

# CICV

## Benefits Consortium

VOLUME 2, ISSUE 1

FIRST QUARTER—2011

### FOUNDING MEMBERS

- Bluefield College
- Bridgewater College
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## 2011: Preventive Care Update

The CICV medical program includes early detection screenings and routine exams that have an important goal — to help you and your family stay well. For members of the CICV medical program, **preventive services are provided at no cost**, so take the time to become fully acquainted with the wellness benefits at your disposal. If you don't already have a relationship with a primary care physician (PCP), log on to [www.anthem.com](http://www.anthem.com) or call Anthem's Customer Service team to find a physician that is right for you (and your family).

As you review Anthem's covered preventive services, you'll find that benefits are comprehensive. They are designed to address the needs of infants, children and adults and include focused ser-



vices for men, women, and seniors. Based on recommendations from organizations that include the American Academy of Family

Physicians, the American Cancer Society and the CDC, our plans include preventive guidelines that target:

- **Well baby: Birth to 2 years**
- **Well child: Ages 3-10**
- **Well child: Ages 11-18**
- **Adults: Ages 19-39**
- **Adults: Ages 40-64 (men and women)**
- **Adults: Ages 65+ (men and women)**
- **Expectant Mothers**

Review Page 2 of this newsletter for more details regarding covered preventive services for your entire family.



## Smoking Cessation: Once and for All

Approximately 50 million adults in the U.S. are smokers. If you are still trying to end your addiction to nicotine, make this your time to stop smoking—once and for all.

The health hazards associated with smoking are well-known, but, the **health benefits for those who stop are immediate and significant**. Within hours of smoking cessation, your body begins to recover from the effects of nicotine and tobacco additives. Specifically:

- ◆ Blood pressure, heart rate and body temperature return to healthier levels
- ◆ Lung capacity increases and

breathing becomes easier as bronchial tubes relax, and,

- ◆ Blood is able to carry more oxygen as the level of poisonous carbon monoxide in your blood decreases.

### How to Quit:

Smoking cessation is a challenge, but a structured game plan can help ensure your success. To begin your program:

- Pick a date to stop smoking—get rid of all smoking materials and supplies. Do not allow anyone to smoke in your home.
- Talk to your physician about the use of nicotine patches, gum, lozenges, nasal spray, an inhaler, or medicines like Zyban and

Chantix.

- Seek counseling and coaching (which is available through [MyHealth@anthem.com](mailto:MyHealth@anthem.com))
- Find substitutes for smoking (e.g., talk to a friend, walking, reading, exercise, a movie)
- Be prepared for a relapse. Focus on the methods that were most helpful in helping you quit and begin again.

For additional help and resources, you can log on to:

- ◆ [www.smokefree.gov](http://www.smokefree.gov),
- ◆ [www.cancer.gov](http://www.cancer.gov),
- ◆ [www.americanheart.org](http://www.americanheart.org),
- ◆ [www.mayoclinic.com](http://www.mayoclinic.com) and
- ◆ [www.familydoctor.org](http://www.familydoctor.org)

# Prevention: Checklist for Children



## Covered Preventive Immunizations (Children and Adults)

- Hepatitis B
- Rotavirus (RV)
- Tetanus-Diphtheria-Pertussis (Tdap)
- Haemophilus influenza (type b)
- Pneumonia (PCV)
- Polio
- Influenza
- Measles, mumps, rubella
- Chicken pox
- Hepatitis A
- HPV (Human Papilloma Virus)
- Meningitis

## FSA REMINDER: 2011

Effective 1/1/2011, over the counter medications are no longer eligible for reimbursement through a Health Care FSA without a prescription!

### Well Baby: Birth to 2 years

Exams are covered at birth as well as 1, 2, 4, 6, 12, 15, 18 and 24 months. Immunizations and the following exams are covered:

- ◆ Hearing
- ◆ Weight, length, head circumference
- ◆ Hemoglobin or hematocrit
- ◆ Lead testing
- ◆ Age-appropriate developmental/behavioral assessments

### Well Child: Ages 3-10

Exams are covered at age 30 months and once per year for ages 3 to 10. Checkups may include immunizations and the following screenings:

- ◆ Blood pressure
- ◆ Vision
- ◆ Height, weight, body mass index (BMI) for age
- ◆ Age-appropriate developmental/behavioral assessments

### Well Child: Ages 11 –18

Annual exams are covered and may include immunizations, discussions on health and wellness issues (e.g., nutrition, physical activity, avoidance of tobacco, dental health, sexual behavior, mental health) and the following screenings:

- ◆ Blood pressure
- ◆ Vision and hearing (at ages 12, 15 and 18 or as needed)
- ◆ Height, weight and BMI for age
- ◆ STD screenings
- ◆ Age-appropriate developmental/behavioral assessments

## Checklist for Grown-Ups



### Adult: Ages 19–39

Annual exam is covered and includes the following screenings:

- Blood pressure
- ◆ Height, weight, BMI
  - ◆ Cholesterol (from age 20, every 5 years)

#### Women:

- ◆ Clinical breast exam every 2-3 years
- ◆ Pap test: annually, from age 21 (\* every 2-3 years for those age 30+ with 3 normal, consecutive tests)
- ◆ Screening for Chlamydia (those under age 25)

### Adult: Ages 40–64

Annual exam is covered and includes the following screenings:

- ◆ Blood pressure
- ◆ Height, weight, BMI
- ◆ Cholesterol
- ◆ Colorectal cancer (at age 50; six procedures available, based on provider recommendations)

#### Women:

- ◆ Annual mammogram

- ◆ Annual pap test \*

#### Men:

- ◆ Prostate cancer: at age 50 and older (based on input from provider)

### Adult: Ages 65 and older

Annual exam is covered and includes the following screenings:

- ◆ Blood pressure
- ◆ Height, weight and BMI
- ◆ Cholesterol
- ◆ Colorectal cancer (frequency based on provider recommendations)
- ◆ Hearing

#### Women:

- ◆ Annual mammogram
- ◆ Annual pap test (those 70+ with 10 normal, consecutive tests can stop screenings, with provider approval)
- ◆ Osteoporosis—bone density testing should begin no later than age 65.

#### Men:

- ◆ Abdominal aortic aneurysm: one test between ages 65-75 for those who have ever smoked

- ◆ Prostate cancer: frequency based on physician input

### Expectant Mothers:

During the first trimester, pregnant women should visit their provider for an initial exam and to establish a prenatal care schedule. Based on medical history, the following screenings/tests may be recommended:

- ◆ Hemoglobin/hematocrit
- ◆ Syphilis
- ◆ HIV
- ◆ Rubella
- ◆ Rh(D) blood type
- ◆ Hepatitis B
- ◆ Urinalysis

Your physician can offer additional testing for abnormalities and will provide education regarding diet and activity during pregnancy. Your physician may also recommend immunizations for flu and tetanus-diphtheria-pertussis.

