



STATE OF MAINE
BUREAU OF HUMAN RESOURCES

HEALTH & BENEFIT NEWS

Employee Health & Benefits Newsletter – Fall 2007

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MESSAGE FROM THE EXECUTIVE DIRECTOR

*Welcome to the first issue of the
Employee Health & Benefits Newsletter!*

One of the biggest challenges of serving 40,000 employees, dependents and retirees is trying to keep in touch and let you know what's going on with your benefits programs. We use e-mail notices, direct mail, and face-to-face informational sessions. Now we're adding a regular newsletter to keep you better informed and to answer some of the frequently asked questions (FAQ's). We'll be using the newsletter to remind you of enrollment opportunities and to help explain changes in benefits.

Another huge challenge is trying to contain plan costs in the face of an aging population, escalating health care expenses and limited budget resources. The State Employee Health Commission is committed to a value-driven strategy whereby we provide members with quality, patient safety and cost information that will help you make informed decisions about your care.

We'll be using the newsletter to steer you toward resources to help you be a more informed patient. We remind you to visit the Maine Health Management Coalition website (www.mhmc.info) for rankings on Maine hospitals and primary care practices. Visit the Anthem website www.Anthem.com (select Members, select Maine, enter, scroll down and select State of Maine members) for plan information. We also encourage you to visit our website at www.maine.gov/beh/.

Help Us Name the Newsletter

We'd like to tap the talents of the many employee and retiree members and ask that you help us name the newsletter. Send your suggestions to Pat Paradis, Employee Health & Benefits, 114 State House Station, Augusta 04333-0114, or pat.paradis@maine.gov. Finalists and the winning suggestion will receive gifts provided by Anthem Rewards.

Prescription Drug News

I Care Pharmacy, a Maine-owned and operated mail order discount pharmacy, is now available to State of Maine members. You can receive 90-day supplies of maintenance medications for the \$10 (tier 1) and \$30 (tier 2) copays. Take the advantage of mail-order delivery to your home from a Maine-based pharmacy.

To use I Care Pharmacy call 1-888-422-7319 or have your physician fax your prescription to 1-877-422-7319.

The Rite Aid chain of Maine pharmacies has recently signed on to the Anthem mail match network. State of Maine members can now purchase a 90-day supply for a single copayment at Rite Aid locations throughout Maine.

HOW TO REACH US

WORKERS' COMPENSATION

207-287-6655
1-800-422-4503

EMPLOYEE BENEFITS

207-287-6780
1-800-422-4503

WELLNESS CENTERS

<http://inet.state.me.us/wellnesscenter>

Augusta: 207-287-9059

Bangor: 207-941-4774

Hours:

Monday - Thursday
6:00 a.m. - 7:00 p.m.
Friday
6:00 a.m. - 2:00 p.m.
Saturday
8:00 a.m. - 2:00 p.m.
(September - May)

LIFESTYLE FITNESS CENTERS

www.lfcmaine.com

Portland: 207-797-5700

Hours:

Sunday 6:00 a.m. -
Friday 10:00 p.m.
24 hour access
Saturday
6:00 a.m. - 8:00 p.m.

Scarborough: 207-883-2979

Hours:

Monday - Friday
4:00 a.m. - 10:00 p.m.
Saturday - Sunday
6:00 a.m. - 8:00 p.m.

Did You Know?

As of April, *Anthem Rewards* had a total enrollment of 3,847. That represents only 9.62% of the total eligible membership.

ANTHEM REWARDS

Be Active ~ Be Healthy ~ Be Rewarded!

Being active is good for your body and your mind. An active lifestyle deserves to be rewarded and now you can be. Living an active lifestyle doesn't mean your only option is going to the gym or fitness center. With Anthem Rewards, any physical activity qualifies you to earn points. Mowing the lawn, morning and/or evening walks with your spouse/kids, walking the dog, raking leaves, cleaning the house or playing ball with the kids will all earn you points. Yes, even going to the gym, fitness center or one of the State Employee Wellness Centers will earn you points too. For every thirty minutes of physical activity you enter on the Anthem Rewards Web site, you will earn 10 points. Accumulate your points and redeem them for a reward. All state health insurance members age 13 and older are eligible to join.

Since the program began, some 3,847 state health insurance plan members have joined. Why not you?

WORKPLACE WELLNESS & SAFETY

Depression is a Common Ailment

Depression is one of the world's oldest and most common ailments. It can have both physical and psychological symptoms. Millions of Americans are estimated to suffer from depression, a condition so widespread that it has been dubbed "the common cold of mental illness." Depression is neither a sign of weakness nor a lack of character or courage. Depression is a serious medical illness. It's more than just feeling "down in the dumps" or "blue" for a few days. It's feeling "down" and "low" and "hopeless" for weeks at a time.

Depression is Different than the Usual Blues

Depression is not the same as feeling blue. Everyone has times of feeling blue. People often refer to these feelings by saying they are "depressed." However, mental depression is more intense, lasts longer, and significantly interferes with day-to-day activities.

What to Look for

While there are many symptoms of depression some common ones are:

- Reduced concentration
- Physical problems – sleeping problems, weight loss or gain, decreased sexual interest, or headaches
- Suicidal thoughts or wishes
- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness, pessimism
- Feelings of guilt, worthlessness, helplessness
- Loss of interest or pleasure in hobbies and activities that were once enjoyed

In those cases where a difficult life situation has led to depression, self-help steps can be taken to control it.

Take Action

Consider joining the Work and Health study sponsored by the Tufts-New England Medical Center and the Tufts University School of Medicine. Open to all Maine State Government Employees. Participation is voluntary and completely confidential. Start by visiting www.workhealthily.org/MaineWHI.

Please call 1-888-386-1155 or email TuftsStudy@tufts-nemc.org with questions/concerns about the study.

RETIREES CORNER

There is a valuable new benefit available to state retirees in the Augusta and Bangor areas: free membership in the State's Wellness Centers. These facilities will provide you with extensive equipment and knowledgeable, experienced personnel for your healthy, active retirement years. Strengthen your heart with cardiovascular equipment; use the weight equipment to tone and strengthen; participate in group classes such as aerobics, Pilates, or yoga. Certified trainers will help you develop a plan unique to you to help you meet your fitness and health goals.

Spouses of retired state employees are also welcome to join IF they are covered by Anthem Blue Shield's state plan. To check eligibility, see if there is a state seal on the Anthem Blue Cross insurance card.

To join the Wellness Center, take these easy, required steps:

- Fill out a membership form available at the Center or call 207-287-9059.
- Bring a note from your doctor saying that you may engage in a fitness program.
- Go on line and complete a Health Risk Assessment at the Center or do it on your computer at home www.wellcall.com password: MGMC.
- Make a one hour appointment for an orientation to the facility with a trainer who will also conduct a fitness assessment and help you design a plan.

The Wellness Centers are open from 6 a.m. to 7 p.m. Monday through Thursday, and from 6 a.m. to 2 p.m. Fridays. Since the Centers are very busy before and after work hours and during traditional lunch times, retirees are encouraged to use the facility during off-peak hours. Please plan to arrive between 8 a.m. and 10:30 a.m. or between 2 p.m. and 4 p.m.

Call today! Augusta: 287-9095 or Bangor: 941-4774

WORKERS' COMPENSATION NEWS

FY '07 Workers' Comp Costs Up 1% – Numbered of Injured Down

The \$8,752,859 spent on workers' compensation for injured State employees during FY 2007 represents a 1% increase over FY 2006. The number of injuries, 1416 is, however, a decrease of 3% over the same period.

There are 25 departments in the State's program. Applying the "Pareto Principal" (also known as the 80/20 rule):

Five departments recorded 80% of the costs:

Health & Human Services.....	\$2,483,641
Transportation	\$2,235,123
Corrections	\$1,122,267
Public Safety	\$710,180
Defense, Veterans & EMS.....	\$441,549

Six departments recorded 80% of the injuries:

Health & Human Services.....	332
Transportation	287
Corrections	196
Defense, Veterans & EMS.....	112
Administrative & Financial Services.....	103
Public Safety	100

Case Manager Position Added to Staff

The Workers' Compensation Division, in its continuing effort to provide greater services to the agencies, has added a Case Managers position. This additional manager will allow more direct contact with injured employees, medical providers and agency personnel.

FREQUENTLY ASKED QUESTIONS

Q. When can I make changes to my policy?

- A. During the annual enrollment for health & the open enrollment for dental in June with a July 1st effective date. Also, anytime within 60 days of a "life-change."

Q. What is a "life-change"?

- A. A "life-change" is as follows: marriage, divorce, birth, adoption, death, leaves of absence or involuntary loss of coverage. Applications must be received in this office within 60 days of the occurrence. The change will be made the first of the month following our receipt of the application.

Q. I'm ready to retire. What do I do?

- A. Either call us and we will send the forms or come to our office. The forms take about 10 minutes to complete, but they must be completed in order to transfer your health coverage to the retirement group. This is not done automatically.

Q. Can I add a "significant other"?

- A. By following the above life-changes for enrollment and qualifying by sending us an "Affidavit". Call this office for the affidavit.

Q. Do I need to call for an appointment?

- A. No. Employee Health & Benefits is staffed 8:00 a.m. - 5:00 p.m. every day the State is open.

Did You Know?

Females make up 66.9% of the **Anthem Rewards** participants.

