State Employee Health Plan

Employee News

OCTOBER 2016

2016
4TH QUARTER
NEWS

OPEN ENROLLMENT NEWS:

- **BCBS, Caremark, Delta and Surency are sending NEW ID cards to all members.**
- **Aetna Plan A members and members who make changes will receive NEW ID cards.**
- **New Quest members or members who make changes will receive NEW ID cards.**
- **NueSynergy is sending all new FSA members a debit card as well as those with expiring cards.**
- **Delta and Surency will not be sending paper booklets but you can go online and request one if needed.**

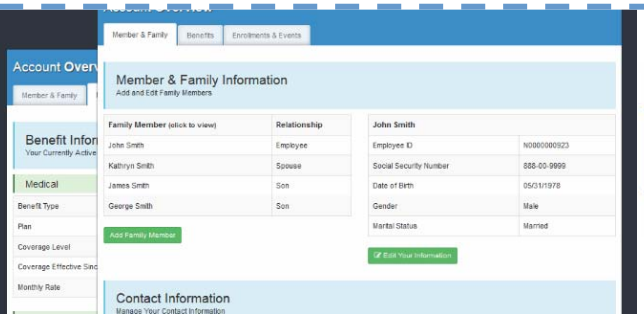
Open Enrollment is October 1st-31st

Open Enrollment is your opportunity to decide how you want to finance your healthcare for the upcoming year. It is the time to decide which health plan option you want for calendar year 2017. There have been several different changes made to both plans A and C. We encourage everyone to review the plan design options, look at the coverage and the out of pocket cost of each plan design and select an option, A or C. Each of our health plan vendors offers their own unique provider networks. Being a network provider means that the health care professional has agreed to accept the vendor's allowed charge as payment in full. The provider agrees to write off any difference between what they charge and what the health plan allows. This reduces your cost for care. Everyone is free to use any provider that they wish; however, if you use a provider that is not part of your health plan's networks, it will cost the member more out of pocket. Non network providers do not have to accept the health plan's allowed charge and can bill the member for the difference.

www.kdheks.gov/hcf/sehp/default.htm

- **Open Enrollment Meetings** are going on across the state now.
- **Webinars** are being held in October. You can find more about the meetings and webinars at **http://www.kdheks.gov/hcf/sehp/PY2017-Info.htm**.
- Enrollment will be done online in the Membership Administration Portal (MAP) **sehp.member.hrissuite.com** **If you are employed at ESU, KSU, KU, KUMC or PSU:** ***https://sso.cobraguard.net/seer_login.php*** **-** Select your Regent University and you will be taken to your login screen

Welcome to the **State of Kansas Employee Health Plan** Member Portal



Kansas Department of Health and Environment

Save time, save money and take control of your health! You can manage your prescriptions, quickly check drug costs, identify pills as well as refill your prescriptions easily from the mobile app or online at www.caremark.com.

The day supply maximums have changed. Both Plans A and C will now allow members to purchase up to a ninety (90) day supply of most drugs. To obtain a ninety (90) day supply, your physician will need to write the prescription to allow this amount.

Compound medications will only be covered when purchased from a Network pharmacy. Caremark's mail service offers compounding services, as do many other network providers, and will submit claims directly for reimbursement. More information can be found at: http://www.kdheks.gov/hcf/sehp/Caremark.htm

If using a non-network Walmart be sure to have the up-dated form with the barcode to insure you receive the network reimbursement rate. http://www.kdheks.gov/hcf/sehp/BenefitDescriptions/surency/2016-SurencyClaimForm.pdf

HealthQuest Deadline is November 15th

Be sure to go out to **www.kansashealthquest.com** and complete the **REQUIRED** Health Assessment Questionnaire and earn a total of 30 credits before 11PM CST on November 15th for your $240 premium incentive discount for 2017!

Be on the look out for webinars this winter to introduce the new HealthQuest incentive program that begins January 1st, 2017! We will explain the incentive options, demo the new website brought to you by Cerner Corporation as well as introduce you to our new weight management program Naturally Slim!

New Voluntary Plans Offered

New for this year's open enrollment employees will have the opportunity to fill gaps and protect themselves and their families through individual voluntary products. These products are available to anyone who is eligible for the State Employee Health Plan. Colonial Life is offering employees the opportunity to purchase four (4) new optional insurance plans:

- **Accident insurance**: to help offset unexpected medical expenses due to an accidental injury.
- **Hospital indemnity insurance**: which provides a lump sum benefit to help cover inpatient hospital stays.
- **Cancer insurance**: to provide a benefit to help offset out of pocket expenses related to cancer.
- **Critical illness insurance**: which provides a lump-sum benefit that can be used to help pay costs related to a covered illness.

To learn more about Colonial Life go to www. **coloniallife.com**

Save Money at the Pharmacy! - Did you know?

- Prescription prices can vary widely, even within the same ZIP code
- Prescription drugs costs experienced double-digit inflation in 2015
- Rx Savings Solutions was created by Pharmacists to provide transparency into those costs – enabling you to save more money at the pharmacy

THREE STEPS TO SAVINGS:

STEP 1

Setup Savings Alerts

(text and email options available)

A. Visit portal.rxsavingssolutions.com. Select "MEMBER LOGIN" or for first time visitors, click "REGISTER".

B. Fill in the required information to log-in or register.

C. Once logged-in, you can adjust your **Alert Settings** by clicking on "PROFILE" in the side navigation.

STEP 2

Review your available savings options and share with your doctor

Example: Switch from Pharmacy **A** to Pharmacy **B**

Example: Switch to a different, equally-effective medication

STEP 3

Start Saving on Prescriptions

Your alerts from Step 1 will be sent to you when savings are found!

Don't want to wait for a savings alert? Log in and search for yourself and start saving today!

1. Log into portal.rxsavingssolutions.com/
2. Check your home page for savings opportunities or use the search feature to view different medications and any associated savings.

30 minutes - 297 calories -288 mg Sodium -$3.44 per serving

Tailgate Chili

Ingredients:

- 1 lb. 95% lean ground beef (or ground white meat chicken or turkey for a healthier option)
- 1 medium onion, chopped
- 1 medium green bell pepper, chopped
- 1 medium jalapeño (optional, only if you like spicy chili), chopped
- 4 clove minced, fresh garlic **OR** 2 tsp. jarred, minced garlic
- 1 Tbsp. chili powder
- 1 Tbsp. ground cumin
- 1/2 tsp. ground coriander
- 15.5 oz. canned, no-salt-added or low-sodium pinto or kidney beans, rinsed, drained
- 14.5 oz. canned, no-salt-added or low-sodium, diced tomatoes, undrained
- 3/4 cup jarred salsa (lowest sodium available)

Directions:

1.) Spray large saucepan with cooking spray. Cook beef and onion over medium-high heat for 5-7 minutes, stirring constantly to break up beef. Transfer to colander and rinse with water to drain excess fat. Return beef to pan.

2.) Stir in bell pepper, garlic, chili powder, and cumin, and cook for 5 minutes, stirring occasionally

3.) Add remaining ingredients and bring to a boil. Reduce to simmer, cover and cook for 20 minutes.

Optional? serve topped with low-fat grated cheese, a dollop of fat-free sour cream, sliced avocado, snipped cilantro or chopped green onions.

Excess sodium increases a person's risk for HIGH BLOOD PRESURE, which can lead to heart disease and stroke. For optimal heart-health, the American Heart Association recommends people aim to eat no more than 1,500 mg of sodium per day. Because the average American's intake is so excessive, even cutting back to no more than 2,400mg will significantly improve blood pressure and heart health. The body needs only a small amount of sodium (<500mg daily) to function properly.

Here are the approximate amounts of sodium in a given amount of table salt:

- 1/4 teaspoon salt = 575 mg sodium
- 1/2 teaspoon salt = 1,150 mg sodium
- 1 teaspoon salt = 2,300 mg sodium

Here are sodium-related terms you may see on food packages:

- Sodium-Free: Less than 5 mg sodium per serving and contains no sodium chloride
- Very low sodium: 35 mg or less per serving
- Low Sodium: 140 mg or less per serving
- Reduced (or less) sodium: at least 25% less sodium per serving than the usual sodium level
- Light in sodium: if sodium is reduced by at least 50% per serving

http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Sodium-Salt-or-Sodium-Chloride_UCM_303290_Article.jsp#.V-QNX_krKHs

Nine out of 10 Americans Consume TOO Much SODIUM