click here to enter only with an access code." Then enter 00832 at the prompt. For the most complete access and functionality, register as a user by creating a username and password. For more information or to request UBH counseling services, call 1.800.852.1091 24-hours a day, seven days a week. ♡





Long Term Care Insurance  
Open Enrollment  
January 31 – February 11, 2011

# Long Term Care Insurance

## Open Enrollment

*New Voluntary (Employee-Paid) Long Term Care Insurance Program available to eligible state employees and their families.*

*From January 31 – February 11, 2011, actively-at-work permanent full-time and permanent part-time employees working at least 20 hours per week may enroll under a guaranteed acceptance into the plan with NO medical underwriting during this initial open enrollment Guaranteed Issue Offering. During this period spouses can also enroll online by answering a few questions about their health. After the open enrollment, late entrants and spouses will be subject to full medical underwriting.*

If you are eligible for long term-care, in addition to your spouse (under age 65) parents (in-law), grandparents (in-law), adult children and siblings will have the opportunity to apply for long-term care insurance coverage. All other eligible enrollees are subject to medical underwriting. Coverage is offered under a new group plan administered by The Prudential Insurance Company of America (Prudential).

**What is Long Term Care, Who Needs It and Why?**

Long term care is the assistance an individual needs when he or she can no longer perform basic day-to-day functions like bathing, eating and dressing or when supervisory care is required due to a serious cognitive impairment like Alzheimer's Disease. The need for long term care services is not limited to the elderly population. It can be required at any age when chronic illness, disability or a cognitive impairment leaves a person unable to independently perform basic daily activities.

Two out of five of us may someday need long term care (Health Care Financing Administration) and four out of ten people who require long term care are under age 65 (Kaiser Foundation).

Long term care is expensive and typically not covered under your health insurance benefits or disability income insurance and limited coverage is provided under Medicare.

Long Term Care insurance helps to pay for care in your home, adult day care, assisted living and nursing home facilities. This voluntary coverage features:

- Group rates
- Guaranteed coverage with NO medical underwriting for active eligible employees during the initial open enrollment period
- Spouses under age 65 are eligible to enroll online by answering a short form questionnaire during open enrollment.
- 10% discount for any insured that is married
- Electronic Funds Transfer payments or direct billing (discounts are available for semi-annual and annual direct billing)
- Eligibility for your parents and other family members to enroll even if you don't
- 3 year and 5 year plans
- Benefit levels from \$100 to \$300 a day
- Cash Alternative Benefit
- Guaranteed Purchase Option and optional Automatic Inflation Protection

Watch for your enrollment packet in the mail the week of January 19. This enrollment package will include a personalized rate quote letter along with an interactive CD that contains links to scheduled webinar sessions along with links to other long term care information pieces. Enrollment is available by completing forms included in the enrollment kit or online at [www.prudential.com/gltcweb](http://www.prudential.com/gltcweb) (Group Name: stateofohio Access Code: buckeyes).

To learn more about long term care insurance visit the Prudential learning center at [www.prudential.com/insurance/longtermcaregltcweb](http://www.prudential.com/insurance/longtermcaregltcweb) or call Prudential Customer Service at 1.800.732.0416 Monday through Friday, 8 a.m. to 8 p.m. (ET) 🇺🇸



# Take Charge! Live Well!

## Diabetes Management Program

To promote the highest level of self-management of diabetes, your health care benefits offers free coverage for insulin, certain diabetic testing supplies, and equipment for members who are actively working with an APS Healthcare health coach.

To take advantage of this opportunity, members must enroll in the *Take Charge! Live Well!* Diabetes Management Program. The supplies, durable medical equipment, and medication are provided at \$0 co-pay and no deductible for members who are actively working with an APS Healthcare health coach. Members who choose not to work with an APS health coach have coverage for these items with co-pays and deductibles under the normal provisions of the State of Ohio benefits.

The Diabetes Management Program will provide you with:

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

To enroll in the Diabetes Management Program or for questions, contact APS Healthcare at 1.866.272.5507. ♥

## Your Tobacco Cessation Benefits

Last benefit year, State of Ohio employees filled 2,541 prescriptions for tobacco cessation products shown to assist smokers to quit. If you are enrolled in a State of Ohio benefit plan, you have coverage for both prescription and non-prescription smoking cessation products.

The Centers for Disease Control recommends the following components for a successful tobacco cessation program:

- At least four counseling sessions.
- Coverage of FDA approved prescription and over-the-counter products.
- Coverage for two quit attempts per year.

The State of Ohio program offers help through APS Healthcare and Catalyst Rx. APS provides unlimited counseling with an experienced health coach at no cost to you, or you can enroll in an online tobacco cessation program. Catalyst Rx provides coverage for pharmacy and nicotine replacement therapies. In order to take advantage of your prescription benefits

Smoking Cessation Therapy Coverage		
Smoking Cessation Product	Length of Therapy Limitation	Days Supply Copay
Chantix (varenicline tartrate)	2 quit attempts per year • 180 day supply total • Max 60 tablets per 30 days	\$25 for 30 days \$75 for 90 days  No generic available
Bupropion HCL (generic)  Zyban - brand	2 quit attempts per year • 180 day supply total • Max 60 tablets per 30 days	Generic: \$10 for 30 days \$30 for 90 days  Brand name: \$50+ penalty for 30 days \$150+ penalty for 90 days
Nicotine Gum	2 quit attempts per year • 180 day supply total • Max 100 pieces per 30 days	Generic: \$10 for 30 days \$30 for 90 days  Brand name: \$50+ penalty for 30 days \$150+ penalty for 90 days
Nicotine Lozenge	2 quit attempts per year • 180 day supply total • Max 80 pieces per 30 days	Generic: \$10 for 30 days \$30 for 90 days  Brand name: \$50+ penalty for 30 days \$150+ penalty for 90 days
Nicotine Transdermal Patches	2 quit attempts per year • 180 day supply total • Max 30 patches per 30 days	Generic: \$10 for 30 days \$30 for 90 days  Brand name: \$50+ penalty for 30 days \$150+ penalty for 90 days

A valid prescription must be submitted to the pharmacy for coverage of all products, including OTC products.

for over-the-counter nicotine replacement products, you will need a prescription from your doctor. When you present your prescription and prescription card, this will alert your

pharmacist that these products are covered.

Get started today! Contact an APS Health Coach for help. Even if you have tried and failed before,

you are covered for two attempts per benefit year, which begins each July. ♥

1.866.272.5507  
stateofohio.apshealthcare.com

## Nurse Advice Line

Your child has a high fever. You don't know if you should go to an emergency room. Should you call your doctor? Try a home treatment? Go to urgent care?

Call the APS Healthcare Nurse Advice Line  
**1.866.272.5507**

and get the help you need to make an informed decision.

Available to all health plan members any day, any time, with no limits, the Nurse Advice Line is here to help you with both routine and urgent health care matters.

Never Hesitate - call the APS Healthcare Nurse Advice Line at 1.866.272.5507

## Global Fit

Global Fit is a wellness service provided by State of Ohio health plans that offer:

- Low rates on health club membership dues
- Month-to-Month memberships – no long term contracts
- Access to more than 10,000 top fitness clubs nationwide

Visit Global Fit (through your health plan website) to search for local fitness clubs, review club amenities, and your exclusive discounted member rates, or call 1.800.294.1500 for more information.

## Small Changes, Big Rewards

Making too many changes all at once can be overwhelming and can easily lead to discouragement. Start with small changes to help you continue along your path to success.

- Drink 8 glasses of water daily
- Carry water with you to help remind yourself to drink it.
- Exercise for 10 minutes at a time
- Aim to do at least three 10-minute sessions daily -- on breaks, before or after work.
- Eat breakfast every day
- It revs up your metabolism in the morning and keeps it burning all day long.
- Limit screen time
- The more time we spend on the computer or watching TV, the less active we are.
- Exercise portion control

Did you know a portion of meat should only be the size of a deck of cards? Or that a cup of cereal is about the size of a baseball?

- Pack your lunch
- People who dine out regularly consume larger amounts of sodium, fat, sugar and calories and their diets tend to be less nutritious.
- Work with a health coach

Call 866.272.5507 Monday-Friday from 8 am – 8 pm to speak with a health coach and set – and meet – reasonable goals. ♥



**KAREN SCHMIESING**  
Bureau of Workers' Compensation

## Champions - Success Stories

Oct. 20, 2010 – that was the day I put a nicotine patch on and stopped smoking. It was a scary day, but I made it through. I was worried I would not make it one day, but I did. Then I made it through the second day, and so on. Now that I have not smoked for more than one month, I feel free. Before, when I was a smoker, I worried all the time. Do I have enough cigarettes to get me through the evening? When I took a weekend trip, I had to make sure I had enough cigarettes to get me through. Then I worried about, where I would smoke. Would I have to smoke outside? What the weather would be like? Would I need an umbrella? Would smoking be allowed in a certain area? Did I have a lighter? I was tired of constantly worrying about keeping up with my addiction to nicotine. Every smoker knows about these daily worries.

I know that stopping smoking is not an easy thing to do. I use the tools that are available to me, such as: nicotine patches, family and friends for support, and websites for smoking cessation.

With each passing day it gets easier and the thoughts of smoking pass more quickly. I now spend time thinking about what I am going to do with the extra money that I am saving. I think about rewarding myself for being a non-smoker. Next winter, I am going somewhere with a beach without any worries and I will be smoke free!! ♥

Looking for healthy meal and snack options? Try these delicious and healthy recipes that will help you cut calories and feel better.

### Oven-Fried Chicken



#### Ingredients

- 1/2 cup buttermilk, fat-free
- 1 tablespoon mustard, Dijon
- 2 cloves garlic, minced
- 1 teaspoon hot sauce
- 2-1/2 to 3 pounds whole chicken legs, skinless, trimmed and cut into thighs and drumsticks
- Cooking spray, olive oil-flavored
- 1/2 cup flour, whole wheat
- 1 teaspoon thyme, dried
- 1 teaspoon baking powder
- 1/8 teaspoon salt
- Pepper, black ground, to taste
- 1-1/2 teaspoon paprika, smoked
- 2 tablespoons sesame seeds

#### Preparation

1. Whisk buttermilk, mustard, garlic, and hot sauce in a shallow glass dish until well blended. Add chicken and turn to coat. Cover and marinate in the refrigerator for at least 30 minutes or for up to 8 hours.
2. Preheat oven to 425°F. Line a baking sheet with foil. Set a wire rack on the baking sheet and coat it with cooking spray.

3. Whisk flour, sesame seeds, paprika, thyme, baking powder, salt, and pepper in a small bowl. Place the flour mixture in a paper bag or large sealable plastic bag. Shaking off excess marinade, place one or two pieces of chicken at a time in the bag and shake to coat. Shake off excess flour and place the chicken on the prepared rack. (Discard any leftover flour mixture and marinade.) Spray the chicken pieces with cooking spray.
4. Bake the chicken until golden brown and no longer pink in the center, 40 to 50 minutes.

**Yield:** 4 servings

**Total Time:** 1 h 50 mins

#### Nutritional Info (Per serving):

Calories: 226, Saturated Fat: 2g, Sodium: 258mg, Dietary Fiber: 1g, Total Fat: 7g, Carbs: 5g, Cholesterol: 130mg, Protein: 34g

**Source:** *EatingWell.com*

### Easy Sautéed Fish Fillets

#### Ingredients

- 1/3 cup flour, all-purpose or whole-wheat
- 1/2 teaspoon salt
- Pepper, black ground, to taste
- 1 pound white fish, such as haddock or sole, cut into 4 portions
- 1 tablespoon extra-virgin olive oil

#### Preparation

1. Combine flour, salt, and pepper in a shallow dish; thoroughly dredge fillets (discard any leftover flour).
2. Heat oil in a large nonstick skillet over medium-high heat. Add the fish, working in batches if necessary, and cook until lightly browned and just opaque in the center, 3 to 4 minutes per side. Serve immediately.

**Yield:** 4 servings

**Total Time:** 10 mins

#### Nutritional Info (Per serving):

Calories: 175, Saturated Fat: 1g, Sodium: 383mg, Dietary Fiber: 0g, Total Fat: 5g, Carbs: 9g, Cholesterol: 54mg, Protein: 23g

**Source:** *EatingWell.com*

### Cherry-Almond Snack Mix



#### Ingredients

- 4 cups cereal, sweetened oat squares
- 1/2 cup nuts, almonds, sliced
- 2 tablespoons butter, melted
- 1/2 teaspoon apple pie spice
- Dash salt
- 1 cup cherries, dried, and/or golden raisins

#### Preparation

1. Preheat oven to 300°F. In a 15x10x1-inch baking pan, combine cereal and almonds. In a small bowl, stir together melted butter, apple pie spice, and salt. Drizzle butter mixture over cereal mixture; toss to coat evenly.

2. Bake about 20 minutes or until almonds are toasted, stirring once during baking. Cool in pan on a wire rack for 20 minutes. Stir in dried cherries or raisins. Cool completely. Store in a tightly covered container at room temperature for up to one week.

**Yield:** 5 servings

**Total Time:** 30 mins

#### Nutritional Info (Per serving):

Calories: 82, Saturated Fat: 1g, Sodium: 58mg, Dietary Fiber: 1g, Total Fat: 3g, Carbs: 12g, Cholesterol: 3mg, Protein: 2g

**Source:** *Diabetic Living*

### Italian Beans With Pesto



#### Ingredients

- 14 ounces broth, reduced-sodium chicken
- 3/4 cup bulgur
- 1 medium pepper, red, bell, chopped
- 1/3 cup pesto, basil
- 1/4 cup scallions, thinly sliced
- 2 tablespoons vinegar, balsamic
- 2 cups beans, red kidney, cooked or canned
- Pepper, black ground
- Tortilla, flour (optional)
- Salad greens (optional)

#### Preparation

1. In a large saucepan, combine broth and bulgur. Bring to boiling; reduce heat. Cover and simmer about 15 minutes or until bulgur is tender. Remove from heat. Stir in sweet pepper, pesto, green onions, and balsamic vinegar. Stir in beans. Season with ground black pepper. Transfer to an airtight storage container. Cover and chill for up to 3 days.
2. If desired, roll up in tortillas or serve on salad greens.

**Yield:** 4 servings

**Total Time:** 30 mins

#### Nutritional Info (Per serving):

Calories: 333, Saturated Fat: 2g, Sodium: 426mg, Dietary Fiber: 11g, Total Fat: 11g, Carbs: 47g, Cholesterol: 3mg, Protein: 15g

**Source:** *Diabetic Living*

### Linguine With Escarole and Shrimp



#### Ingredients

- 8 ounces pasta, whole-wheat linguine
- 4 teaspoons oil, olive, extra virgin, divided
- 1 pound shrimp, raw, peeled and deveined
- 3/4 teaspoon salt, divided
- 1/4 teaspoon black pepper, more for taste
- 2 tablespoons garlic, minced
- 1/2 cup wine, white
- 1 pint tomatoes, cherry, halved
- 16 cups escarole (2-3 heads), thinly sliced
- 1/4 cup clam juice
- 1 teaspoon cornstarch
- 1 tablespoon lemon juice
- 1 lemon, wedges, for garnish

#### Preparation

1. Bring a large pot of water to a boil.
2. Cook linguine until just tender, 8 to 10 minutes or according to package directions.
3. Meanwhile, heat 3 teaspoons oil in a large skillet over medium heat. Add shrimp, 1/4 teaspoon salt, and 1/4 teaspoon pepper, and cook until pink and curled, 3 to 4 minutes. Transfer to a plate.
4. Add garlic and the remaining 1 teaspoon oil to the pan and cook, stirring, until fragrant, about 15 seconds.

5. Add wine and cook until reduced by half, 2 to 3 minutes. Stir in tomatoes.
6. Add escarole (or chard) in handfuls, stirring until it wilts before adding more; cook, stirring occasionally, until the greens are tender, 5 to 6 minutes.
7. Whisk clam juice (or water) and cornstarch in a small bowl then add to the pan; simmer until slightly thickened, about 2 minutes.
8. Return the shrimp and any accumulated juices to the pan, add lemon juice, the remaining 1/2 teaspoon salt, and pepper, and cook until heated through, about 1 minute.
9. Drain the linguine and return it to the pot. Add the sauce; toss to coat. Serve with lemon wedges.

**Yield:** 6 servings

**Total Time:** 45 mins

#### Nutritional Info (Per serving):

Calories: 271, Saturated Fat: 1g, Sodium: 502mg, Dietary Fiber: 10g, Total Fat: 5g, Carbs: 37g, Cholesterol: 112mg, Protein: 20g

**Source:** *EatingWell.com*

### Cabbage and Chicken Soup

#### Ingredients

- 4 cup(s) water
- 3 cup(s) broth, chicken, fat-free, salt-free
- 2 cup(s) tomato(es), chopped
- 1/2 stalk(s) celery, chopped
- 4 onion(s), green, chopped with tops
- 1 potato(es), peeled and diced
- 1 bay leaf
- 1 teaspoon salt
- 1/2 teaspoon thyme
- 1/4 teaspoon caraway seeds
- 3 cup(s) cabbage, shredded
- 1 cup(s) chicken, cooked, chopped
- 1 tablespoon lemon juice
- 2 teaspoon sugar

#### Preparation

1. In a large soup pot, combine the water, broth, tomatoes, celery, onion, potato, bay leaf, salt, thyme, and caraway seeds.
2. Simmer for 30 minutes to 1 hour. Add the cabbage, chicken, lemon juice, and sugar. Remove the bay leaf and serve.

**MEDICAL**

**AETNA HMO**  
1.800.520.4785  
[www.aetnastateohioemployee.com](http://www.aetnastateohioemployee.com)  
Group Number: 619316

**MEDICAL MUTUAL**  
1.800.822.1152  
[www.medmutual.com](http://www.medmutual.com)

Group Number: 22800001

**PARAMOUNT**  
1.800.462.3589  
[www.paramounthealthcare.com](http://www.paramounthealthcare.com)  
Group Number: 030291

**THE HEALTH PLAN**  
1.800.624.6961  
[www.healthplan.org](http://www.healthplan.org)  
Group Number: 01809184

**UNITED HEALTHCARE**  
1.877.442.6003  
[www.myuhc.com](http://www.myuhc.com)  
Group Number: 702097

**PHARMACY**

**CATALYST RX**  
1.866.854.8850  
[www.catalystrx.com](http://www.catalystrx.com)  
Group Number: STOH

**MENTAL HEALTH & SUBSTANCE ABUSE**

**UNITED BEHAVIORAL HEALTH**  
1.800.852.1091  
[www.liveandworkwell.com](http://www.liveandworkwell.com)  
Group Number: 00832  
Web site access code: 00832

**FLEXIBLE SPENDING/ COMMUTER BENEFIT ACCOUNTS**

**VENDOR: FRINGE BENEFITS MANAGEMENT COMPANY (FBMC)**  
1.800.342.8017  
[www.myfbmc.com](http://www.myfbmc.com)

**LONG TERM CARE INSURANCE**

**PRUDENTIAL LONG TERM CARE SOLID SOLUTIONS**  
1.800.732.0416  
Mon. – Fri., 8 am – 8 pm (EST)  
[www.Prudential.com/gltcweb](http://www.Prudential.com/gltcweb)  
Group Name: stateofohio  
Access Code: buckeyes  
Group Number: LT-50636-OH

**TAKE CHARGE! LIVE WELL!**

**APS HEALTHCARE**  
1.866.272.5507  
<http://stateofohio.apshealthcare.com>

**24-HOUR NURSE ADVICE LINE**  
1.866.272.5507, option 3

**OTHER BENEFITS EXEMPT EMPLOYEES**

**DELTA DENTAL OF OHIO**  
1.800.524.0149  
[www.deltadentaloh.com](http://www.deltadentaloh.com)  
Group Number: 9273-0001 (PPO)  
Group Number: 9273-1001 (Premier)

**VISION SERVICE PLAN (VSP)**  
1.800.877.7195  
[www.vsp.com](http://www.vsp.com)  
Group Number: 12022518

**EYEMED VISION CARE**  
1.866.723.0514  
[www.eyemedvisioncare.com](http://www.eyemedvisioncare.com)  
Group Number: 9676008

**BASIC LIFE INSURANCE**  
The Standard  
1.866.415.9518  
[www.standard.com/mybenefits/ohio](http://www.standard.com/mybenefits/ohio)  
Group Number: 645571

**SUPPLEMENTAL LIFE INSURANCE PRUDENTIAL LIFE INSURANCE**  
1.800.778.3827  
Group Number: LG-93046

**OTHER CONTACTS**

**OHIO DEPARTMENT OF ADMINISTRATIVE SERVICES**  
DAS HCM Customer Service Unit  
614.466.8857  
1.800.409.1205  
[www.das.ohio.gov/benefits](http://www.das.ohio.gov/benefits)

**UNION BENEFITS TRUST**  
614.508.2255  
1.800.228.5088  
<http://benefitstrust.org>

**BARGAINING UNIT CONTACT NUMBERS**

**VISION SERVICE PLAN**  
1.800.877.7195  
<http://benefitstrust.org>  
Group Number: 12022914

**EYEMED VISION CARE**  
1.866.723.0514  
Group Number: 9674813

**DELTA DENTAL OF OHIO**  
1.877.334.5008  
Group Number: 1009

**PRUDENTIAL LIFE INSURANCE**  
1.800.778.3827  
Group Number: LG-01049

**WORKING SOLUTIONS PROGRAM**  
1.800.358.8515  
Group Number: 4718

**HYATT LEGAL SERVICES**  
1.800.821.6400  
Group Number: 49000010

**TIP:**  
When placing your calls, please ensure you have the documentation you might need during the call.

- Group Number
- Employee ID Number
- Explanation of Benefits (EOB)



- 2011 AT A GLANCE**
- JANUARY**
    - W-2's are coming
    - New Flexible Spending Account (FSA) plan year
  - FEBRUARY**
    - Heart Health Month
    - *Take Charge! Live Well!* (TCLW)
  - MARCH**
    - FSA Deadline for 2010 claims is March 31, 2011
  - APRIL**
    - Prepare for Benefits Open Enrollment, update your personal data
  - MAY**
    - 2011 Benefits Open Enrollment
  - JUNE**
    - TCLW year ends June 30
    - Annual exams for kids
  - JULY**
    - New benefits year begins July 1
  - AUGUST**
    - Dental Health Month
  - SEPTEMBER**
    - Get a flu shot
    - National Cholesterol Education Month
  - OCTOBER**
    - FSA Open Enrollment
    - Breast Cancer Awareness Month
    - National Depression Screening Month
  - NOVEMBER**
    - National Diabetes Month
  - DECEMBER**
    - Use your remaining FSA money

**OhioDAS**

Service · Support · Solutions

30 E. Broad St.  
Columbus, Ohio 43215

