

# THE LOCAL CHOICE E-NEWS

## Department of Human Resource Management State and Local Health Benefits Programs

*August 2009*

### *Flu Shots on Track for This Fall*

The Local Choice health benefits program is again planning to offer TLC plan members free flu shots at participating network pharmacies beginning in September. Prescription drug program vendors are currently working to confirm the pharmacies that will be participating in the program. Details will be coming soon. At this point, there is no information on when the vaccine for H1N1 (swine flu) may be available and where it may be administered (doctor's office or pharmacy). As with the seasonal flu vaccine, H1N1 will be covered under plan wellness and preventive care provisions.

### *New Rules in Place for Non-Sedating Antihistamine Prescriptions*

Beginning on Aug. 17, the TLC Key Advantage plans will require a coverage review (prior authorization) with a doctor before non-sedating antihistamines (NSAs) used to treat allergies will be covered under the prescription drug program. Examples of these drugs are *Allegra* and *Clarinet*. There are many over-the-counter NSAs now available, such as *Claritin* and *Zyrtec*. Medco, which administers the Key Advantage pharmacy benefit, has mailed letters to plan members who currently use NSAs informing them of this new rule. Coverage review of NSAs will determine if use of the medication meets plan coverage requirements. If a member takes one of these drugs and coverage is approved, they will pay the normal copayment; however, if coverage is denied, the member will be responsible for the full cost of the medication at a participating retail pharmacy or at the *Medco By Mail* home delivery pharmacy service. **If a member fails to obtain a coverage review, they will pay 100 percent of the cost for these drugs.**

Members or their doctors may call Medco toll-free at 1-800-417-1764, 8:00 a.m. to 9:00 p.m. EDT, Monday through Friday, to arrange a coverage review.

### *New Resources Available on Value Options Achieve Solutions® Web Site*

Training videos (10-14 minutes), new educational and promotional pieces, articles on the H1N1 virus (swine flu), quizzes and managers' articles are new additions to the Value Options Achieve Solutions Web site at [www.achievesolutions.net/tlc](http://www.achievesolutions.net/tlc).

The videos may be found by clicking on the "Resources" tab at the top of the page and then either "Videos" or "Trainings." They address such topics as "Financial Uncertainty Training" and "Dealing with Challenging People." New educational and promotional pieces include handbooks on communications and living "greener," videos and an audio clip on swine flu, and a variety of articles dealing with stress, healthy eating, weight management, "going green" and other lifestyle issues.

## **CommonHealth Helps Employees Get and Stay Healthy**

Summer is a good time to focus on helping your group's employees lead healthier lifestyles. Get started with the CommonHealth employee wellness program!

CommonHealth offers:

- Programs for better health delivered to your employees, wherever they are and in a format that's best for you and them. It's easy to learn about healthy topics from how to block harmful sun rays and reduce stress to the benefits of participating in group walks or better dental hygiene. Employees can participate via coupon, watch a DVD, go to a learning station at work or access the TLC CommonHealth Web site at [www.commonhealth.virginia.gov/tlc](http://www.commonhealth.virginia.gov/tlc) for information.
- Employee access to discounts at fitness centers in your area. Simply visit the TLC CommonHealth Web site for a list by region.
- The *Compass* quarterly newsletter, packed with health news you and your employees can use, and recipes to share with family and friends.
- Health checks which test for high blood pressure, cholesterol issues and diabetes are available every 2 years.

Your CommonHealth Regional Coordinator will be calling to help you participate or you may contact them. Access the TLC Web site for contact information.