APWU HEALTH PLAN
Together. Better Health.

Health Management Programs



2015 Open Season Seminar

Presented by: Wendy Abraham and Janice Humphrey

READY TO FEEL EMPOWERED? How to get healthy and stay that way!



5 Health Management Programs

- Diabetes Management
- Hypertension Management
- Tobacco Cessation
- Healthy Pregnancies/ Healthy Babies
- Weight Management



Diabetes Management





High Option (Pg. 68-69):

Call CareAllies and enroll:
1-800-582-1314, prompt 5

Consumer Driven Option (Pg. 114-115):

Call UnitedHealthcare and enroll:
1-800-718-1299

- Telephonic program with requirements:
  - A call with your health coach/advocate every 90 days
  - Know your numbers – Hemoglobin A1C

Diabetes Management *(continued)*

Incentives for program compliance:

- $0 out-of-pocket expenses for:
  - In-network office visits for the specific purpose of treating your diabetes
  - In-network lab tests specific to diabetes (i.e. HgbA1C)
  - Mail Order generic drugs, specifically used to lower your blood sugar, Insulin
  - Supplies – syringes, needles, lancets, test strips
  - Insulin pumps (require pre-authorization)

Diabetes Management *(continued)*

You must be compliant or you can lose all those great financial incentives!



Hypertension Management

High Option *ONLY* (Pg. 69-70):

Call CareAllies and enroll:
1-800-582-1314, prompt 6

- Telephonic Program
  - A call with your health coach every 90 days
  - Know your numbers



Hypertension Management *(continued)*

Incentives for program compliance:

- $0 out-of-pocket expenses for:
  - In-network office visits for the specific purpose of treating your hypertension
  - In-network lab tests specific to hypertension
  - Mail Order generic drugs specifically used to lower your blood pressure



Tobacco Cessation

You must enroll to get started!

High Option (Pg. 44, 70):

Call CareAllies and enroll: 1-800-582-1314, prompt 5

Consumer Driven Option (Pg. 90):

Call UnitedHealthcare and enroll:
1-800-718-1299



- Unlimited in-network counseling at no cost
- Telephonic coaching classes for a personalized plan
- Group therapy sessions, or
- Educational session with a physician

Tobacco Cessation *(continued)*

High Option:

PPO provider: You pay nothing

Non-PPO provider: You pay 30%





Consumer Driven Option:

PPO provider: You pay nothing

Non-PPO provider: You pay 40%

Tobacco Cessation *(continued)*

Prescription Drugs:

- FDA approved drugs to treat tobacco dependence
- Mail Order - NO out-of-pocket cost:
  - High Option - Through Express Scripts
  - Consumer Driven Option – Through Optum Rx

Over-the-counter drugs:

- Obtain through the individual program



Healthy Pregnancies/ Healthy Babies



High Option (Pg. 70):

Call CareAllies and enroll:
1-800-582-1314, prompt 8

- Enroll during the 1st trimester – receive $150 incentive
- Enroll during the 2nd trimester – receive $75 incentive



Healthy Pregnancy

Consumer Driven Option (Pg. 115):

Call UnitedHealthcare and enroll: 1-800-718-1299 or go to www.welcometouhc.com/apwu

- Telephonic and online program provides support through every stage of pregnancy and delivery
- Receive Mayo Clinic's Guide to a Healthy Pregnancy



Weight Management

Benefits:



- $0 copay for in-network visits to a registered Dietician/Nutritionist (High Option)
- Childhood obesity education:
  - $0 in-network
  - 30% out-of-network (High Option)
  - 40% out-of-network (Consumer Driven Option)
- FDA approved weight loss drugs to treat obesity (with prior approval)

Weight Management *(continued)*

High Option:

Call CareAllies and enroll:

1-800-582-1314, prompt 6

- Telephonic Coaching Program





Health Risk Assessment

Available online



<u>High Option incentive for completion</u>:

- Dental Savings Program

<u>Consumer Driven Option incentive for completion</u>:

- $75 in PCA for Self Only
- $150 in PCA for Self Plus One; Self and Family (if two people over the age of 18 complete)

Thank You!

Please fill out the class evaluation form provided and place it in the collection box.

Please note any questions for the **HPR Roundtable** discussion on the card provided and place in the drop box at the Registration Desk.

The Roundtable discussion will be during Closing Session on:

Saturday, October 17, 2015