

P/NW Health Benefits Consortium

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<http://www.pnwboces.org/hbc/hbc.htm>

PNW Health Benefits Consortium
200 BOCES Drive, Yorktown Hts. NY 10598
914-248-2456

<http://www.aetna.com/index.htm>

Aetna customer service – 1-877-223-1685

<http://www.express-scripts.com>

Express Scripts customer services – 1-866-790-8282

<http://www.PNWMeds.com>

PNWMeds/CanaRx – 1-866-893-6337

ENHANCED PREVENTIVE SERVICES

The Joint Governance Board is pleased to announce that the Plan's Preventive Services benefit will be enhanced effective July 1, 2012.

- The \$100/\$50 cap on routine physicals will be eliminated;
- Preventive pediatric health care services recommended by the American Academy of Pediatrics specified in **Section A** of the Appendix (currently limited to age 19) will be extended to age 21. These services will not be subject to deductibles and coinsurance or copayments;
- The preventive services specified in **Section B** of the Appendix will be available to all members age 21 and older. These services will be subject to deductibles and coinsurance or copayments;
- The immunizations specified by the Advisory Committee on Immunization Practices (ACIP) in **Section C** of the Appendix will be available to members to age 26. These services will not be subject to deductibles and coinsurance or copayments;
- The immunizations specified by the Advisory Committee on Immunization Practices (ACIP) in **Section D** of the Appendix will be available to members age 26 and older. These services will be subject to deductibles and coinsurance or copayments;
- Out of network services are subject to Reasonable & Customary charge limits.

Retirees (and their Spouses/Dependents) Must Enroll in Medicare

Your health plan generally requires retirees and their spouses/dependents who are eligible for Medicare to enroll in Parts **A and B** as soon as possible. This includes retirees and their spouses/dependents, who are eligible for Medicare on the basis of Social Security Disability, even if under age 65. If you, or a spouse/dependent, are Medicare eligible and eligible for primary prescription drug benefits through the Consortium, you will be offered the opportunity to enroll directly into the Consortium's own Medicare Part D Prescription Drug Plan with Express Scripts.

Failure to apply/enroll in Parts A and B, or to enroll in the Consortium's Medicare Part D Prescription Drug Plan, may result in lack of coverage by either Medicare or the Consortium's Health Plan, or both. Additionally, it may result in higher Medicare premiums when you finally do enroll.

Retirees who are covered under a spouse who is actively employed elsewhere may still be required to enroll in Medicare. **This may be true even if the other employer's plan or Medicare tells you that you need not enroll in Medicare.**

If you have questions, please contact the Consortium's Office of Risk Management at 914-248-2456 before declining Medicare.

PREVENTIVE SERVICES APPENDIX

A. Preventive Services for Members; Birth to Age 21

Preventive pediatric health care services recommended by the American Academy of Pediatrics (AAP) to age 21. Visits may include physical measurements, patient history, sensory screenings, behavioral assessments, and planned procedures (immunizations, screenings and other tests). Please refer to the AAP website for additional information and frequency:

<http://brightfutures.aap.org/pdfs/AAP%20Bright%20Futures%20Periodicity%20Sched%20101107.pdf>

These services will not be subject to deductibles and coinsurance or copayments.

B. Preventive Services for Members; Age 21 and Older

The preventive services listed below will be available to all members age 21 and older. These services will be subject to deductibles and coinsurance or copayments.

Physician counseling and screenings.

- Abdominal Aortic Aneurysm
- Alcohol Misuse
- Aspirin
- Blood Pressure
- Cholesterol
- Colorectal Cancer screening for adults over 50
- Depression
- Type 2 Diabetes
- Diet counseling for adults at higher risk for chronic disease
- HIV
- Obesity
- Sexually Transmitted Infection (STI)
- Tobacco Use
- Syphilis

Physician counseling and screenings for Women.

- Anemia screening on a routine basis for pregnant women
- Bacteriuria urinary tract or other infection screening for pregnant women
- BRCA counseling about genetic testing for women at higher risk
- Breast Cancer Mammography

- (a) upon the recommendation of a physician, a mammogram at any age for covered persons having a prior history of breast cancer or who have a first degree relative with a prior history of breast cancer;
 - (b) a single baseline mammogram for covered persons aged thirty-five through thirty-nine inclusive;
 - (c) an annual mammogram for covered persons aged forty and older.
- Breast Cancer Chemoprevention counseling for women at higher risk
 - Breastfeeding
 - Cervical Cancer
 - Chlamydia Infection
 - Contraception
 - Domestic and interpersonal violence
 - Folic Acid supplements for women who may become pregnant
 - Gestational diabetes screening for women 24 to 28 weeks pregnant and those at high risk of developing gestational diabetes
 - Gonorrhea
 - Hepatitis B screening for pregnant women at their first prenatal visit
 - Human Immunodeficiency Virus (HIV)
 - Human Papillomavirus (HPV) DNA Test: high risk HPV DNA testing every three years for women with normal cytology results who are 30 or older
 - Osteoporosis Coverage shall apply for individuals meeting the criteria for coverage under the federal Medicare program or the criteria for coverage under the National Institutes of Health (NIH), and include individuals (a) previously diagnosed as having osteoporosis or having a family history of osteoporosis, (b) with symptoms or conditions indicative of the presence or the significant risk of osteoporosis, (c) on a prescribed drug regimen, (d) with lifestyle factors to such a degree posing a significant risk of osteoporosis, or (e) with such age, gender and/or other physiological characteristics which pose a significant risk for osteoporosis.
 - Rh Incompatibility screening for all pregnant women and follow-up testing for women at higher risk
 - Tobacco Use
 - Sexually Transmitted Infections (STI)
 - Syphilis

C. Immunizations for Members; Birth to Age 26

The Plan will cover immunizations for members to age 26 as recommended by the Advisory Committee on Immunization Practices (ACIP). These services will not be subject to deductibles and coinsurance or copayments. Please refer to the ACIP website for an up to date listing of recommended immunizations:

<http://www.cdc.gov/vaccines/recs/schedules/default.htm>

D. Immunizations for Members; Age 26 and Older

The immunizations specified by the Advisory Committee on Immunization Practices (ACIP) will be available to members age 26 and older. These services will be subject to deductibles and coinsurance or copayments. Please refer to the ACIP website for an up to date listing of recommended immunizations:

<http://www.cdc.gov/vaccines/recs/schedules/default.htm>

Vaccine ↓ Age ↖	26-49 years	50-64 years	65 years and older
Influenza	You need a dose every fall (or winter for your protection and for the protection of others around you.	You need a dose every fall (or winter for your protection and for the protection of others around you.	You need a dose every fall (or winter for your protection and for the protection of others around you.
Pneumococcal	You need 1-2 doses if you smoke cigarettes or if you have certain chronic medical conditions.	You need 1-2 doses if you smoke cigarettes or if you have certain chronic medical conditions.	You need 1 dose at age 65 (or older) if you've never been vaccinated.
Tetanus, diphtheria, pertussis (whooping cough) (Td, Tdap)	Be sure to get 1-time dose of "Tdap" vaccine (the adult whooping cough vaccine) if you are younger than age 65 years, are 65+ and have contact with an infant, are a healthcare worker, or simply want to be protected from whooping cough. You need a Td booster dose every 10 years. Consult your healthcare provider if you haven't had at least 3 tetanus and diphtheria containing shots sometime in your life or have a deep or dirty wound.	Be sure to get 1-time dose of "Tdap" vaccine (the adult whooping cough vaccine) if you are younger than age 65 years, are 65+ and have contact with an infant, are a healthcare worker, or simply want to be protected from whooping cough. You need a Td booster dose every 10 years. Consult your healthcare provider if you haven't had at least 3 tetanus and diphtheria containing shots sometime in your life or have a deep or dirty wound.	Be sure to get 1-time dose of "Tdap" vaccine (the adult whooping cough vaccine) if you are younger than age 65 years, are 65+ and have contact with an infant, are a healthcare worker, or simply want to be protected from whooping cough. You need a Td booster dose every 10 years. Consult your healthcare provider if you haven't had at least 3 tetanus and diphtheria containing shots sometime in your life or have a deep or dirty wound.
Hepatitis B (HepB)	You need this vaccine if you have a specific risk factor for hepatitis B virus infection or you simply wish to be protected from this disease. This vaccine is given in 3 doses, usually over 6 months.	You need this vaccine if you have a specific risk factor for hepatitis B virus infection or you simply wish to be protected from this disease. This vaccine is given in 3 doses, usually over 6 months.	You need this vaccine if you have a specific risk factor for hepatitis B virus infection or you simply wish to be protected from this disease. This vaccine is given in 3 doses, usually over 6 months.
Hepatitis A (HepA)	You need this vaccine if you have a specific risk factor for hepatitis A	You need this vaccine if you have a specific risk factor for hepatitis A	You need this vaccine if you have a specific risk factor for hepatitis A

	virus infection or you simply wish to be protected from this disease. The vaccine is usually given as 2 doses, 6-18 months apart.	virus infection or you simply wish to be protected from this disease. The vaccine is usually given as 2 doses, 6-18 months apart.	virus infection or you simply wish to be protected from this disease. The vaccine is usually given as 2 doses, 6-18 months apart.
Human papillomavirus (HPV)	You need this vaccine if you are a woman who is age 26 years or younger. One brand, Gardasil, can be given to men age 26 years or younger to prevent genital warts. The vaccine is given in 3 doses over 6 months.		
Measles, mumps, rubella (MMR)	You need at least 1 dose of MMR if you were born in 1957 or later. You may also need a 2 nd dose.		
Varicella (Chickenpox)	If you've never had chickenpox or you were vaccinated but received only 1 dose, talk to your healthcare provider to find out if you need this vaccine.	If you've never had chickenpox or you were vaccinated but received only 1 dose, talk to your healthcare provider to find out if you need this vaccine.	If you've never had chickenpox or you were vaccinated but received only 1 dose, talk to your healthcare provider to find out if you need this vaccine.
Meningococcal	If you are going to college and plan to live in a dormitory, or have one of several medical conditions, you need to get vaccinated against meningococcal disease. You may also need additional booster doses.		
Zoster (shingles)		If you are age 60 years or older, you should get this vaccine now.	If you are age 60 years or older, you should get this vaccine now.