

Brought to you by
OhioDAS and the
Joint Health Care
Committee

WINTER EDITION

Pathways

In this issue
Hot News
Union News
Health
Lifestyle
Success Stories

your path to wellness

2009 At a Glance!

January -

- W-2's are coming.
- Prepare documentation for dependents.

February -

- Heart Health Month

March -

- FSA deadline for 2008 claims.

April -

- Open Enrollment mandatory verification.

May -

- Open Enrollment continues.

June -

- New benefits ID cards will be mailed.

Happy New Year! A new year is upon us and as we start 2009 together, this edition of *Pathways* is focused on preparing you for what's in store...some things to think about, some things to plan for and some great things just to know. As you continue along your path to wellness we encourage you to keep this pocket-sized *Pathways* on hand where you can use it as a guide.

Our primary commitment is to creating a healthy workforce and to provide thoughtful and mindful communications at your fingertips regarding your overall benefits and wellness. This booklet will help when you need to make important health-related decisions at home and work. Take the time to invest in yourself, your health and your overall well-being. This first seasonal issue will focus on important health and wellness information, union news and benefits. And wait until you hear what some of your colleagues have accomplished with *Take Charge! Live Well!* We have their success stories, too.

You may have received the accompanying monthly *Pathways* postcard publication mailed to homes in October 2008. The postcard will continue to be mailed on a monthly basis to ensure more frequent health and wellness information is shared

with you throughout the year. Postcard *Pathways* topics have included open enrollment sign up for the Flexible Spending Account (FSA) program, opportunities to sign up for benefit programs such as Commuter Choice, top ten listings and upcoming events. Each month we have something new and relevant to talk with you about. As we have updates monthly, we will send out a postcard to guarantee you are receiving timely news regarding possible changes to your benefits as well as wonderful information on healthy living.

Keep an eye out for your monthly Postcard *Pathways* in your home mailbox. It truly is a postcard from the path. The next pocket-sized *Pathways* will be ready for you in the spring, just in time for Open Enrollment information.

If you would like to provide feedback on what kind of health-related communications you would like to read within *Pathways* publications, stay tuned for a survey link in our next postcard. We value your feedback and appreciate your time.

Invest in your health, because you matter.

Happy and Healthy 2009.

2009 At a Glance!

July -

- *Take Charge! Live Well!* year begins.
- New benefits take effect.

August -

- Take time to review your paycheck deductions.

September -

- National Cholesterol Education Month
- Take advantage of Commuter Choice Program

October -

- FSA Open Enrollment.

November -

- National Diabetes Month

December -

- Use your remaining FSA money.

HOT News



After July 1, 2009, every employee with enrolled dependents will be asked by the selected auditor to document the eligibility of each covered dependent under the rules of the state's health plan. Information regarding the kinds of documentation needed, types of dependents eligible for coverage, and where and when to send the information will be communicated to you in the coming months.

Dependent Eligibility Audit Slated

Health care costs continue to rise for most employers. As these costs increase for the state, the contribution that employees pay increases as well. To combat this, the state is constantly looking for ways to slow the level of increase of health care expenditures while providing benefits in a consistent and non-discriminatory manner.

To give employees the tools they need to become healthy and stay healthy and to slow increasing health plan costs, the state introduced a pharmacy structure with emphasis on generic drugs, and more recently, a disease management program and the *Take Charge! Live Well!* program.

The state will soon launch another initiative to ensure all dependents receiving benefits coverage are eligible for the coverage. A vendor will be selected soon to perform a dependent eligibility audit some time during the next benefit plan year, which will be July 1, 2009, through June 30, 2010.

During the upcoming open enrollment period for benefits in May 2009, all employees will be asked to review and verify their health plan choices. Employees who purchase dependent health care coverage through the State of Ohio will be asked to carefully review whether their covered dependents meet the eligibility requirements outlined by the state's health plan and ensure that any dependents no longer qualifying for coverage be deleted.

After July 1, 2009, every employee with enrolled dependents will be asked by the selected auditor to document the eligibility of each covered dependent under the rules of the state's health plan. Information regarding the kinds of documentation needed, types of dependents eligible for coverage, and where and when to send the information will be communicated to you in the coming months. The auditor also will have a call center available to answer questions and assist in resolving problems.

Communications prior to and throughout the process will be provided by the Ohio Department of Administrative Services (DAS), Benefits Administration Services and the vendor selected to perform the audit.

For more information regarding dependent eligibility, visit:
DAS Benefits Web site at
www.das.ohio.gov/HealthCareBenefits-Eligibility.html

HCM Support by e-mail:
DASHRD.HCMOAKSSUPPORT@das.state.oh.us

HCM Support by phone:
614.466.8857 or 1.800.409.1205.

United Behavioral Health Re-Selected Through Competitive Bid Process

United Behavioral Health (UBH), the state's managed mental health and chemical dependency provider since 1995, has again been selected to provide these important services through fiscal year 2011.

CONTENTS

HOT NEWS 4

UNION NEWS 8

HEALTH 10

LIFESTYLE 14

SUCCESS 18

CONTACTS 22

HOT News



UBH can be reached by calling 1.800.852.1091. Services must be pre-authorized and provided by participating UBH providers.

UBH was selected through a competitive selection process that solicited bids from more than a dozen vendors who provide similar services to public and private employers. The bid process was coordinated by the Ohio Department of Administrative Service's (DAS) General Services Division in partnership with DAS Benefits Administration Services and the State's Joint Health Care Committee (JHCC).

UBH was selected based upon their extensive and experienced provider network, quality management protocols, performance standards and guarantees, cost, experience in the public sector, member service capabilities and other factors.

The proposal evaluation committee consisted of members of the JHCC, the Ohio Employee Assistance Program (EAP), Benefits Administration Services and the procurement office of the General Services Division.

In addition to providing cost-effective behavioral health care services to State of Ohio employees and their families with no deductibles or pre-set limits on necessary office visits, UBH works closely with the state's internal Employee Assistance Program within the Ohio Department of Health on workplace issues and management referrals such as those related to positive drug screenings for employees in safety sensitive positions. UBH also provides psychiatric disability management services that have proven to reduce the duration and cost of behavioral health-related disabilities for the state. Services must be pre-authorized and provided by participating UBH providers. There is no out-of-network benefit. Employees must be enrolled in

a medical plan in order to utilize UBH services.

Online services and a wealth of behavioral health care information are available through the UBH Web site, www.liveandworkwell.com. The State of Ohio employee access code is 00832. UBH can be reached by calling **1.800.852.1091**.

Open Enrollment Reminder Mandatory Verification Required 2009

Open enrollment for health care is just around the corner. This year's open enrollment will take place in the spring. Please make a note that this year everyone will have to verify their health plan coverage and covered dependents.

Even if you are not making any changes, you will still need to confirm your health plan and verify dependents. Please keep an eye out for more information that will be coming soon.

Did you know?...

Using OAKS for Open Enrollment

For the upcoming open enrollment period, don't forget that you can enroll online via OAKS, using the same system you use to check your paycheck and leave balances. Once you have logged onto OAKS with your employee ID and password, click on the Self Service link, then Benefits, then Benefits Enrollment. When open enrollment is turned on, there will be a link to follow in order for you to make changes.



Please make a note that this year everyone will have to verify their health plan coverage and covered dependents.

UNION News

"The committee works year round toward one common goal: keeping health care costs low while maintaining quality."

Getting to know your Joint Health Care Committee...

An introduction by JHCC union co-chair
Carol Bowshier

Most state employees have probably heard the name Joint Health Care Committee – or JHCC – at one time or another. But how many know what this committee is, what it does and the impact it has on state employees?

The JHCC is made up of labor and management members and is responsible for jointly monitoring all health care benefits (this excludes vision, dental and life). It came about as the result of contractual agreements between Ohio's public employee unions and the state.

Currently, I proudly serve as the union co-chair alongside management co-chair Jim Knight, labor relations specialist in the Ohio Department of Administrative Service's Office of Collective Bargaining. Together with the other committee members, we fight to give all state employees a voice about their health care. This comprises managers as well as bargaining unit employees represented by the various state employee unions, including OCSEA, the union I represent, CWA, FOP, OEA, SEIU 1199 and OSTA.

The committee works year round toward one common goal: keeping health care costs low while maintaining quality. This can be a difficult balance, but the committee works hard to find that middle ground. This includes coming up with joint bargaining proposals that can be mutually agreed upon during contract negotiations. Yes, each member of the JHCC is at the table to

advocate on behalf of those they are representing. And, no, we don't always agree on the best approach to maintain quality, affordable health care. But when it comes down to it, we are all in agreement that the ultimate mission is to work together to provide quality, affordable, accessible health care for all State of Ohio employees.

I am so proud to work side-by-side with the individuals on this committee. They are looking out for state employees and giving them the voice they deserve.

My Best,

Carol Bowshier

OCSEA Director of Health Care Policy
and Administrative Services

P.S. Did you know?...

Health care costs nationally are on the rise. The cost of health care continues to grow three times faster than wages and trends show a disturbing pattern of increases in co pays and other out-of-pocket expenses that fall on employees.

That's why, since mid-2008, the JHCC has been working diligently to come up with a joint bargaining proposal regarding health care benefits. With State of Ohio health care costs exceeding projections by \$13 million, the JHCC, as we speak, is exploring every option to reduce these costs without sacrificing quality.

Of course, this is easier said than done, but, historically, the committee has made significant strides through joint efforts and programs, like last year's successful population health management initiative, "*Take Charge! Live Well!*"

The Joint Health Care Committee members from OCSEA are:

Carol Bowshier,
Labor co-chair
Mal Corey,
Board of Directors
DRC
Timothy Huntsman,
IC
Louella Jeter,
Board of Directors
Public Safety
Jim LaRocca,
Board of Directors
Lottery Commission
Donna Westrick,
Board of Directors
IC

JHCC members from other public employee unions:

Marty Brown Bard,
CWA
Joel Barden,
FOP
Vickie Miller,
OEA
Barbara Montgomery,
1199 SEIU
Larry Phillips,
OSTA



Prevention Tip: *Whether you're at risk of becoming obese, currently overweight or at a healthy weight, you can take steps to prevent obesity and the associated health problems. Not surprisingly, the steps to prevent weight gain are the same as the steps to lose weight: Daily exercise, a healthy menu, a long-term commitment and constant vigilance.*

The BIG Picture!

It affects more than 97 million adults in the United States. It affects major functions and organs in the body at a cost in excess of \$60 billion for related ailments. For many, it impairs activities and quality of life. It is directly responsible for more than 300,000 deaths per year. What is it?

The answer: Obesity.

How do you know whether you need to lose weight for medical reasons? Stepping on the scale only tells you your total weight — including bone, muscle and fluid — not how much of your weight is fat. The scale also doesn't tell you where you're carrying that fat. In determining health risks, both of these factors are more important than weight alone. Other pre-existing medical conditions, such as diabetes, also play a role in determining the health risks associated with too much body fat. A threefold approach can help determine whether you need to lose weight for medical reasons. These include body mass index, waist measurement and personal medical history.

Body mass index (BMI).

The BMI is a formula that uses weight and height to estimate body fat and health risks. If your BMI is between 18.5 and 24.9, you're considered in a healthy weight range for your height. If your BMI is between 25 and 29.9, you're considered overweight. And, if the figure is 30 or greater, you're considered obese. The following table shows examples of healthy weight, overweight and obese weight ranges for several heights.

Waist measurement.

If you carry most of your fat around your waist or upper body, you may be referred to as apple shaped. If you carry most of your fat around your hips and thighs or lower body, you may be referred to as pear shaped. When it comes to your health, it's better to have the shape of a pear than the shape of an apple. If you have an apple shape — a potbelly or spare tire — you carry more fat in and around your abdominal organs. Abdominal fat increases your risk of many of the serious conditions associated with obesity. Women's waist circumference measurements should be less than 35 inches. Men's should be less than 40 inches. These are rough cutoffs, but in general, the smaller the waist measurement the better.

Medical history.

You may benefit from weight loss if you have other health conditions, such as high blood pressure or diabetes. Also, if you have a family history of obesity, cardiovascular disease, diabetes, high blood pressure or sleep apnea, you may be at increased risk of developing weight-related complications.

Height	Healthy weight	Overweight	Obese
5'2"	101-136 lbs.	137-163 lbs	164 lbs or more
5'6"	115-154 lbs.	155-185 lbs.	186 lbs. or more
5'10"	129-173 lbs	174-208 lbs.	209 lbs. or more
6'2"	144-194 lbs.	195-233 lbs	234 lbs. or more

If you really want to prevent weight gain, the best approach is to focus on lifestyle changes and develop an eating plan that's enjoyable, yet healthy and low in calories. This approach results in weight loss that you can live with.



Start in increments. Small goals are much easier to focus on and attain.

If your BMI is between 25 and 29.9 or your waist measurement exceeds the healthy guidelines, and you have a medical history of other health conditions, you'll probably benefit from losing weight. Discuss your weight with your doctor at your next checkup.

HEALTH



Weight loss: 6 strategies for success:

- 1. Make a commitment**
Permanent weight loss takes time and effort. It requires focus and a lifelong commitment. Make sure that you're ready to make permanent changes and that you do so for the right reasons.
- 2. Get emotional support**
Only you can help yourself lose weight by taking responsibility for your own behavior. But that doesn't mean that you have to do everything alone. Seek support when needed from your partner, family and friends.
- 3. Set a realistic goal**
Healthy weight loss occurs slowly and steadily. Aim to lose 1 to 2 pounds a week. To do this, you need to burn 500 to 1,000 calories more than you consume each day through a low-calorie diet and regular exercise.

Start the New Year off right!

If you fall into the overweight or obese categories in the BMI chart, the thought of losing weight can be daunting – especially at this time of the year when it seems as if everyone is beginning New Year's resolutions. Having to lose 20, 30 or more pounds may seem impossible. Below are some tips to help you on your way. Staying focused on yourself and how you feel as the weight falls off is important.

- **See a doctor.**
If you have a significant amount of weight to lose or have health conditions such as hypertension, diabetes, etc., be certain to see your doctor.
- **Start in increments.**
Don't think of the total weight you have to lose. Take it in 5 or 10 pound increments. Small goals are much easier to focus on and attain. Even losing 10 pounds can significantly reduce health risks.
- **Forget about the scale.**
All of us want to weigh ourselves to see progress. But you also should take your measurements. Try not to go back to the scale more often than once a week. Then, take out your 'skinny' pants or dress and hang it somewhere that you'll see every day, or put a picture of yourself at a lesser weight on a mirror or refrigerator! Take your measurements once a month.
- **Eat!**
Eat three meals and two snacks a day. Not eating actually inhibits weight loss. When food

intake is reduced too much, your body believes it is starving and reduces your metabolism in an effort to retain energy and weight. Fat – good fat such as omega 3 – is also necessary to lose weight. But remember keep it in moderation. Don't eat less than 1,200 calories a day without a doctor's supervision.

- **Cut out the whites.**
Omit white foods such as potatoes, breads and sugars.
- **'Diet' foods – avoid them.**
Foods that are promoted as fat free or low fat still have calories. And most if not all of the calories are in the form of sugar and carbohydrates. When eaten in excess, these calories convert into the one thing that we're trying to avoid – fat!
- **Exercise.**
Like your weight-loss goals, work in increments, especially if you haven't exercised for a while. Start with walking and try to increase the amount of steps you take each week. As a rule of thumb, it takes a month for every year you haven't exercised to get up to speed. Start slowly and check with your doctor if you have any health risks or are significantly overweight. It's also important to include weight training at least twice each week. Increased muscle mass increases metabolism, so you burn more calories all the time, even when you're not exercising!
- **Drink! Drink half your weight in ounces of water each day.**
Water naturally flushes your system of fat and impurities. Avoid soft drinks (including diet drinks) and juices with high-fructose corn syrup. Limit the use of artificial sweeteners as well.



- 4. Enjoy healthier foods**
One way you can lower your calorie intake is by eating more plant-based foods — fruits, vegetables and whole grains. Strive for variety to help you achieve your goals without giving up taste or nutrition.
- 5. Get active, stay active**
The goal of exercise for weight loss is to burn more calories, although exercise offers many other benefits as well. How many calories you burn depends on the frequency, duration and intensity of your activities. One of the best ways to lose body fat is through steady aerobic exercise — such as walking.
- 6. Change your lifestyle**
It's not enough to eat healthy foods and exercise for only a few weeks or even several months. You have to include these behaviors into your life. To do that, you have to change the behaviors that helped make you overweight in the first place. Lifestyle changes start with taking an honest look at your eating habits and daily routine.



Putting yourself in the right frame of mind to modify an unhealthy behavior can be as challenging as the change itself — but it's not impossible.

Get ready! Six tips to help you prepare to make a change.

By Kathy Svitil

Reprinted with permission from Alere.

Putting yourself in the right frame of mind to modify an unhealthy behavior can be as challenging as the change itself — but it's not impossible. Behavioral modification expert Mitchel D. Rose, a licensed clinical psychologist in private practice in Boston and a lecturer in the Department of Psychology at Tufts University, offers the following tips to help you get on the right path.

1. Acknowledge that there is an area of your life you'd like to change.

This is a crucial first step when confronting dangerous addictive activity like alcoholism and drug use but can also be helpful if you're looking to lose weight, start a fitness program, stop smoking, or modify some other part of your life, Rose says. In the case of addictions it is often a family member or friend who draws the line when an unhealthy behavior starts to harm them. But sometimes it's the little things in life that can lead to a big change. For example, if you realize that you get winded playing with your kids or grandkids, you might acknowledge that this is affecting your life and use it to motivate yourself.

2. Be honest about your motives.

Sometimes it just takes a bit of introspection to trigger change. For example, says Rose, "you could do a cross-examination of yourself, where you examine the behavior in question — say, driving to the corner when walking would be healthier — to try and shake your own story,

as if you were a lawyer in a courtroom." If your reason for driving (that you're saving time) doesn't hold up to the crush of reality (it actually takes longer to find your keys, get gas and find a parking spot than it would take to walk), it's time to admit that you are just avoiding activity. This could be a first step in making a decision to change your behavior.

3. Visualize yourself and your life after you've made the change.

If you're thinking about losing weight, for example, "you might visualize yourself fitting into a dress you've seen and like or getting into a size 32 pant that hasn't fit for many a moon," says Rose. He cautions, however, against setting your sights too high. If you're picturing yourself in a size 6 and you now wear an 18, you risk getting discouraged if you start to successfully lose weight but don't immediately reach the point you've fantasized about. "You have to be realistic," he says.

4. Recognize and visualize the negative consequences if you don't change.

"What happens often is that people don't make changes until they are disgusted enough, or something happens that is negative or hurts. Sometimes people need to crash," Rose says. Of course, he isn't recommending that anyone deliberately hit rock bottom, "but you can visualize the negative consequences of continuing your behavior and imagine the place you never want to be." And while it sounds morbid, immersing yourself in the bad outcomes that others have suffered — health problems from being overweight or not getting regular exercise — can be a good motivator. Rose says, "Instead of avoiding the newspaper stories and television news reports about it, force yourself to read and watch."



Visualize yourself and your life after you've made the change.

LIFESTYLE



Daily Healthy Eating Tips from the Food Pyramid:

2 – 4 servings from the Milk Group for calcium

2 – 3 servings from the Meat Group for iron

3 – 5 servings from the Vegetable Group for vitamin A

2 – 4 servings from the Fruit Group for vitamin C

6 – 11 servings from the Grain Group for fiber

5. Think about finding a partner to take the journey with you.

Reading the success stories of others can work great to psych people up, but Rose says finding someone who is in the same boat and willing to change with you can be a better motivator. "You can use each other as consultants and they'll understand what you're going through," he says.

6. Think about your ultimate goal but take it one step at a time.

"Often when people are interested in making change, they have too big of a goal, so it helps to break it into doable steps," Rose says. One way is to assign your eventual goal a difficulty of 100, then pick a point that would be a 5 or a 10 on that scale. Alternatively, you can figure out what you think is feasible, and then cut that goal in half. For example, if you're considering a weight loss program, decide to lose just one pound a week instead of shooting for two.

Kathy Svitil has been writing on health and science for more than 10 years. She is currently an associate editor for Discover Magazine and Web editor for Discover.com.

Visit the Live and Work Well Web site for more information and tools to improve your lifestyle. <https://www.liveandworkwell.com/>

Reprinted with permission from Alere. (c) 2008 Inverness Medical. All rights reserved. Alere is a trademark of the Inverness Medical group of companies. L.L.C.

Did you know?...

Your cost per visit...

Emergency Room - \$75 co pay plus 20%

Urgent care - \$15 to \$25 co pay, depending on plan plus up to 20%

Retail clinic - \$15 co pay plus 20%
*after deductible

Primary care physician - \$15 co pay plus 20%
\$15 co pay for many preventive services
*after deductible

Nurse advice line - **Free**

* See your specific plan's documentation for a complete explanation of benefits. Costs and coverage vary for each health plan.

Seven Ways to Size Up Your Servings

- 3 ounces of meat is about the size and thickness of a deck of playing cards.
- A medium apple or peach is about the size of a tennis ball.
- 1 ounce of cheese is about the size of 4 stacked dice.
- ½ cup of ice cream is about the size of a racquetball or tennis ball.
- 1 cup of mashed potatoes or broccoli is about the size of your fist.
- 1 teaspoon of butter or peanut butter is about the size of the tip of your thumb.
- 1 ounce of nuts or small candies equals one handful.



Eat Well: No matter how busy you are, take time to eat well.

**SUCCESS
STORIES
FROM
ACROSS
THE STATE**

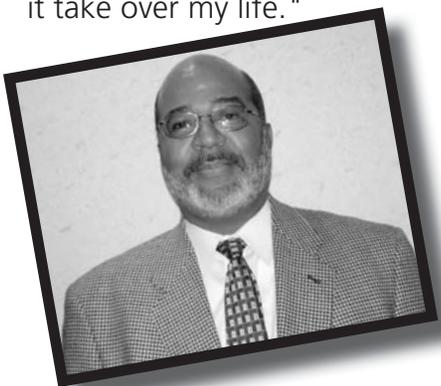
If you would like to submit your Success Story, please visit: das.ohio.gov/takechargelivewell



Take Charge! Live Well!

Champions Share Their Stories of Success...

"Two years ago, I was diagnosed with a second bout with cancer. I was told that I would need to have a kidney removed. I decided I'd do anything to beat this disease. I want to be healthy for my family. I became a vegetarian, a vegan (no milk, cheese or eggs). A meatless diet is healthy, and eating more fruits and vegetables is a positive improvement. I feel better, more energetic and empowered. I feel I am doing something positive to fight cancer and not letting it take over my life."



*—Ralph Dowling-Fitzpatrick
Public Utilities Commission of Ohio*

"My tough-as-nails husband had a car accident resulting in neck and back injuries. He tried for two years to completely recover while I encouraged him to do the *Take Charge! Live Well!* health assessment.

I completed it for my husband, but gave his e-mail address for follow up. He received tailored communications designed for his conditions and preventive reminders. My husband scheduled thorough checkups for both of us, and we're actively following up. None of this would have happened without the *Take Charge! Live Well!* program."

*—Jo Clair
Ohio
Bureau of Workers'
Compensation*



"I attended a Road Show at my agency and the nurse suggested that I discuss the results with my primary care physician. I am so thankful for the *Take Charge! Live Well!* program. I would not have known about my health condition without the worksite health screening."

*—Linda Briggs-Cross
Richland Correctional Institution*



**SUCCESS
STORIES
FROM
ACROSS
THE STATE**

SUCCESS STORIES FROM ACROSS THE STATE

If you would like to submit your Success Story, please visit: das.ohio.gov/takechargelivewell

"I was concerned about my weight and diabetes in my family. I took charge of my health by keeping a food diary and an exercise journal. I joined a gym and worked with a personal trainer. I am really glad for the state's *Take Charge! Live Well!* program. I like the speakers, health fair and the overall *Take Charge! Live Well!* program."



*—Paula Garrettson
Public Utilities Commission of Ohio*

"After a holiday visit from my son, I decided it was time for a change. I joined Weight Watchers for the third time in January 2008. After carefully reading the materials this time I really figured out the point system. My husband has helped me by changing his eating habits. We eat a lot of fruits and

vegetables and drink a ton of water now. My husband encourages me when I'm discouraged. I joined a walking group through Weight Watchers. We walk on Saturday mornings, and I have met a lot of nice people. I added kickboxing and an exercise video to my routine and I reached my goal weight in August. I look and feel great, dropped four dress sizes, and that is a miracle in itself. The added benefit is that my husband has lost over 60 pounds. When people ask me what to do, I tell them one thing. Just start."

*—Kimberly Dobbins
Ohio Department of Natural Resources*



SUCCESS STORIES FROM ACROSS THE STATE



Important Contacts

TIP:

When placing your calls, make sure you have the documentation you might need during the call.

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

Agency Contacts

HCM Customer Service
1.800.409.1205
614.466.8857
ohio.gov/
employeebenefits

Union Benefits Trust
1.800.228.5088
614.508.2255
www.benefitstrust.org

Health and Pharmacy Benefits

Aetna HMO 1.800.520.4785
www.aetna.com/stateohioemployee
Group Number 619316

Catalyst Rx 1.866.854.8850
www.catalystrx.com
Group Number STOH

Ohio Med PPO 1.800.822.1152
www.mmoh.com
Group Number 228000

Paramount HMO 1.800.462.3589
www.paramounthealthcare.com
Group Number 030291

The Health Plan HMO 1.800.624.6961
www.healthplan.org
Group Number 0141

UnitedHealthcare HMO 1.877.442.6003
www.myuhc.com
Group Number 702097

**Mental Health & Substance Abuse
United Behavioral Health** 1.800.852.1091
www.liveandworkwell.com
Group Number 00832
Code 00832

**Fringe Benefits Management Company
FBMC** 1.800.342.8017
www.myfbmc.com

Aetna Long Term Care 1.800.537.8521

Take Charge! Live Well!

Aetna 1.800.520.4785
www.aetna.com/stateohioemployee

APS Healthcare 1.866.272.5507
http://stateofohio.apshealthcare.com

UnitedHealthcare 1.866.868.5484
www.myuhc.com

Other Benefits-Exempt Employees

Delta Dental of Ohio 1.800.524.0149
www.deltadentaloh.com
Group Number 9273-0001 (Preferred)
Group Number 9273-1001 (Premier)

Vision Service Plan (VSP) 1.800.877.7195
www.vsp.com
Group Number 12022518

EyeMed Vision Care 1.866.723.0514
www.eyemedvisioncare.com
Group Number 9676008

**Basic Life
The Standard** 1.866.415.9518
http://www.standard.com/mybenefits/ohio/

**Supplemental Life
Prudential Life Insurance** 1.800.778.3827
Group Number LG-93046

FREE 24-Hour Nurse Line

If you are enrolled in:

**The Health Plan,
Ohio Med
or Paramount** 1.866.272.5507
Aetna 1.800.556.1555
UnitedHealthcare 1.800.846.4678

Important Contacts

Bargaining Unit Contact Numbers

Vision Service Plan
1.800.877.7195
www.benefitstrust.org
Group Number
12022914

EyeMed Vision Care
1.866.723.0514
Group Number
9674813

MetLife Dental
1.800.984.8649
Group Number
85100

Prudential Life Insurance
1.800.778.3827
Group Number
LG-01049

Working Solutions Program
1.800.358.8515

Hyatt Legal Services
1.800.821.6400

OhioDAS
30 E. Broad Street
Columbus, Ohio 43215

Spring Issue:

Hot News

Union News

**Open Enrollment
2009 information**

Benefit Updates

POSTAGE

