

THE LOCAL CHOICE E-NEWS

Department of Human Resource Management State and Local Health Benefits Programs

August 2010

There Could Be a Gift Card in Your Future

Arranging a CommonHealth program at your location now includes something special for TLC Group Administrators who are also CommonHealth agency coordinators! Schedule a CommonHealth program with your Regional Coordinator before Oct. 31 to be entered into a drawing for a VISA gift card. You do not need to hold the program within that period, just schedule it with your Regional Coordinator.

If another individual is the CommonHealth coordinator for your group, please pass along this information. Over 45 gift cards worth \$25- \$100 will be awarded to CommonHealth volunteers!

Groups may choose from three fun and educational programs with many different presentation options: in-person, video or coupon:

- Something to Smile About (Dental)
- Calm your Nerves (Stress)
- Outdoor Adventures (Outdoor Safety and the State parks)

Visit www.commonhealth.virginia.gov/tlc for more information, or send an e-mail to wellness@dhrm.virginia.gov with questions.

Generic Version of Antidepressant Effexor XR Now Available

A generic recently came on the market for *Effexor XR*, a brand name drug used to treat depression and anxiety. Medco Health Solutions has notified TLC Key Advantage plan members who currently take the drug that a generic version is available. The generic copayment is \$15 for an up to 34-day supply. Since Key Advantage plans have a mandatory generic drug program, members who opt to continue purchasing the brand drug will pay the brand copayment plus the difference between the brand and generic cost. Please see the attached sample of the letter.

What Your EAP Can Do For You

The link below from ValueOptions provides excellent information for employees on how the Key Advantage Employee Assistance Program can help them deal with personal problems, from substance abuse to marital issues and legal problems. Also see the link to plan information for the Key Advantage plans, TLC HDHP and Kaiser Permanente on the TLC Web site. EAP contact information may be found in the summary of benefits brochure for each plan.

http://www.valueoptions.com/solutions/common/what_your_eap_can_do_for_you.htm
http://www.thelocalchoice.virginia.gov/planinfo/planstoc2010_11.htm.