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If you have Questions, Call Health Dialogue <sup>SM</sup> - A 24-hour health care assistance number for access to nurses who provide health education and support services is 1-877-789-2583

While the life-expectancy gap between men and women has decreased, it's no secret that men still need to pay more attention to their bodies. Several things work against men. They tend to smoke and drink more than women. They don't seek medical help as often as women. Some men define themselves by their work, which can add to stress. There are also health conditions that only affect men, such as prostate cancer and low testosterone. Many of the major health risks that men face – like colon cancer or heart disease - can be prevented and treated with early diagnosis. Screening tests can find diseases early, when they are easier to treat. It's important to have regular checkups and screenings.

Get tips on a healthy life style or print a checklist to bring to your next doctor visit, log on to the Centers for Disease Control and Prevention at: <http://www.cdc.gov/family/tips/> or check your knowledge of Men's Health at: <http://www2a.cdc.gov/od/menshealth/test.asp> or log on to [www.myblueservice.com](http://www.myblueservice.com) and take the Personal Wellness Profile.

An *important benefit* all members enrolled in an ICUBA Blue Cross Blue Shield medical plan receive is 100% Coverage for In Network preventive care benefits:

- Mammograms
- Bone Mineral Density Screenings
- Colorectal Cancer Screenings
- Colonoscopies
- Sigmoidoscopies
- Venipunctures
- Glucose Testing
- Lipid Panels
- ALT/AST screenings
- Cholesterol Screenings
- Electrocardiograms
- Urinalysis
- Echocardiograms
- Pap Tests
- Prostate Cancer Screenings
- Adult Immunizations
- Child Immunizations
- Flu Shots

These services are covered whether or not you are symptomatic and are covered at 100% no matter how many times you may need to receive them. Take advantage of your holiday break and get your annual screenings done at no cost to you!

**REMEMBER TO USE YOUR EMPLOYEE ASSSITANCE PROGRAM!** You have up to six free face to face visits *PER PRESENTING ISSUE!*

To access 24 hour care, call Magellan Health Services at 1-800-416-0835. You can also access valuable information such as Monthly Health Observances by logging on to [www.magellanhealth.com](http://www.magellanhealth.com)

# Important Information to Improve Your Health



## GO GENERIC AND SAVE \$

You can save \$500 a year or more by switching from a Non-Preferred Brand drug like Lipitor to a Generic drug like Simvastatin! Go online to [www.mywhi.com](http://www.mywhi.com) to view the plan formulary and ask your doctor to assist. You can also call WHI Customer Care at 1-800-207-2568. New drugs are added to the generic list as drugs go off patent, so check your drug list and save!

Prescription Drugs						
	Retail		Mail		90 Days at Retail (Advantage 90 Retail Network)	
	In Network	Out of Network	In Network	Out of Network	InNetwork	Out of Network
Value Based Generic List	\$5.00	*	\$10.00	N/A	\$10.00	N/A
Generic	\$10.00	*	\$20.00	N/A	\$25.00	N/A
Brand Preferred	\$27.00	*	\$50.00	N/A	\$60.00	N/A
Brand Non Preferred	\$55.00	*	\$100.00	N/A	\$125.00	N/A
<b>Frequency</b>	<b>Up to 30-day supply</b>	*	<b>31- 90-day supply</b>	N/A	<b>84- 90-day supply</b>	N/A

\* 40% of Out of Network Cost for the PPO 80 and Risk/Reward; 50% of Out of Network Cost for PPO 70

## Why Go Generic?

In many cases, generics work the same way as their brand-name counterparts-and cost less. Since generic medications are not appropriate for all people, be sure and ask Your doctor if a generic is right for You. Your co-pay for using a generic medication on the Value-Based Generic Medication List would be \$5 for up to a 30-day supply, or \$10 for up to a 90-day supply, when purchased at a retail pharmacy participating the Advantage 90 Retail Network, or through Walgreens Mail Service.

Medications such as antibiotics, muscle relaxers and pain relievers (those used to help treat short-term conditions), as well as medications prescribed for chronic conditions such as diabetes, depression, hypertension, high cholesterol and thyroid disease are included on the Value-Based Generic Medication List.

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