

THE LOCAL CHOICE E-NEWS

Department of Human Resource Management State and Local Health Benefits Programs

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Change in Coverage for Some Diabetic Supplies

Beginning July 1 or October 1 depending on your renewal, coverage for diabetic blood glucose test strips and glucometers under the TLC Key Advantage plans will be paid through the outpatient prescription drug benefit. This coverage is currently through Anthem. Members will pay less for these diabetic supplies because there will be no deductible. Here is a breakdown of revised coverage for diabetic supplies and services:

- **Medco prescription drug program:** Members will pay 20% coinsurance with no deductible at retail and mail order pharmacies. A prescription is required at the pharmacy for purchase of these supplies. Members continue to pay the applicable prescription drug tier copayment for insulin, syringes and lancets.
- **Anthem medical benefit:** Diabetic equipment and education are covered under medical. Members pay 20% coinsurance after the deductible for insulin pumps and associated supplies. Outpatient self-management training and education are covered at no cost. Amounts the member pays under the medical benefit for diabetic equipment apply to their out-of-pocket expense limit.

A Notification of Changes to the TLC Key Advantage Member Handbook will be distributed before the July 1 effective date.

Tips for Traveling

Spring is here and with it thoughts of getting away on a vacation or special trip. Remind employees to add "medical care planning" to their pre-trip itinerary before they board that car, bus, train, or plane. It's one of the most important things they can do to prepare when going away from home. The attached article provides some tips about using the BlueCard PPO® network when traveling in Virginia and BlueCard Worldwide® when the destination is outside the United States.

Don't Forget the New Process for Prescriptions

Before employees go on vacation or out of the country, they may want an extra supply of prescription drugs. The key phrase is "plan ahead." Advise them not to wait until the last minute! TLC Key Advantage or TLC HDHP members may receive one early refill (up to a 34-day or 90-day supply) from a retail pharmacy that participates with their health plan or through the plan's mail service pharmacy. But if travel will be for a longer period, they need to fill out a Prescription Drug Refill Exception Request Form available on the TLC Web site at www.thelocalchoice.virginia.gov under Plan Information, Statewide Plans for Active Employees and non-Medicare Retirees. The form should be submitted as soon as they know about their trip! It may be completed online and printed. Members then should send a signed version by fax to (804) 371-0231 mailed directly to the Department of Human Resource Management (mailing address is on form). Allow at least two weeks for processing.

Plan Ahead for Medical Care When Traveling

Before you decide which shoes to pack, take these simple steps to ensure a smoother trip in the event you need medical care along the way. Be sure to carry your ID card with you! The suitcase on your card and the YTX prefix in front of your ID number tell providers that you have access to the BlueCard network.

1. Use The BlueCard PPO® Network Outside Virginia

The Key Advantage and TLC HDHP plans include access to BlueCard PPO network providers all over the country. When you use this network, services are covered just the way they would have been covered in Virginia. When you don't use the BlueCard PPO network, you are responsible for all of your medical costs. The only exceptions are for emergencies and for Key Advantage members who have the out-of-network option. In either case, members visiting a non-network provider may incur additional costs.

2. Use BlueCard Worldwide® for International Travel

Outside the U.S., contact BlueCard Worldwide to facilitate non-emergency hospitalization at a participating hospital, or to make an appointment with a doctor who may or may not be in the network. Keep in mind that while BlueCard Worldwide may help you find a provider outside the U.S., it does not guarantee an in-network provider. You will be responsible for the cost of the care that could not be provided by a BlueCard network provider.

If you're planning to travel outside Virginia, take a few minutes to do a little homework before you leave. It could save you a lot of time, money and trouble if you get sick or injured away from home.

1. Get a list of BlueCard PPO providers in case you need one at your destination.

Traveling in the U.S.?

- Go to www.bcbs.com. This is the BlueCard Web site. Select the [BlueCard Doctor & Hospital Finder](#) from the menu on the left. Type in your YTX prefix (as shown on your ID card) and follow the instructions to get a list of doctors and facilities near your destination.
- Put the list in your suitcase!

Traveling abroad?

- Go to www.bcbs.com. Select [BlueCard Worldwide](#) from the menu on the left.
- Click on [Search for Hospitals and Doctors](#) to get a list of doctors and facilities nearest to your destination.
- Put the list in your suitcase!

- #### **2. Carry your ID card with you.**
- Leaving in a hurry, with no time to get that list of BlueCard PPO providers? You can always call the BlueCard toll-free number at **1-800-810-2583**. This number is on the back of your ID card. Carry your ID card with you!

