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OhioDAS and the  
Joint Health Care  
Committee

FALL/WINTER  
EDITION

# Pathways

*your path to wellness*

Hot News  
Health  
Union News  
Lifestyle  
Success Stories

**OhioDAS**  
Service · Support · Solutions

# 2010 At A Glance

## JANUARY

- W-2's are coming
- New specialty drug program (see pg. 4)
- New Flexible Spending Account (FSA) plan year

## FEBRUARY

- Heart Health Month
- *Take Charge! Live Well!* (TCLW) - Lose 2 Gain (pg. 16)

## MARCH

- FSA Deadline for 2009 claims is March 31, 2010

## APRIL

- Prepare for Open Enrollment, update your personal data

## MAY

- Open Enrollment

## JUNE

- TCLW year ends June 30, 2010
- Annual exams for kids

## JULY

- New benefits take effect

## AUGUST

- Dental Health Month

# Happy New Year!

Another fresh new year is here. As we welcome 2010, we can look back on an eventful 2009:

As state employees, we continued doing more with less, continued to provide the best customer service possible and continued to show dedication and service to the citizens of Ohio. We are working daily to serve our constituents; however, we need to take time to ensure our own health and wellness throughout the year by utilizing our *Take Charge! Live Well!* health and wellness program.

This past year we benefited from enhancements to our health benefits:

- Free and unlimited tobacco cessation counseling plus tobacco cessation pharmaceuticals.
- Free coverage for insulin and certain diabetic testing supplies and equipment.
- Free preventive care services.

As the year continued, 2009 brought us many ups and downs. We were in the midst of a national economic recession. Jobs were lost. Homes were lost. And we too were asked to sacrifice a part of our compensation to help balance the state budget. These moments leave lasting impressions on our character and our ability to rise through adversity.

One promise was made and that was to ensure we are being responsible in our effort to provide a robust benefit package. As a part of that promise, a Dependent

Eligibility Verification was completed Nov. 30. The verification process allowed us to ensure that only eligible dependents receive coverage. This was no simple task. We often overlook our benefits as a part of our Total Rewards for employment with the State of Ohio. By completing this verification, we were assisting in solutions that protect our benefit plan from paying claims for individuals who are ineligible for coverage. This effort will allow all of us who participate in one of our state health plans to be assured that our benefits are used only by those who are indeed eligible to receive the benefit.

Now for 2010, the year ahead! 2010 can be a fantastic year for our personal outlook, our personal health and wellness goals and for our ability to rise through the difficult times. To help you establish goals and achieve them, we will continue to provide *Take Charge! Live Well!* programs that encourage and support your health and wellness goals. We will continue to ensure our benefit plans remain robust. We will continue to communicate and educate throughout the year so together we can walk down the path to wellness.

We all want to live long healthy lives, full of cheer and accomplishment. One way of making our mark in society is to live our fullest life, through wellness and a positive attitude. We hope 2010 brings all of us success in our work here with the state and at home with our families and friends.

Best wishes for a happy and healthy New Year!

OhioDAS and the  
Joint Health Care Committee

# 2010 At A Glance

## 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

**Ted Strickland,**  
Governor

**Hugh Quill,**  
Director

Ohio Department of  
Administrative Services  
Human Resources  
Division  
[ohio.gov/employeebenefits](http://ohio.gov/employeebenefits)





*Catalyst Rx works collaboratively with physicians and other prescribers to ensure optimal medication management*

## **Catalyst Rx changes effective January 1, 2010**

### **Walgreens Specialty Pharmacy**

Catalyst Rx's specialty drug partner, Walgreens Specialty Pharmacy (WSP), will administer the specialty drug plan. Immediate Pharmaceutical Services (IPS) will continue to provide regular mail order medications.

Patients who require healthcare coverage for specialty medications deserve dependable "high touch" service. WSP is committed to providing this high quality service to you. If you currently require therapy with a specialty medication, you should have received a welcome letter from WSP. If you did not receive a letter, please contact WSP at your earliest convenience by calling 1.866.823.2712. They will assist you in registering, obtaining a new prescription (if needed) and answering any questions you may have regarding their program or your medication therapy.



**EFFECTIVE JANUARY 1, 2010, if you require a prescription for a specialty medication, please ask your physician to contact Walgreens Specialty Pharmacy by one of the following methods:**

**PHONE** Walgreens Specialty Pharmacy toll free: 1.866.823.2712

**FAX** a new prescription to 1.877.231.8302 and include the diagnosis code 

## **Prescriber Outreach**

Catalyst Rx works collaboratively with physicians and other prescribers to ensure optimal medication management. Catalyst Rx provides information to providers to increase generic and formulary brand utilization. This lowers members' costs as well as pharmacy costs to the health plan. Medication recommendations are made for cholesterol, gastrointestinal agents, blood pressure, anti-depressants, and anti-virals.

### **Step Therapy: Valtrex**

Effective Jan. 1, 2010, Valtrex and famciclovir/Famvir will require step therapy, and Valtrex will no longer be a preferred medication.

Your plan will require prior use of acyclovir before any other medication in this class will be covered. If for some reason acyclovir does not work well for you, famciclovir may then be prescribed. You must try both of these generics before Valtrex will be approved for coverage. These generic medications provide the same therapeutic results as Valtrex.

If you are a current Valtrex user, you will receive a letter from Catalyst alerting you to this requirement and encouraging you to proactively consult with your provider and ask for a new prescription for acyclovir. Cancer patients, transplant patients and those with HIV/AIDS will be excluded from this requirement and will not receive the Catalyst Rx letter. These patients may continue to fill prescriptions for Valtrex without step therapy.

Source: Catalyst Rx

## **CONTENTS**

**HOT NEWS .....4**

**HEALTH .....6**

**UNION NEWS .....14**

**LIFESTYLE .....16**

**SUCCESS STORIES .....17**

**IMPORTANT CONTACTS .....18**



## Say goodbye to unnecessary ER visits

### Make unnecessary ER visits a thing of the past

Of course, it's second nature for many of us to hit the emergency room if we're suddenly sick or injured - a sound idea, in many cases. But what if you have an urgent, but non-life threatening, medical issue like an ear ache or ankle sprain? A hefty ER wait time, and even heftier hospital bill, might not be your best option. In fact, quicker, more affordable and more convenient treatment is closer than you think: your local urgent care center. Many urgent care centers are open 7 days a week - even nights, weekends and holidays - with no appointments necessary.

### See the savings

If you're like many Americans, out-of-pocket costs like deductibles or copays are a part of your world. But the dramatically lower cost you'll pay for in-network urgent care visits will feel like instant relief. Take a look at what you may save:

Urgent Service	Average ER Cost	Average Urgent Care Cost
Sprains	\$550 - \$750	\$110 - \$150
Influenza	\$550 - \$750	\$110 - \$150
Minor Lacerations	\$550 - \$750	\$110 - \$150
Headaches - Migraine and Tension	\$550 - \$750	\$110 - \$150

Source: Aetna

### 8 great reasons to use Urgent Care

If you've already seen and saved at your local urgent care center - congrats! You've taken a

giant step toward protecting your health and your wallet. If not, there are plenty of reasons to start:

1. **You're covered:** All you need is your health insurance ID card for in-network care.
2. **No appointments needed:** Just walk right in!
3. **Convenient hours:** Some clinics are open 7 days a week, with extended evening, weekend and holiday hours, just like the ER.
4. **Less waiting:** The average ER visit tops 3 hours; while urgent care visits are generally an hour or less.
5. **Lower prices:** Lower copays and out-of-pocket costs, with prices averaging \$110 to \$150, compared to ER costs of \$550 to \$750.
6. **Many locations:** With many centers nationwide, you can find a location quickly near your home or job.
7. **Fully staffed by doctors:** Clinics are overseen by doctors, with doctors providing the service.
8. **Connections with local ERs:** If you need more extensive care, you'll be referred to the closest ER.

Source: Aetna

### Finding an urgent care center is easy!

Get familiar with participating urgent care and walk-in locations in your neighborhood before you need them. Visit your healthcare provider's Web site below.

**Aetna** [www.aetna.com/stateohioemployee](http://www.aetna.com/stateohioemployee)

**Ohio Med** [www.mmoh.com](http://www.mmoh.com)

**Paramount** [www.paramounthealthcare.com](http://www.paramounthealthcare.com)

**Health Plan** [www.healthplan.org](http://www.healthplan.org)

**United Healthcare** [www.myuhc.com](http://www.myuhc.com)

If your medical need is more than urgent - for example, characterized by chest pain, trouble breathing, bad bleeding or other symptoms that are serious or put your life at risk - you should go straight to your local ER.

## Plenty of Urgent Care services!

If you're thinking the ER is the only place that can handle your health issue, think again! Urgent care centers not only offer care for serious, non-life threatening medical matters, they also offer plenty of other services, too. Examples include:

- Fractures
- Whiplash
- Sports injuries
- Falls (less than 7 feet)
- Cuts and minor lacerations
- Allergies
- Infections
- Flu
- Gallstones
- Skin lesion removal
- Burns and rashes
- And more!



## Medication for Attention Deficit Disorder

Attention Deficit Disorder (ADD/ADHD) is the most common neurologic development disorder seen in children. It is a behavioral disorder characterized by persistent inattention and/or hyperactivity-impulsivity resulting in significant functional impairment.

The American Academy of Child and Adolescent Psychiatry developed the most recent medication treatment guidelines for ADHD in 2002. Treatment for ADD/ADHD can include medications classified as stimulants or non-stimulants. Stimulants are commonly prescribed as first line therapy. According to these same clinical practice guidelines for ADD, patients who fail to show positive effects or experience intolerable side effects on one stimulant medication should be tried on another one of the recommended stimulant medications. Patients who fail two stimulant medications can be tried on a third type of formulation of stimulant medication for the same reason.

Medications for ADD/ADHD can have a number of side effects including increased blood pressure and heart rate. In patients with certain heart conditions, sudden death has also occurred. The American Heart Association (AHA) recommends that children who take stimulant medications be screened for heart conditions by having an electrocardiogram (ECG) in addition to a physical examination. An ECG can identify heart conditions that wouldn't be found with a physical exam. While the risk of sudden death from ADHD medications is rare, an ECG is recommended so that if a heart problem is found, the condition can be closely monitored by a healthcare professional.

Source: Catalyst Rx

The table below shows a cost comparison for medications used to treat ADD/ADHD. Generic medications offer quality therapy at the lowest cost. If you currently fill a prescription for a brand medication to treat ADD/ADHD you could save up to \$160 per year by switching to a generic.

Medication	Drug Status (Brand or Generic)	Approximate Total Cost Comparison	Member Copay per 30 Day Prescription <sup>1</sup>	Potential Annual Savings with Generic
amphetamine/ dextroamphetamine (Adderall)	Generic	\$	\$10.00	NA
dexmethylphenidate (Focalin)	Generic	\$	\$10.00	NA
methylphenidate (Ritalin)	Generic	\$	\$10.00	NA
methamphetamine (Desoxyn)	Generic	\$\$	\$10.00	NA
amphetamine/ dextroamphetamine (Adderall XR)	Generic	\$\$\$	\$10.00	NA
Concerta	Preferred Brand	\$\$\$	\$25.00	\$60.00
Daytrana	Preferred Brand	\$\$\$	\$25.00	\$60.00
Metadate CD	Preferred Brand	\$\$\$	\$25.00	\$60.00
Vyvanse	Preferred Brand	\$\$\$	\$25.00	\$60.00
Strattera	Preferred Brand	\$\$\$	\$25.00	\$60.00
Focalin XR	Non-Preferred Brand	\$\$\$	\$50.00	\$160.00
Ritalin SR	Non-Preferred Brand	\$\$\$	\$50.00	\$160.00
Xyrem	Non-Preferred Brand	\$\$\$\$	\$50.00	\$160.00
Nuvigil	Non-Preferred Brand	\$\$\$\$	\$50.00	\$160.00
Provigil	Non-Preferred Brand	\$\$\$\$	\$50.00	\$160.00

<sup>1</sup> If a brand is chosen for a medication, with an available generic, the copay will be \$50 plus the difference in cost between the brand and generic product.

<sup>2</sup> The main patent on Adderall XR remains active until 2018, pending litigation. It is a co-branded product. Co-branded products are licensed and manufactured by the original brand company and are distributed by other companies. They do not represent true generic products, and so the copay associated with either version of Adderall XR requires a brand copay.

*The American Heart Association recommends that children who take stimulant medications be screened for heart conditions by having an electrocardiogram (ECG) in addition to a physical examination*



### Generic Medication: Safe ~ Affordable ~ FDA Approved ~ Effective

- Generic medications contain the same ingredients as brand drugs
- Generic medications meet the same FDA standards as brand drugs: Quality, strength, action in the body, purity
- 50% of generic medications are manufactured by brand companies
- Generic medications cost 30 - 60% less than brand drugs



***The FDA requires that generic medications meet the same high standards for quality, strength, and purity as their brand counterparts***

**Use generic medication and save money**

Retail stores' generic programs offer a significant value and allow you to stretch your healthcare dollars further. This is the best time to consider using generic medications. Although generic medications have been available for years, many people are not fully aware of all that they have to offer. Generic medications provide high quality therapy and a less expensive way for people to obtain the medications they need. It is reassuring to know that generic medications offer the same safety and effectiveness as brand medications. In fact, the U.S. Food and Drug Administration (FDA) requires that generic medications meet the same high standards for quality, strength, and purity as their brand counterparts. They also make sure that generic medications work in the body the same way as the brand medication.

- Stores' generic drugs typically cost \$4 for a 30-day supply and \$10 for a 90-day supply.
- Always show the pharmacy your Catalyst Rx card to ensure consistent safety review of your medications for possible conflicts and drug interactions.
- If a medication is part of a store's generic program, you will only be charged \$4 per 30 days or \$10 per 90 days even if your normal generic copayment is higher. In such situations as this, you always pay the lower copay.
- Programs are available at Walgreens, Kroger, Giant Eagle, Wal-Mart, Target, Discount Drug Mart, and other pharmacies that are in the Catalyst Rx network.
- Generic lists vary from pharmacy to pharmacy. If your medication is not on one pharmacy's list, check another pharmacy's list to maximize your savings.
- Pharmacy generic lists can be viewed and printed on their Web site or obtained at the pharmacy.

Source: Catalyst Rx

- Share each generic list with your prescriber. Your doctor or healthcare provider may be able to switch you to a generic alternative so you can take full advantage of the program.

Brand Name	Generic Name	Approved Therapy
Adderall	amph/dextroamphetamine	Attention Deficit Disorder
Altace	ramipril	High Blood Pressure
Ambien	zolpidem	Sleep Aid
Celexa	citalopram	Depression
Coreg	carvedilol	Heart Disease
Dexedrine	dextroamphetamine	Attention Deficit Disorder
Dynacirc	isradipine	High Blood Pressure
Flonase	fluticasone	Allergy
Fosamax	alendronate	Osteoporosis
Glucotrol XL	glipizide	Diabetes
Imitrex	sumatriptan	Migraine
Lamictal	lamotrigine	Bipolar Disorder, Seizure
Norvasc	amlodipine	High Blood Pressure
Paxil	paroxetine	Depression
Pravachol	pravastatin	High Cholesterol
Prevacid*	pantoprazole	Ulcer, GERD, Reflux
Prilosec*	omeprazole	Ulcer, GERD, Reflux
Proscar	finasteride	Enlarged Prostate
Protonix	pantoprazole	Ulcer, GERD, Reflux
Pulmicort	budesonide	Asthma
Retrovir	zidovudine	HIV/AIDS
Ritalin	methylphenidate	Attention Deficit Disorder (ADD/ADHD)
Zocor	simvastatin	High Cholesterol
Zoloft	sertraline	Depression
*Available over-the-counter (OTC)		

**Ask your doctor or healthcare provider...**

- Which of my medications is available in generic form?
- Are generics the best choice for me?
- Are there any of my medications that have a generic in the same drug class?
- Would an alternative generic be appropriate for me?



*Generic medications work in the same way and in the same amount of time as brand medications*

### Ask your pharmacist...

- Are any of my medications on your \$4 generic drug list?
- Are generics available for any of my medications?
- How much can I save if I switch to a generic?
- Are the possible side effects the same with a generic?

### What are generic medications?

A generic medication is a copy that is the same as a brand medication in dosage, safety, strength, how it is taken, quality, and intended use.

### Are generic medications expected to be as safe as brand medications?

Yes. Generic medications can be expected to be as safe as brand medications—the FDA ensures it. Since generics use the same active ingredients and are shown to work the same way in the body, they have the same risks and benefits as their brand counterparts.

### Are generic medications as strong as brand medications?

Yes. The FDA requires generic medications to have the same quality, strength, and purity as brand medications.

### Do generic medications take longer to work in the body?

No. Generic medications work in the same way and in the same amount of time as brand medications.

### Why are generic medications less expensive?

Generic medications are less expensive because generic manufacturers don't have to pay for research, development, marketing, and promotion of the medication. New medications are developed under patent protection which protects the original manufacturer's investment by giving the company the sole right to sell the medication while it is in effect. As a patent nears expiration, other companies can apply to the FDA for approval to sell the generic version. Since

they don't have the same development costs, they can sell their product at significantly lower prices. Once generic medications are approved, there is greater competition among manufacturers. This also keeps the price down. Today, almost half of all prescriptions are filled with generic medications.

### Are brand medications made in more modern facilities than generic medications?

No. Both brand and generic medication facilities must meet the same standards of good manufacturing practices. The FDA won't permit medications to be made in substandard facilities. The FDA conducts about 3,500 inspections a year to ensure standards are met. Generic companies have facilities comparable to those of brand companies. In fact, about 50% of brand companies operate their own generic divisions to produce low cost generic versions of their own brand medications.

### If brand and generic medications have the same active ingredients, why do they look different?

In the United States, trademark laws do not allow a generic medication to look exactly like the brand medication. Colors, flavors, and certain other inactive ingredients may be different, but generic medications must contain the same active ingredients as the brand medication.

### Does every brand medication have a generic counterpart?

No. Brand medications are generally given patent protection for 20 years from the date of submission of the patent. This provides protection for the innovator who paid the initial cost including research, development, and marketing expenses, to develop the new medication. When the patent expires, other medication companies can introduce competitive generic versions. These medications must be thoroughly tested by the manufacturer and approved by the FDA.

Visit the FDA Web site at [fda.gov/cder/ogd/index.htm](http://fda.gov/cder/ogd/index.htm)

Source: Catalyst Rx



*About 50% of brand companies operate their own generic divisions to produce low cost generic versions of their own brand medications*



***JHCC's commitment to wellness has been unmistakable over the past few years with the development of successful initiatives like the Take Charge! Live Well! program***

## The union perspective...

### Get involved in labor/management wellness initiatives

*By Mal Corey  
Ohio Department of Rehabilitation and Correction,  
a Joint Health Care Committee (JHCC) union member*

There's a lot more to our labor/management relationships than resolving contractual disputes in the workplace.

In many agencies, labor management committees meet statewide and on the district and local levels to discuss an array of issues important to state employees. Certainly these committees give both union and employer representatives the opportunity to discuss the administration of the contract, but labor/management collaboration also gives bargaining unit employees the opportunity to have input on the direction of the workplace, changes contemplated by their employer, health and safety, information technology, and even health care and wellness.

The Joint Health Care Committee is the statewide labor/management committee that monitors our health care benefits – except vision, dental and life – and whose mission it is to provide quality, affordable and accessible health care for State of Ohio employees.

This JHCC's commitment to wellness has been unmistakable over the past few years with the development of successful initiatives like the *Take Charge! Live Well!* program, which gives employees resources to take charge of their own health and offers incentives for healthy living.

And, this commitment to wellness is filtering down to the districts and local offices, facilities and institutions.

Successful labor/management wellness initiatives are emerging and expanding in state agencies like Rehabilitation and Correction, Rehabilitation Services Commission, Bureau of Workers' Compensation, Job and Family Services, Natural Resources, and many others.

There have been many collaborative efforts to promote wellness in the workplace. Recently at my facility, the Ross Correctional Institution, employees were encouraged to increase activity without disrupting operations by participating in a walking contest. Teams participating in this labor/management initiative known as the "Tour de Ross" wore pedometers during their workday, and those who walked the most in a month's time were awarded prizes for being active.

Wellness initiatives in other agencies have included setting up exercise facilities, weight loss challenges, Web sites and health fairs.

I encourage you to get involved in or start brand new local wellness initiatives and see how you too can make a difference in the lives of your co-workers.

Not sure if your workplace has a wellness committee? Contact your union chapter president, health and safety committee or agency wellness coordinator to find out if there is a wellness committee in place. If not, ask them how one can be developed and how you can participate.

### The Joint Health Care Committee members from OCSEA are:

- CAROL BOWSHIER  
Labor Co-Chair
- KATE CALLAHAN  
State Board of Directors
- Ohio Department of Transportation
- MAL COREY  
Rehabilitation and Correction
- DEBRA KING-HUTCHINSON  
State Board of Directors
- Ohio Department of Jobs and Family Services
- LOUELLA JETER  
State Board of Directors
- Public Safety
- LAWRENCE McKISSIC  
Bureau of Workers Compensation

### JHCC members from other public employee unions:

- MARTY BARD  
CWA
- JOEL BARDEN  
FOP
- DOMINIC MARSANO  
SCOPE/OEA
- BARBARA MONTGOMERY  
SEIU 1199
- NIKKI SNEAD  
OSTA

## Lose 2 Gain

**Need to lose 2 pounds of holiday weight? Lose 2 pounds, gain good health.**

Many people gain a couple of pounds during the holidays. Studies show that most of us don't lose this weight. Instead, we keep adding a few more pounds each year, making it harder to lose. This year, lose those two pounds.

Two keys to weight control are portion control and exercise:

**Note how much you eat.** A portion of meat is the size of a deck of cards. A cup of cereal is about the size of a baseball.

**Aim for at least three 10-minute exercise sessions each day** – before and after work and on breaks.

**Other small changes can lead to big rewards: Drink 8 glasses of water daily** - Carry water with you to help remind yourself to drink it.

**Eat breakfast** - Breakfast revs up your metabolism in the morning. Try to eat within 30 minutes of waking.

**Limit screen time** - The more time we spend on the computer or watching TV, the less active we are.

**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** - Let your health coach help you set and meet reasonable goals. Call your APS Healthcare health coach Monday through Friday from 8 a.m. to 8 p.m. at 1.866.272.5507.

Source: APS Healthcare

## Take Charge! Live Well! Champions

**One day last fall** I noticed the card from APS Healthcare in the mail and read it. That was the beginning of a good partnership. After taking the APS health assessment and several of the online assessments, I realized that the program had a lot to offer. As the training officer at the Grafton Correctional Institution, I decided to offer more information to all staff during our annual in-service. As a member of Women in Corrections, we organized a pot luck heart healthy luncheon, brought in speakers and offered heart healthy cookbooks to everyone who came. It was a hit! As for me, I had never eaten much fruit but I have now substituted fruit for Fritos, 2% milk for whole milk, and I eat large portions of vegetables. I have lost 15 pounds and feel much better. I also schedule myself for annual checkups with my doctor and my husband does the same. He has lost 20 pounds. We don't diet, just eat more healthy foods. Many staff members are doing the same due to the in-service class. I often hear staff members talking about healthy foods and many of us exchange recipes and ideas for healthy dishes. Thanks to the *Take Charge! Live Well!* program, we're all doing better!

~*Shirley Sales, Grafton Correctional Institution*

**Over the past few years** it seems I have picked up more than 40 lbs, high cholesterol, and high triglycerides along with the high blood pressure I have inherited from my father. The extra weight not only impacted my blood pressure readings, but I was also headed for metabolic syndrome which may have included diabetes. My physician suggested I see a nutritionist and I registered on line with the *Take Charge! Live Well!* online programs. This helped to keep me on track with what my nutritionist had suggested. I have lost 46 lbs, my cholesterol and triglycerides numbers are so low my doctor said I have the numbers of an 18 year old. His exact words were, "This makes my day as a doctor." I dropped 5 pant sizes as well!

~ *Renee Sabir, Industrial Commission*

Share your *Take Charge! Live Well!* story at [ohio.gov/tclw](http://ohio.gov/tclw).

## 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

### Benefits Contacts

Human Capital Management  
Customer Service  
1.800.409.1205  
614.466.8857  
ohio.gov/  
employeebenefits

Union Benefits Trust  
1.800.228.5088  
614.508.2255  
customerservice@benefitstrust.org  
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 and Substance Abuse  
United Behavioral Health** 1.800.852.1091  
www.liveandworkwell.com  
Group Number 00832  
Code 00832

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

**Aetna Long Term Care** 1.800.537.8521

## Take Charge! Live Well!

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

### Other Benefits – Exempt Employees

**Delta Dental of Ohio** 1.800.524.0149  
www.deltadentaloh.com  
Group Number 9273-0001 (Delta PPO)  
Group Number 9273-1001 (Delta 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 Insurance  
The Standard** 1.866.415.9518  
http://www.standard.com/mybenefits/ohio/  
Group Number G10100

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

**Call the FREE 24-Hour  
Nurse Advice Line before visiting  
the urgent care or ER.**

**Nurse Advice Line**  
24 hours a day/7 days a week

**APS Healthcare**  
1.866.272.5507  
(option 3)

**TAKE CHARGE**  
Live Well

## 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**  
Service · Support · Solutions

30 E. Broad St.  
Columbus, Ohio 43215

## **LOOK FOR THE SPRING EDITION:**

**Hot News**

**Union News**

**Benefits Open  
Enrollment**

**Benefit Updates**

