



Pathways to Benefits





CONTENTS

PREScription DRUG CHANGES.....	PAGE 3
OBTAINING MENTAL HEALTH COUNSELING SERVICES	PAGE 3
WELLNESS INCENTIVES	PAGE 5
HEALTHY VENDING OPTIONS	PAGE 6
UNITEDHEALTHCARE'S HEALTH4ME APP.....	PAGE 6
PATHWAY TO A HEALTHY HEART.....	PAGE 7
MEDICAL MUTUAL'S SUPERWELL HEALTH RESOURCE CENTER.....	PAGE 7
WELLNESS CHAMPION	PAGE 8
STATEWIDE WALKING CHALLENGE	PAGE 9
BENEFITS OF VISION AND DENTAL EXAMS.....	PAGE 10
DEPENDENT ELIGIBILITY.....	PAGE 10
FLEXIBLE SPENDING ACCOUNT DEADLINE	PAGE 10
CONTACT INFORMATION	PAGE 11

das.ohio.gov/benefits

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CATALYST RX IS NOW CATAMARAN

The State of Ohio pharmacy benefit manager, Catalyst Rx, has changed its name to Catamaran.

All of your contacts and services will remain the same. The website is now MyCatamaranRx.com, which contains some helpful enhancements. You will need to re-register to access the website by following the directions on the home page.

You can continue to use your current ID card even though it doesn't have the Catamaran name on it.

The name of the mail-order pharmacy is now Catamaran Home Delivery. Mail-order instructions are available at MyCatamaranRx.com.

PRESCRIPTION DRUG CHANGES IN EFFECT FOR NEW YEAR

Annually, the Catamaran (formerly Catalyst Rx) Pharmacy and Therapeutics Committee adds and removes drugs from their national formulary, also known as a preferred drug list.

State employees enrolled in a health plan should have received a new summary of the preferred drug list in the mail in December as well as a short list of changes and suggested alternative medications.

When receiving prescriptions from your doctor or having them filled at your pharmacy, always check to see if the medication prescribed is on the preferred list and ask if a generic alternative is available. This will help you receive the most value from your pharmacy benefit.

The 2013 preferred drug list and other important pharmacy updates may be found on the benefits website at das.ohio.gov/prescriptiondrug.

The preferred drug list also is available on Catamaran's website: MyCatamaranRx.com. After you register, go to **More Information**, then **Forms and Documents** and click on the attachment icon next to "Formulary." You also may call Catamaran customer service at 1.866.854.8850.

The preferred list is not an all-inclusive list and changes may occur throughout the year. Plan exclusions may override the list. Benefit designs may vary with respect to drug coverage, quantity limits, step therapy, days supply and prior authorization requirements.

OBTAINING MENTAL HEALTH COUNSELING SERVICES

Facing challenges that cause emotional distress isn't uncommon.

If you are feeling overwhelmed, you might benefit from the assistance of a trained counselor for impartial, confidential advice.

"A counselor can help you identify your problems and assist you in finding the best ways to cope with the situation by changing behaviors that contribute to the problem or by finding constructive ways to deal with a situation that is beyond your personal control," according to the American Counseling Association.

As a State of Ohio employee enrolled in the medical plan, you and any enrolled dependents may receive behavioral health benefits through United Behavioral Health (UBH), also known as OptumHealth Behavioral Solutions, which offers telephone assessment and referral services 24 hours a day, seven days a week at 1.800.852.1091.

UBH calls are answered by licensed clinicians trained to assist callers with urgent as well as routine issues, including locating an appropriate provider.

continued on following page



Obtaining Counseling Services *continued from previous page*

You also may obtain assistance in locating a participating provider experienced in dealing with the specific challenges you are facing by visiting the UBH website at liveandworkwell.com.

You can choose from among many areas of expertise. You also can search for counselors who offer evening or weekend appointments or counselors near public transportation.

Referrals are not needed to see the counselor of your choice.



FINDING A COUNSELOR

To find a mental health counselor:

- Visit the United Behavioral Health website: liveandworkwell.com
 - Enter the State of Ohio access code: **00832**
 - Go to: **Quick Links**.
 - Click: **Search for Clinician**.
- or
- Call United Behavioral Health: 1.800.852.1091
- or
- Call the State of Ohio internal Employee Assistance Program (EAP) administered by the Ohio Department of Health: 1.800.221.6327

Employees and dependents are required to pay a \$20 copayment for each in-network outpatient visit. For out-of-network visits, a \$30 per visit copayment applies and then the plan pays 60 percent of the allowed amount. You may be subject to balance billing for amounts above the allowable amount. You should contact United Behavioral Health before seeking care to ensure the highest level of benefits. Office visit copayments do not count toward your deductible.

SHOULD I SEEK COUNSELING?

Here's what mental health counselors say, according to the American Counseling Association website at counseling.org:

“Professional counselors offer help in addressing many situations that cause emotional stress, including, but not limited to:

- anxiety, depression and other mental and emotional problems and disorders
- family and relationship issues
- substance abuse and other addictions
- sexual abuse and domestic violence
- eating disorders
- career change and job stress
- social and emotional difficulties related to disability and illness
- adopting to life transitions
- the death of a loved one

‘Good indicators of when you should seek counseling are when you’re having difficulties at work, your ability to concentrate is diminished or when your level of pain becomes uncomfortable,’ said Dr. Gail Robinson, past president of the American Counseling Association. ‘However, you don’t want to wait until the pain becomes unbearable or you’re at the end of your rope.’

‘If someone is questioning if they should go into counseling that is probably the best indicator that they should,’ said Dr. William

King, a mental health counselor in private practice in Indianapolis. ‘You should trust your instincts.’

Joyce Breasure, past president of the American Counseling Association and a professional counselor who has been in private practice for more than 20 years, recommends counseling when you:

- Spend five out of seven days feeling unhappy
- Regularly cannot sleep at night
- Are taking care of a parent or a child and the idea crosses your mind that you may want to hit that person
- Place an elder in a nursing home or in alternative care
- Have lost someone or something, such as a job
- Have a chronic or acute medical illness
- Can no longer prioritize what is most important in your life
- Feel that you can no longer manage your stress

‘If you’re not playing some, working some and learning some, then you’re out of balance. There’s a potential for some problems,’ Breasure said.

Robinson points out you don’t have to be ‘sick’ to benefit from counseling. ‘Some difficult issues we face in life are part of normal development. Sometimes it’s helpful to see what you’re going through is quite normal.’”



EARN UP TO \$325* FOR COMPLETING HEALTH INCENTIVE ACTIVITIES BY JUNE 30

State of Ohio employees and their spouses enrolled in the state's health plan still could be eligible to earn a total of \$325* this benefit year by completing the Well-Being Assessment (\$50), biometric screening through a physician (\$75) and a chosen pathway (\$200) by June 30.

ONLINE PATHWAY

Your online Well-Being Plan contains: a personalized summary of your overall well-being and actionable steps you can take to improve it; personalized recommendations and focus areas to keep you motivated and on track; and fitness, nutrition and stress management plans that promote healthy behaviors to help you reach your healthy best.

ONLINE PATHWAY: Well-Being Assessment must be completed prior to starting your online pathway.

Complete four online items:

- 1. Complete a behavior intervention/progress check survey.** Take the three progress check surveys in your primary focus area. These are presented every 30 days. Look for the yellow banner.
- 2. Track your exercise.** Update your Exercise Tracker five times.
- 3. Track your food.** Update your Food Tracker five times.
- 4. Track your food servings.** Update your Food Servings Tracker five times.

Earn \$200

COACHING PATHWAY

Health coaches are your support system. They are here to educate, motivate and support you in achieving your health goals and managing your conditions. Coaching sessions are personalized and completely confidential.

COACHING PATHWAY: Well-Being Assessment and biometric screening must be completed to earn an incentive for the coaching pathway.

Complete four coaching sessions.

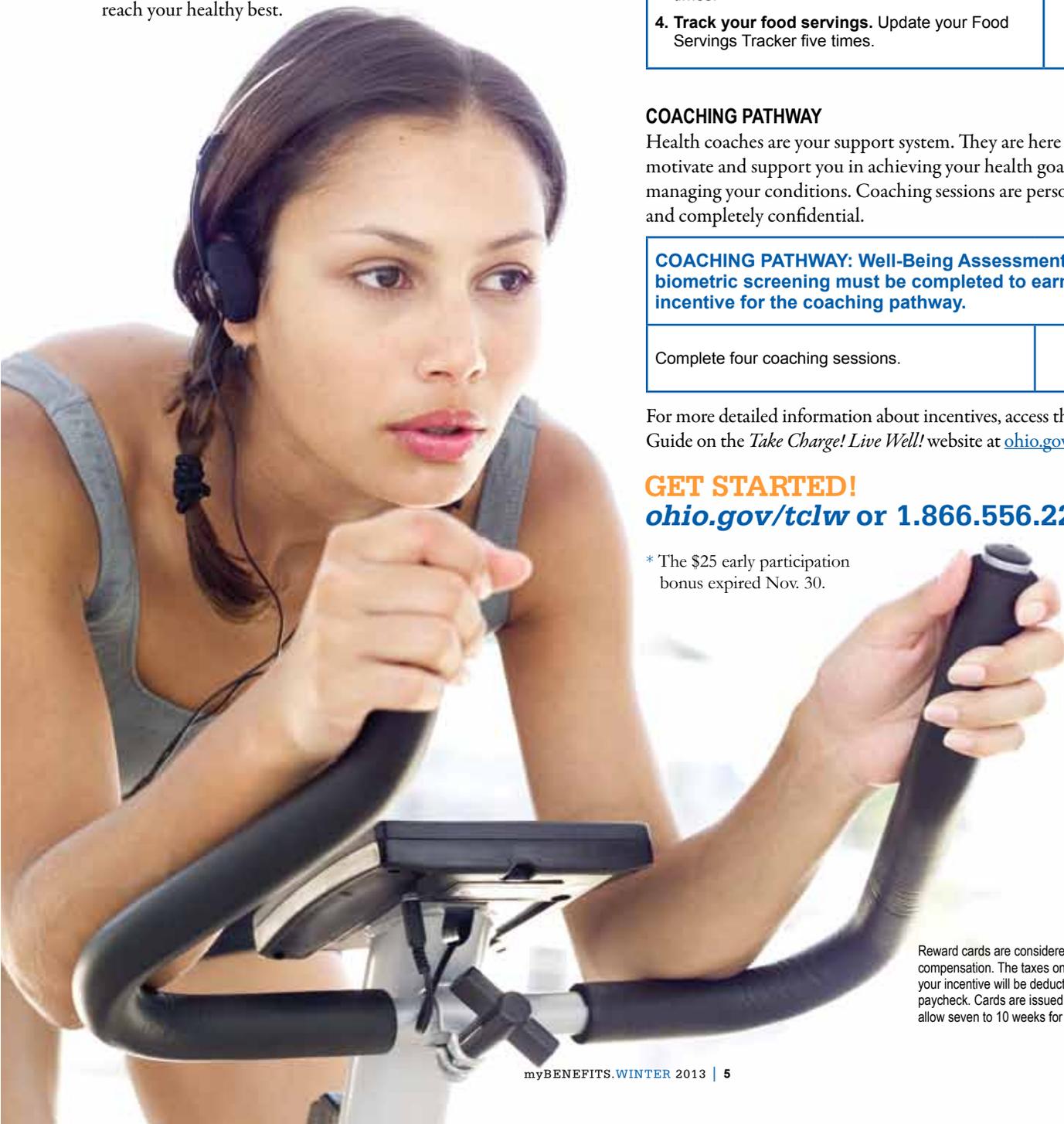
Earn \$200

For more detailed information about incentives, access the Incentive Guide on the *Take Charge! Live Well!* website at ohio.gov/tclw.

GET STARTED!
ohio.gov/tclw or 1.866.556.2288

* The \$25 early participation bonus expired Nov. 30.

Reward cards are considered taxable compensation. The taxes on the amount of your incentive will be deducted from your paycheck. Cards are issued monthly. Please allow seven to 10 weeks for delivery.



STATE EMPLOYEES ENCOURAGED TO GO NUTS! HEALTHY VENDING OPTIONS ARE BEING TESTED AT VARIOUS STATE SITES

If you've ever found yourself standing in front of a vending machine at your office wanting to select the healthiest option but finding your choice is a difficult one to make, help is on the way.

Vending machines at some state facilities are now going green. A Go for the Green healthy vending campaign has been implemented in an effort to offer healthier food options and help employees make healthier choices. Food and beverages in some vending machines now include green indicators identifying the item as a healthy option.

Go for the Green is a campaign that promotes healthy vending options. After receiving funding in early 2011, the Ohio Department of Health partnered with the Ohio Business Enterprise Program within the Ohio Rehabilitation Services Commission to work with vendors within state facilities to provide a higher percentage of healthy snacks in vending machines.

Objectives for the campaign are based on nutrition standards established by Fit Pick, a healthy vending program of the National Automatic Merchandising Association. The Fit Pick nutrition standard is a 35-10-35 model that identifies products with not more than 35 percent of their calories from fat, not more than 10 percent from saturated fat and not more than 35 percent of the total weight from sugar. (Nuts and seeds are excluded.)

Healthy vending options are being piloted in six state facilities, five of which house state agencies and are located in Columbus. Those five sites are the central office of the Ohio Department of Transportation, the Lazarus Government Center, the Ohio Department of Education, the Ohio Department of Health and the Supreme Court of Ohio.

During a Go for the Green campaign at the Ohio Department of Health, employees were encouraged to consider choosing healthier options including:

- **Focus on Fiber!** Choose cereal bars or granola bars to help keep you full longer.
- **Craving something crunchy?** Choose pretzels or baked chips as a great low fat way to satisfy your mid-day munchies.
- **Craving sweets?** Choose animal crackers, fig newtons, ginger snaps or graham crackers to satisfy your sweet tooth.
- **Go Nuts!** Choose a package of peanuts, almonds or other favorite nuts to add some protein to your day.

Feedback from a survey taken by *Take Charge! Live Well!* – the state's health and wellness program – showed state employees favor healthy vending options.

The survey targeted six larger state agencies with vending machines on site. Of the 1,075 state employees responding, 76 percent said they purchase food or beverages from workplace vending machines. Nearly half of the respondents believed vending machines should contain at least 25 to 50 percent healthy foods. In addition, 84 percent



Green indicators identify the healthier choices in this vending machine at the Ohio Department of Health headquarters.

believed that they would be influenced to make healthier choices if healthy food or drink options were labeled. More than four out of five respondents said having healthier options was important to them.

As the Go for the Green campaign continues to be tested in various sites, data is being collected to determine the next steps.

UNITEDHEALTHCARE'S HEALTH4ME APP



UNITEDHEALTHCARE ENROLLEES:

Your health plan information is now in your hands.

Access your health care information when you want, wherever you need it. Need an in-network physician? Need to search for nearby urgent care or hospitals? Want to check on your out-of-pocket deductibles? To borrow a popular phrase, there's an app for that.

Employees and their dependents who have insurance through UnitedHealthcare (UHC) can enjoy quick, simple and secure access to their health plan information.

Health4Me features access to physicians and facilities by location or specialty. View your claims. Store your UHC health card on your phone. Check health-related account balances.

It's fast, easy, personal, everywhere and it's secure.

Download UHC's Health4Me app at the App Store for iPhone users and at Google Play for Android users.

For more details about the app, login to myUHC.com.

PATHWAY TO A HEALTHY HEART

The human heart weighs less than a pound yet can perform amazing feats. Every year, your heart beats approximately 35 million times. That is approximately 100,000 times per day and 70 beats per minute.*

Your heart is made almost entirely of muscle. It is strong enough to lift approximately 3,000 pounds – roughly the weight of a compact car.*

Despite the importance of a healthy heart, we sometimes let it go. We need to exercise more. We need to lose excess weight. We need to pay more attention to the warning signs of an unhealthy heart. We need to enjoy a good laugh – laughing can be a great workout for your heart. When you laugh, the blood flow in your heart is increased for up to 45 minutes, which in turn improves your heart health.

During the month of February, a healthy heart campaign is being launched to bring awareness to improving your heart health. *Take Charge! Live Well!* – the state’s health and wellness program – is launching the campaign in conjunction with the Ohio Department of Health.

CELEBRATE HEART HEALTH MONTH IN FEBRUARY

Each week in February, the following themes will focus on your health numbers, such as your blood pressure and cholesterol reading. The campaign begins Feb. 1.

Week 1 Know Your Numbers

What are my numbers? They include: blood pressure, cholesterol, glucose, body mass index and waist circumference.

Week 2 Understand Your Numbers

What do my numbers mean?

Week 3 Manage Your Numbers

What are my health risks and how can I manage them? Which factors do I have that put me at risk for a heart attack or heart disease?

Week 4 “Crunch” Your Numbers

What lifestyle changes can I make to be heart healthy for the rest of my life?

LEARN YOUR RISK OF A HEART ATTACK, STROKE AND MORE

Discover your heart health risk by using a high blood pressure health risk calculator. Learn about your risk of having a heart attack or stroke or developing heart failure or kidney disease. In addition, learn about lifestyle changes that can lower your blood pressure. Print your report to discuss with your health care professional.

DETERMINE YOUR RISK FOR A HEART ATTACK IN THE NEXT 10 YEARS

If you continue to lead your same lifestyle for the next decade, what would be your chance of having a heart attack? Take a heart attack risk assessment to help you determine your likelihood of having a heart attack. Learn the controllable risk factors that can affect your risk of heart disease, stroke and metabolic syndrome. After completing the risk assessment, print a copy of the results, risk factor summary report, metabolic syndrome assessment and an action plan to reduce your risk.

Visit the *Take Charge! Live Well!* website, ohio.gov/tclw, and click on the Heart Health page for information about the Heart Health campaign and to access the high blood pressure risk calculator and the heart attack risk assessment.

*Sources: 20-20 Site and the American Heart Association



MMO OFFERS HEALTH RESOURCES, TRACKERS AND MORE AT YOUR FINGERTIPS

MEDICAL MUTUAL OF OHIO ENROLLEES:

Employees who have health insurance with the State of Ohio through Medical Mutual of Ohio (MMO) can access tools, support and information, and learn about health topics through its SuperWell Health Resource Center.

The Health Resource Center also features interactive tools and quizzes, a searchable health encyclopedia, a “clickable” symptom checker tool, discussion points and virtual health guides.

Ailments and conditions can be determined by using the Interactive Symptom Checker. Simply point and click on an image of a human being to access further information about the symptoms being experienced. Access information targeted at men’s, women’s, senior’s and children’s health.

Get started with online tracking, checking or charting health concerns such as diet, immunizations, weight, blood pressure, doctors’ appointments, medicine schedule, medical history and physical activity.

Receive guidance for key health decisions about medical tests, surgery, medicines, treatments and other health issues.

MMO members can access the SuperWell Health Resource Center on the MMO website, medmutual.com, by signing into My Health Plan.

WELLNESS CHAMPION: 'HAPPIER INSIDE AND OUT'

BY BARB MAYLE
OHIO DEPARTMENT OF TRANSPORTATION
SAFETY AND HEALTH CONSULTANT

In 2008, one of my co-workers (Natalie Reed) was named the new wellness coordinator of our district (District 10 based in Marietta). At the same time, she wanted to shed a few pounds for her upcoming wedding. We decided to start a Weight Watchers group at work. I wanted to get in better shape and lose some weight, so I joined the group. We had a Zumba instructor come onsite to teach classes twice a week.

Both the diet and exercise changed my life. I have been attending Weight Watchers meetings ever since and fell in love with the dance, so I've continued to attend regular Zumba classes three times a week and kick boxing classes twice a week. I even started playing in a softball league again!

For the past 20 years I had to use an inhaler regularly, particularly after any type of light exercise. I am happy to say that I haven't used an inhaler since 2009. My physical fitness levels have increased dramatically. I can now jog on the treadmill for extended lengths of time and attend a high-intensity fitness class for an hour without a break.

I choose to walk the stairs at work now instead of taking the elevator and walk the walking trail at break times when the weather permits. I eat healthy and have changed my eating habits in many ways. I no longer eat when I'm bored or stressed. I only eat when I'm hungry. I have lost 65 pounds, can now wear regular sizes (smaller than ever) instead of plus sizes, and I am happy about how I look.

My life has changed for the better, and I'm a happier person on the inside and out. I turned 50 in April and I have more energy now than I did when I was in my 30s. I feel beautiful every day, and I am so proud of myself for the woman I have become!

Stories from Mayle and other State of Ohio employees who have taken charge of their wellness can be found on the Take Charge! Live Well! website at ohio.gov/tclw.

Do you have an inspirational story to share or know someone who does? Submissions are accepted via ohio.gov/tclw under Wellness Champions.



Barb Mayle before and after her 65-pound weight loss.



STEP UP TO THE CHALLENGE AGAIN THIS SPRING

WALK THIS WAY TO GOOD HEALTH

Nearly 9,000 state employees stepped up to the challenge to improve their health last spring by participating in the Statewide Walking Challenge. We're hoping even more join us this spring.

Below are quotes from a few of the state employees who enjoyed participating in last year's Statewide Walking Challenge along with photos from the Healthy Ohio Fitness Walk held at the Statehouse on May 16, 2012.



"The challenge has given me the drive to implement working out and to eat healthier on a regular basis."



"I'm so happy to have been a part of the walking challenge. As of two weeks ago I have lost 12 pounds."



"Wow! I have trimmed some pounds! It's a great feeling to exercise and see the big results! I am excited and having fun while exercising. Go Ohio! Keep up the good work."

"I didn't realize just how much I walked in a day. This has been eye opening. I have even started parking way out so I can walk in. This is exciting. Let's get up and start moving."



"I love to see a village of state employees with a focus of improving our health and wellness together. It takes a village to raise a child and also takes a village of people to get healthy and support one another."



OPEN UP AND SEE

Both your vision and dental care providers offer routine screenings that can identify conditions that affect your health and well-being.

Your vision and dental providers may be able to identify the conditions listed below during routine exams.

DISEASE/ILLNESS	VISION EXAM	DENTAL EXAM
Anemia		✓
Anorexia Nervosa		✓
Arteriosclerosis	✓	
Brain Tumors	✓	✓
Bulimia		✓
Cataracts	✓	
Computer Vision Syndrome	✓	
Deficient Immune System (HIV Positive)		✓
Diabetes	✓	✓
Diabetic Retinopathy	✓	
Dry Eyes	✓	✓
Gingivitis		✓
Glaucoma	✓	
Heart Disease(s)	✓	✓
High Blood Pressure	✓	✓
High Cholesterol	✓	✓
HIV	✓	
Kidney Problems		✓
Leukemia		✓
Lupus	✓	
Macular Degeneration	✓	
Medication Use	✓	
Multiple Sclerosis	✓	
Nerve Disorder	✓	
Osteoporosis		✓
Periodontal Disease		✓
Rheumatoid Arthritis	✓	
Some Cancers	✓	✓
Toxic Reactions	✓	
Thyroid Condition	✓	✓
Vitamin Deficiencies		✓

Sources: Delta Dental, the state's health plan dental provider; Eye Med and VSP, the state's health plan vision providers.

DEPENDENT ELIGIBILITY REMINDER:

When one of your enrolled dependents becomes ineligible for benefits coverage, it is your responsibility to contact your agency benefits specialist or human resources office.

Enrollment or continuation of an ineligible dependent may result in loss of benefits, disciplinary action and repayment of claims. Dependents may be eligible to continue with medical, dental and vision benefits through COBRA (continuation coverage) if you notify your agency benefits specialist or human resources office within 60 days of a qualifying event.

For information about dependent eligibility and documentation requirements, visit the benefits website at das.ohio.gov/eligibilityrequirements.

FLEXIBLE SPENDING ACCOUNT ENROLLEES:

SUBMISSION DEADLINE MARCH 31

The deadline for submitting claims and supporting documentation for calendar year 2012 expenses against health care and dependent care accounts is March 31, 2013.

Claims and documentation must be received by WageWorks by March 31 to receive reimbursements and avoid forfeiting funds.

For questions about flexible spending accounts, contact WageWorks Customer Service at 1.855.428.0446. Customer service representatives are available 8 a.m. to 8 p.m. ET Monday through Friday.

Health and Other Benefits Contacts

ALL EMPLOYEES

Medical

Medical Mutual of Ohio

1.800.822.1152

medmutualstateohioemployee.com

Group Number: 228000

UnitedHealthcare

1.877.440.5977

welcometouhc.com/ohio

Group Number: 702097

Prescription Drug

Catamaran

1.866.854.8850

MyCatamaranRx.com

Rx Group #: STOH

Behavioral Health & Substance Abuse

United Behavioral Health

1.800.852.1091

liveandworkwell.com

Website Access Code: 00832

Employee Assistance Program

1.800.221.6327

odh.ohio.gov/eap/eap.aspx

Take Charge! Live Well! Healthways

1.866.556.2288

stateofohio.embrace.healthways.com

24-Hour Nurse Advice Line

Healthways

1.866.556.2288, Option 2

Flexible Spending Accounts

WageWorks

1.855.428.0446

www.wageworks.com

Long Term Care Insurance

Prudential Long Term Care

Solid Solutions

1.800.732.0416

prudential.com/GLTCWEB

Group Name: stateofohio

Access Code: buckeyes

Group Number: LT-50636-OH

EXEMPT EMPLOYEES ONLY

Dental

Delta Dental of Ohio

1.800.524.0149

deltadentaloh.com

PPO Plan

Group Number: 9273-0001

Premier Plan

Group Number: 9273-1001

Vision

Vision Service Plan (VSP)

1.800.877.7195

vsp.com

Group Number: 12022518

EyeMed Vision Plan

1.866.723.0514

eyemedvisioncare.com

Group Number: 9676008

Life Insurance

Basic Life Insurance

The Standard

1.866.415.9518

standard.com/mybenefits/ohio

Group Number: 645571

Supplemental Life Insurance

Prudential Life Insurance

1.800.778.3827

prudential.com/mybenefits

Group Number: 93046

UNION-REPRESENTED EMPLOYEES ONLY



Union Benefits Trust

614.508.2255

1.800.228.5088

benefitstrust.org

Dental

Delta Dental of Ohio

1.877.334.5008

Group Number: 1009

Vision

Vision Service Plan

1.800.877.7195

Group Number: 12022914

EyeMed Vision Care

1.866.723.0514

Group Number: 9674813

Life Insurance

Prudential Life Insurance

1.800.778.3827

Group Number: LG-01049

Employee Assistance Program

Working Solutions Program

1.800.358.8515

Group Number: 4718

Legal Services

Hyatt Legal Services

1.800.821.6400

Group Number: 4900010

Ohio Department of Administrative Services HR Customer Service

614.466.8857 / 1.800.409.1205

HRCustomerService@das.state.oh.us

das.ohio.gov/benefits

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 if call is regarding claims.

Ohio Department of Administrative Services
Human Resources Division
Benefits Administration Services
HR Customer Service
30 E. Broad St., 28th Floor
Columbus, Ohio 43215

Save the Dates

2013

January

- New Flexible Spending Account plan year begins Jan. 1.

February

- Healthy Heart Month
- National Wear Red Day – Feb. 1

March

- 2012 Flexible Spending Account claims deadline – March 31

April

- Prepare for Open Enrollment

May

- Open Enrollment for Benefits
- Healthy Ohio Fitness Walk, Ohio Statehouse – May 15

June

- Final day to complete the Well-Being Assessment for the 2012-13 benefits year is June 30. Visit the *Take Charge! Live Well!* website, ohio.gov/tclw, for full details.

July

- New benefits year and wellness program begin July 1.

