

CICV

Benefits Consortium

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THIRD QUARTER—2011

FOUNDING MEMBERS

- Bluefield College
- Bridgewater College
- Emory & Henry College
- Ferrum College
- Hampden-Sydney College
- Hollins University
- Lynchburg College
- Mary Baldwin College
- Randolph-Macon College
- Roanoke College
- Sweet Briar College
- Virginia Intermont College

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CICV: Committed to Wellness

The CICV Consortium began with a worthy goal — to provide all members with the highest quality healthcare coverage, as affordably as possible. After nearly two years of successful operation, the Consortium now takes the next logical step to ensure the long-term success of our medical program.

We recognize that our medical plans have to do more than “fix us” when we’re sick. It is imperative that we give equal emphasis to the **prevention of illness**. Our new challenge is to provide our members with the tools, knowledge and support to

become healthy—and stay healthy.

Our commitment to wellness is based on national trends that are alarming.



According to the AMA and the CDC, nearly 75% of every U.S. healthcare dollar is spent on **preventable disease**. Specifically, these are conditions that

are rooted in behavioral change and lifestyle choices. In addition,

- ◆ Nearly 73% of adults in this country are overweight.
- ◆ 65 million Americans have high blood pressure, and that number increases by 2% each year.
- ◆ One of every three U.S. children will have diabetes by age 50.
- ◆ Nearly 80% of Americans don’t get enough physical activity.

The good news? The colleges of the Consortium have developed a plan to improve these trends for our participants.

Wellness 2012: The Action Plan

Our coordinated wellness effort becomes effective on January 1, 2012. For some members, wellness is a new undertaking. Others have had programs in place for years. To effectively address our differing wellness needs, the Consortium has tailored the core plan on a college-by college basis. Collectively, CICV has adopted the following guidelines:

- ◆ Implementation of a wellness program will be required of all present and future Consortium members.
- ◆ All members have developed a core philosophy of wellness.
- ◆ Programs offered through **LivingWell Health Solu-**

tions will be selected and implemented on each campus.

- ◆ A Wellness Council has been formed with representatives from each school. The Council will ensure consistency among all programs, and will share best practices with all members.
- ◆ Wellness programs will be monitored to maintain positive momentum and ensure effectiveness.

Individual wellness programs will be implemented by each school; however, all programs will include the following elements:

- ◆ Employee participation will be voluntary.
- ◆ Faculty and staff may take ad-

vantage of wellness benefits, even if not enrolled in the school’s medical plan.

- ◆ Health screenings (including blood work) will be convenient and conducted on campus.
- ◆ All participants will receive a personalized Health Report.
- ◆ Participants with health risk factors will have access to on-campus, face-to-face, one-on-one education from a certified health practitioner.
- ◆ All test results will be subject to HIPAA and treated as Protected Health Information.
- ◆ Incentives will be offered to employees and spouses who participate in the medical plan.






Are You Using Anthem's Mail Order Drug Service?

- If you take prescription drugs on a regular basis, you can receive a 90-day supply, at your home, through Anthem's convenient mail order service.
- Your cost is the normal copayment for Tier 1 drugs, and 2 x the normal copayment for Tier 2 or Tier 3 drugs. You will receive one or two months of your prescription **at no cost**.
- Service is provided through Express Scripts, and to begin this service you can:
 - ◆ Call 866-281-4279
 - ◆ Mail your prescription to the Home Delivery Service, or,
 - ◆ Fax your prescription to 800-600-8105.
 - ◆ Home Delivery Order Forms are available from your HR Department or online at www.anthem.com, "Fill a New Prescription."
 - ◆ Mail Order Service will not be affected by the loss of Walgreens.

★ Alert: Walgreens Leaving Anthem?

Recent announcements released by Walgreens corporate offices and Anthem Blue Cross Blue Shield indicate that their current network relationship is *scheduled to terminate on January 1, 2012*.

Currently, Express Scripts administers prescription drug benefits on behalf of Anthem. Express Scripts contracts with thousands of retail pharmacies throughout the U.S. which, in turn, provide prescription drug services to Anthem members.

Walgreens has announced its intention to leave the Express Scripts pharmacy network at the end of 2011. For those who are

currently members of Anthem medical plans, Walgreens pharmacy locations will no longer be available to fill prescriptions after December 31, 2011.

If you receive (or have received) a letter from Walgreens regarding this change, there is no need to forward this information to your HR Department or Consortium management. The CICV leadership team is aware of this situation.

Whether a new agreement is reached or the relationship is terminated, Anthem mem-

bers will be notified by mail as quickly as possible.

For those who may wish to contact Walgreens' management team to encourage their continued partnership with Express Scripts and Anthem, you can:

- ◆ Call Walgreens Customer Service at **877-250-5823** or **800-925-4733**, or,
- ◆ Send an email message to the following address: **Consumerrelations.bb@walgreens.com**.
- ◆ Walgreens also subscribes to Facebook and Twitter.

How to Manage the RX Transition

In the event Walgreen's does not re-join the Express Scripts network, Anthem members will still have access to over **56,000 pharmacy locations** throughout the U.S. On average, there is another network pharmacy within one-half mile of a Walgreens pharmacy.

If the pending termination does occur, you will receive a notice from Anthem that will include the names and locations of convenient participating pharmacies near your home. *You will not be restricted to the pharmacies listed in this notice.*

For those who may need to transition to a new pharmacy, participating retail locations include **Rite Aid, CVS, Kroger, Martin's, K-Mart, Walmart, Sam's, and Target**. In addition, many independent, local pharmacies are also members of the Express Scripts network.

To find other network pharmacies, you can call the Customer Service number on your Anthem card, or,

- ◆ Log on to www.anthem.com.
- ◆ Click on the "Find a Doctor" link.
- ◆ Click on "Find a Pharmacy Near You" and click "Next".
- ◆ Enter the location or zip code where you would like to find a pharmacy.
- ◆ Click "View Results" for a list of nearby pharmacies.
- ◆ You can also click on "Map" to view driving directions to your new pharmacy.

If you would like to transfer your prescription to another pharmacy, the process is simple. You can —

1. **Take your prescription bottle** to a new pharmacy. They will contact your old pharmacy to complete the transfer.
2. **Call your new pharmacy** and ask them to contact your old pharmacy.
3. **Ask your physician** to call your new pharmacy with your prescription information.

Note: Through your medical coverage, you will still have access to Walgreens' Take Care Clinics. However, any prescriptions dispensed there would have to be filled at a participating pharmacy. If the network termination takes place, you would not have drug coverage at Walgreens.

