

January 2006

# Benefits Headliner

## The Community Access to Care Program

We are pleased to announce an exciting new program at Sentara CarePlex and Port Warwick in collaboration with Optima Health, Access Partnership, and the Peninsula Institute for Community Health (PICH). The Community Access to Care program is a 12-month federally-funded demonstration project that will provide improved access to care for medically indigent patients.

Enrollment in Phase I of the program was limited to 500 patients who met select eligibility criteria. The following hospital-based providers generously agreed to participate in the Community Access to Care program by accepting a small co-payment based on the patient's income level: **Anesthesia Healthcare Partners, Inc., Pathology Sciences Medical Group and Tidewater Diagnostic Imaging, Inc.**

Claims data will allow us to analyze utilization and costs, measure outcomes and determine the success of the program.

The goals of the program are to better coordinate the appropriate access and delivery of care to a specific uninsured population and improve their health status. Improving access to outpatient diagnostic and therapeutic services may prevent chronic medical conditions from becoming acute thereby reducing the number of preventable inpatient admissions and inappropriate Emergency Department visits. If the program trial is successful, it will provide Optima and its community partners with one more way to support the community we serve and provide care for those most in need. For more information, visit Access Partnership's website at [www.accesspartners.org](http://www.accesspartners.org).

**Get Off Your Butt: Stay Smokeless for Life™** is a four-week program held for one hour per week in the evening. A certified smoking cessation facilitator teaches this program. Sentara Healthcare also provides an audiocassette tape or compact disk with an accompanying workbook format for people who want to quit smoking. Both parts of the program work together to help members quit smoking, the workbook reinforces the information presented in the audio portion. Members can sign up for our January, 2006 session or order the program on cassette or CD by calling 1-800-SENTARA.

**"Healthy Heart" program** is a four-session program for people who already have or are at risk for developing heart disease. Educating participants about balance and moderation in their lives, the program concentrates on three key areas: nutrition, exercise, and stress management. Health experts provide the latest scientific information to increase understanding in these areas. Members should call 1-800-SENTARA to register for our February, 2006 programs in Williamsburg and on the southside. For the latest information about Health and Preventive Services programs visit [www.sentara.com/Sentara/HealthInfo/CommunityHealth](http://www.sentara.com/Sentara/HealthInfo/CommunityHealth).

**HAPPY HOLIDAYS FROM  
OPTIMA HEALTH!**

## P&T News

### Growth Hormone

Growth Hormone products will be covered under the pharmacy rider **for most groups**, effective January 1, 2006, as groups renew. Growth Hormone drugs will be placed in tiers. Tev-Tropin will be the preferred agent for endogenous growth hormone deficiency and a tier 2 drug. Saizen, Nutropin, Norditropin, Humatrope, and Genotropin will be on tier 3 with prior criteria requiring a trial of Tev-Tropin for the treatment of endogenous growth hormone deficiency.

### Selected Insulins Discontinued

In July, 2005, Lilly announced that they will no longer manufacture purified pork insulins, Regular Iletin II and NPH Iletin II, and human insulins, Humulin U Ultralente and Humulin L Lente. There are no other manufacturers of these specific products in the U.S. The supply of these drugs is expected to be exhausted by the end of 2005. Alternatives to these products include Humulin N, Humulin R, and Lantus. Members and their physicians who are affected by this have been identified and are being notified of the discontinuation and are being informed of their options.

### Byetta (exenatide)

A new injectable drug for the management of Type II diabetes was reviewed. The drug is indicated for patients who have not received adequate blood sugar control with metformin or sulfonoureas like glipizide, and glyburide and is not considered to be a replacement for insulin. It has been added to the 4th tier with prior authorization criteria.

### Effexor XR

Effexor XR is a medication indicated for the treatment of depression. Effexor XR will remain on tier 2. Members will be required to complete a trial of a Selective Serotonin Reuptake Inhibitor (SSRI) before using Effexor XR.

## Chesapeake Emergency Physicians still participating with Optima Health

### We have great news regarding Chesapeake Emergency Physicians!

We are pleased to tell you that we have reached an agreement with the physicians who staff the emergency room at Chesapeake General Hospital. Although we had made all preparations for this group to terminate, we have reached an acceptable agreement with the group that will avoid the disruption that would have taken place had they left the network.

Chesapeake Emergency Physicians (CEP) has agreed to remain a participant of the Optima Health network. Both Optima Health and CEP recognize the importance of maintaining a working relationship and to this end we are pleased that we are able to retain their services as participating providers. This new agreement will allow members to enjoy uninterrupted service and receive high quality physician care at Chesapeake General Hospital.

Please contact your Account Representative if you have questions or concerns regarding this update and thank you for your support.

### Questions?

*Call your account representative or 757-687-6030.*

## PHARMACY COB CHANGE

Effective January 1, 2006, Optima Health will be coordinating pharmacy benefits with other pharmacy benefit managers. Members will be asked to submit all other insurance information to their pharmacist to ensure proper payment of their claims.

## The PHCS Network is Here!

Beginning January 1, 2006, the out-of-area provider network will change from CCN to PHCS. It will be necessary for members to use the PHCS provider network for emergency and out-of-area healthcare needs

**The PHCS Network is the largest proprietary network in the country with over 450,000 physicians and 4,200 facilities nationwide.**

You can contact PHCS at 1-888-972-7427, Monday through Friday from 8 a.m. to 8 p.m. As always, if you have questions regarding this change, please contact your Account Representative.

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