

employerQUARTERLYTM

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INTERMOUNTAIN HONORED BY THE UTAH POLLUTION PREVENTION ASSOCIATION

Intermountain Healthcare[®] was recently recognized by the Utah Pollution Prevention Association for making great strides in reducing pollution and improving Utah's environmental health.

Intermountain is one of just eight businesses in Utah to receive this honor. The association was specifically impressed by Intermountain's work to reduce electricity and natural gas use, water consumption, and solid waste.



suddenly, and can cause aches, chills, cough, fever, headache, or a sore throat. Most healthy people recover from the flu without complications. But if you have a high risk condition like asthma or COPD, it is important to consult your doctor early for the best treatment.

HOW CAN I STAY WELL OR AVOID SPREADING THE FLU?

Both the seasonal influenza and the novel H1N1 are spread through exposure—mostly through coughs and sneezes of a person sick with the virus. You can avoid getting the flu or spreading it by following these CDC recommendations:

- Avoid close contact with others
- Stay home when you are sick
- Cover your mouth and nose when you sneeze or cough
- Wash your hands often
- Avoid touching your eyes, nose, or mouth

One of the most effective ways to prevent influenza is through vaccination. Virus strains change constantly, which is why yearly vaccines are important. Annual vaccination for the seasonal flu have already begun. Studies show that people who are at high risk for the flu are much less likely to be hospitalized or die during the flu season when they get a vaccination.

The seasonal vaccine is very effective but it is still possible to contract the flu. Those who become ill after vaccination usually have a milder case.

The seasonal influenza vaccine will not protect you from novel H1N1 virus. However, it is still important to get a seasonal influenza vaccine to protect you from virus strains you could confuse with the H1N1 virus.

A vaccine is being developed for the H1N1 flu. Federal and local health officials have been asked to administer it to children and young adults ages six months to 24 years, pregnant women, individuals younger than age 64 with chronic diseases, and caretakers and home contacts of infants under age six months, as well as healthcare workers. They will alert the public when it becomes available.

For more information about the seasonal or H1N1 flu, visit www.cdc.gov/flu. For information about your plan benefits for flu vaccination, call Member Services at 801-442-5038 (Salt Lake area) or 800-538-5038 weekdays, from 7:00 a.m. to 8:00 p.m., and Saturdays, from 9:00 a.m. to 2:00 p.m.

Reference: Tamara Lewis, M.D., M.P.A., M.P.H., Intermountain Healthcare and Shannon Spencer R.N., B.S.N., SelectHealth.

THE BATTLE WITH THE FLU

Influenza, commonly called “the flu,” is caused by a virus that infects the respiratory tract (nose, throat, lungs). As a result, people with respiratory diseases like asthma or COPD are more likely to have serious health problems, according to the Centers for Disease Control and Prevention (CDC).

SEASONAL FLU VS. H1N1

So what is the difference between seasonal influenza and the new flu virus known as novel H1N1 influenza?

Seasonal influenza is the regular yearly influenza caused by two main types of flu virus: A and B. Novel H1N1 is a new flu virus that was first detected in March 2009. Since H1N1 flu is a new strain, most people don't have a resistance to it. This means that illness from this virus may spread more quickly. Asthma and COPD have been risk factors in 32 percent of reported hospitalized cases of H1N1 in the U.S.

Symptoms of the seasonal flu and novel H1N1 are similar, occur



SelectHealth Welcomes New President and CEO



Patricia R. Richards has been named SelectHealth's new president and CEO and will be joining the organization in early November. She replaces Bert Zimmerli who has been serving in an interim role since June 2009, when Sid Paulson retired to serve a mission for his church.

Prior to joining SelectHealth, Richards served as executive vice president and chief operating officer of Health Alliance Plan of Michigan, an affiliate of the Henry Ford Health System. She previously held senior leadership positions at Anthem Health Plan of Maine, Paramount Health Care in Ohio, and Blue Cross Blue Shield of Ohio.

Richards began her career in healthcare as a staff nurse in general surgery and trauma at the University of Michigan Medical Center. She completed her studies in Nursing at St. Joseph's Hospital School of Nursing, affiliated with the University of Wisconsin, and she has a bachelor's degree in Communications from the University of Toledo.

PARK CITY MEDICAL CENTER NOW OPEN

The new Park City Medical Center (located at Quinn's Junction) truly offers the best of both worlds—extensive, first-rate medical services from experienced physicians and a stunning facility located in one of the world's most celebrated resort communities.

The initial scope of services will include the following:

- 24-hour emergency care
- Six state-of-the-art operating rooms
- Family and internal medicine
- Orthopedic and general surgery
- Cardiac care
- Pediatrics
- Obstetrics and gynecology
- Radiology/imaging

Park City Medical Center will also be an active community partner, working with a coalition of business, government, school, and community members to improve health and wellness. The Center will be accessible to everyone in the community, regardless of their ability to pay. It's part of Intermountain Healthcare's mission to provide the best possible care at the lowest appropriate cost.

PLEASE NOTE: This facility only participates on Select Med®, Select CareSM, and Select Choice plans.



INTERMOUNTAIN HEALTHCARE, REFORM, AND PRAISE

When it comes to healthcare reform, everyone seems to have a different opinion. There is one thing, however, the experts agree on—Intermountain Healthcare is a model system. Here is some of the praise Intermountain has received:

“We have long known that some places—like the Intermountain Healthcare in Utah or the Geisinger Health System in rural Pennsylvania—offer high-quality care at costs below average.”—*President Barack Obama, September 9, 2009, during a Joint Session of Congress on Health Care.*

“If there is an ideal out there...it can be seen in the kind of medicine already being practiced by Kaiser Permanente, the Mayo Clinic, Intermountain Healthcare, and Geisinger Health System, which manage to hold down costs and get better results. Their operations have fostered closer teamwork among care providers.”—*Time, June 5, 2009. “The Five Big Health-Care Dilemmas” by Karen Tumulty*

“We need to design a healthcare system that delivers better-integrated, coordinated care...Research at Dartmouth Medical School published last year found that if all doctors practiced to the standard of Intermountain Healthcare in Salt Lake City, Medicare would cost 40 percent less.”—*The Washington Post, June 6, 2009. “Using Value to Curb Health Costs” by Alain Enthoven and Denis Cortese*

MANDATORY SECONDARY REPORTING

Effective January 1, 2009, a new federal law requires reporting changes. Group health insurance plans, certain claims processing third-party administrators, and certain employer self-funded/self-administered plans must report specific information about Medicare beneficiaries and individuals older than age 45 who have other group coverage. Earlier this year, SelectHealth requested the required information from employers and members who were affected by this law.

This reporting is to assist Centers for Medicare and Medicaid Services (CMS) and to properly coordinate payment of benefits among plans so that claims are paid promptly and correctly. Employees who wish to “opt out” of the reporting must notify SelectHealth with the reasons for not providing the required information. Forms used for submitting any Mandatory Secondary Reporting information can be obtained by calling Member Services at 800-538-5038.



2010 POLICY CHANGES

The following information is a summary of significant changes and clarifications made for 2010 plans. This is not a legal document. The complete language will be available in the 2010 Certificate of Coverage. These changes are effective January 1, 2010, for new and renewing business.

NEW CERTIFICATE OF COVERAGE

This concise, member-friendly document will replace the existing Membership Guide. Additional member materials will be created to advise members about using their benefits and promote our value-added services.

COCHLEAR IMPLANTS

Bilateral and unilateral cochlear implants will be covered up to a \$35,000 lifetime maximum plan payment. Coverage will apply to fully funded, Small Employer, and Individual plans, and will be optional for self-funded groups. Services must be performed by participating providers to be eligible for benefits.

DURABLE MEDICAL EQUIPMENT (DME)

The \$1,500 limit that currently applies to certain DME items will be removed, and preauthorization requirements introduced in January 2009 have been slightly modified. The following DME requires preauthorization:

- > Insulin pumps and continuous glucose monitors;
- > Prosthetics (except eye prosthetics);
- > Negative pressure wound therapy electrical pump (wound vac);
- > Motorized or customized wheelchairs; and
- > DME with a purchase price over \$5,000.

NOTE: Preauthorization requirements will change January 1, 2010. The limit will be removed as groups renew, beginning January 1, 2010.

DENTAL ANESTHESIA

The criteria for dental anesthesia have been modified for 2010. Coverage has been expanded to provide benefits for members who are developmentally delayed or who have cardiac or neurological conditions, regardless of age. Complete language will be available for members in the 2010 Certificate of Coverage.

ORTHOGNATHIC SERVICES

Individual plans will no longer have orthognathic benefits.



PROTECT THOSE PEARLY WHITES

Studies continue to show the link between oral care and overall health. Help protect your employees' smiles with a new SelectHealth dental plan. For plan designs and details, as well as silly games, visit www.protecttoothy.com. To enroll, contact your SelectHealth-appointed insurance agent or call 801-442-3125.



Let Us Host a Free Health Fair

Our free health fairs are a great way to show your commitment to your employee's health. We'll provide simple health screenings and education from certified health specialists, including the following services:

- Blood pressure testing and education based on the related results
- Body composition analysis relative to total weight and tips to maintain or reduce body fat
- A total (non-fasting) cholesterol and glucose screening
- Education on the proper use of personal exercise equipment such as a stability ball or resistance bands
- General information on starting an exercise program, making good nutritional choices, and managing weight

To customize a health fair to meet the needs of your employees, call 801-442-6759 or e-mail health.management@imail.org.



Don't Catch the Bug

Employees suffering with the flu cost employers an estimated \$70 million in missed work days and \$10 billion in paid sick leave each year. Help reduce the spread of this illness by encouraging your employees to receive an annual flu shot.

We've partnered with Community Nursing Services (CNS) to offer flu shot clinics for SelectHealth members, their insured spouses, and their adult dependants. Contact your SelectHealth Sales representative to request a Flu Shot Clinic Interest Form.

Reference: CNN Money.com. "Flu could cost employers \$10 billion." 2009. 14 Jul. 2009 <http://money.cnn.com/2006/11/27/news/companies/flu_season/index.htm>

DOWNLOAD: PREVENTING THE FLU

For useful tips on how you can minimize your risk of getting the flu, visit www.selecthealth.org/hp.

This downloadable PDF flyer can be printed and posted throughout your work site.



AVOID HOLIDAY **WEIGHT GAIN**

Contrary to popular belief, most people don't gain a substantial amount of weight during the holiday season. The average individual gains only one pound between Thanksgiving and New Year's Day. However, this minor weight gain is usually not lost after the holidays. Over time, these pounds can add up and cause obesity.

To maintain your current weight or limit weight gain, implement the Holiday Weigh InSM program. It encourages your employees to improve their eating and exercise habits. Materials include information on getting started, registration forms, educational handouts, prize ideas, and evaluation forms. For more information, visit www.selecthealth.org/worksithealth.

FOOD **SAFETY** **AT WORK**

If you are one of the 70 percent of Americans who regularly eat at their desk, you may be at risk for catching a foodborne illness.¹

The Centers for Disease Control and Prevention estimates that there are 76 million cases of foodborne illness and 5,000 associated deaths in the United States every year.²

Symptoms of a foodborne illness can range from mild to severe and include upset stomach, abdominal cramps, nausea, vomiting, diarrhea, fever, and dehydration. Symptoms can appear hours or days after eating contaminated food, depending on the type of organism and how much was eaten.³

Perishable items left on desks, dirty microwaves, and community sponges can lead to foodborne illness spawned at the office. By following these three simple steps, it is possible to keep ourselves and coworkers safe and healthy.

- Wash hands prior to eating or handling food
- Keep all perishable food in a refrigerator or in an insulated lunch box with an ice pack
- Wipe down all surfaces around your desk



REFERENCES

1. American Dietetic Association. Top Tips for Office Eating. 2009. 30 Mar 2009. <<http://www.homefoodsafety.org/pages/tips/tips/officeeatingtips.jsp>>.
2. Centers for Disease Control and Prevention. Enteric Diseases Epidemiology and Laboratory Branches 9 Jun. 2008. 30 Mar. 2009 <<http://www.cdc.gov/enterics/>>.
3. Centers for Disease Control and Prevention. OutbreakNet Team Overview. 25 Feb. 2009. 30 Mar 2009 <<http://www.cdc.gov/foodborneoutbreaks/index.htm>>.





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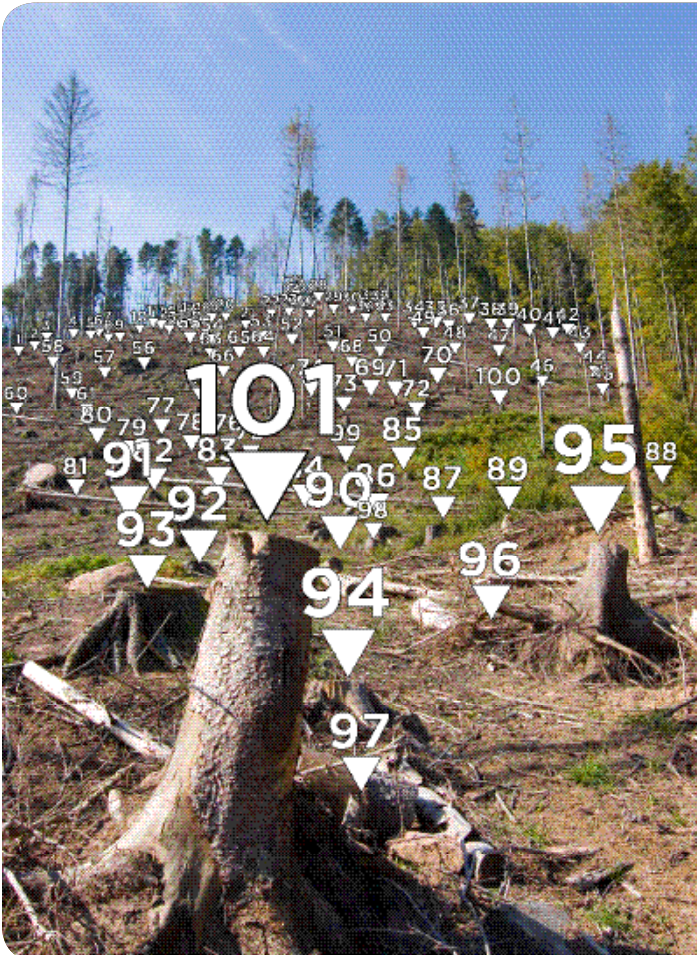
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The content presented here is for your information only. It is not a substitute for professional medical advice, and it should not be used to diagnose or treat a health problem or disease. Please consult your healthcare provider if you have any questions or concerns.

The information that is contained in this newsletter does not guarantee benefits. If you have any questions about your benefits or need to confirm your benefits, call Member Services at 801-442-5038 (Salt Lake area) or 800-538-5038.

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REASONS FOR SWITCHING TO PAPERLESS EOB'S

At SelectHealth, we don't just love the *color* green. In an effort to save trees and get information to you more quickly, we encourage you to receive your claims electronically. Small changes can make a big difference.

Visit www.whathaveyoudone.org today, and see what you can do to help.



whathaveyoudone.org