

THE LOCAL CHOICE E-NEWS

Department of Human Resource Management State and Local Health Benefits Programs

July 22, 2008

'New' CommonHealth Launched

The new look for CommonHealth began on July 1 with the new fiscal year. The program for the first quarter reminds employees to "Enjoy Eating," and includes as an incentive an insulated lunch bag with a bottom compartment to keep drinks and veggies cold. Employees will also receive a CommonHealth card giving an overview of tips to remember. Also new is a two-page Compass that will be published each quarter. A supply of the first issue (see attached), based on your employee count plus three percent, will be mailed to you beginning this week for distribution to your group's employees.

All of this is combined with better use of technology to increase participation, and nine new Regional Coordinators with 80 years of CommonHealth experience who live and work in your communities, presenting programs and listening to employee comments and concerns.

CommonHealth will continue to add value to The Local Choice program, with a goal of being more efficient and effective in helping employees be healthy at work and home.

Visit the new Web site at www.commonhealth.virginia.gov for wellness tips and information, links to other sites, help on quitting smoking, and news about TLC health and wellness initiatives. Look for the TLC CommonHealth icon on the front page in the left sidebar. More will come as the year progresses.

New Regional Coordinators will be contacting you to schedule a program. If you have suggestions or comments, send an e-mail to wellness@dhrm.virginia.gov.

TLC Statewide Plan Coverage for Immunizations Clarified

Immunizations are covered in two ways under the TLC Key Advantage and TLC HDHP plans. Members may receive immunizations in their doctor's office, or at local retail pharmacies under the prescription drug program.

- At the doctor's office, the plans pay 100% under the wellness benefit for flu shots, pneumonia, meningitis and other vaccines. For more information on immunizations, visit www.anthem.com/tlc.
- At local retail pharmacies, members pay the applicable copayment under Key Advantage, or deductible and coinsurance under TLC HDHP. Members are also responsible for any administrative or other fees the drug store charges. Flu shots are the only exception, paid at 100% during flu season.
- Kaiser Permanente HMO members may receive immunizations at no cost only in their doctor's office.