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IMPORTANT NUMBERS:



Medical Claim questions, HRA or Flexible Benefit Plan questions:
 1-405-521-1711 or
 1-800-324-9396
 Fax: 405-521-9804
www.kemptongroup.com

Healthcare Benefit Plan Document, Forms & Privacy Notices
www.okumc.org/HealthCareBenefits

MaxCare Rx Pharmacy
 1-800-259-7765
www.ppok.com

First Health Network
www.myfirsthealth.com

Preferred Community Choice
www.ccok.com

LabCard 1-800-646-7788
www.labone.com

Hines Disease Management
 1-800-592-8097

Delta Dental 1-800-990-7337
www.DeltaDentalOK.org

VSP 1-800-877-7195
www.vsp.com/go/okumc

The Hartford
 1-800-368-3653

General Board of Pension
 1-800-851-2201
www.gbophb.org

Newsletter published by:
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 Healthcare Benefits Director

WANT TO CONTROL YOUR WALLET???

If you have High Cholesterol

There are now several excellent choices of generic cholesterol medications all of which are available at the standard \$5.00 co-pay or \$10.00 maintenance co-pay.

Ask your physician if Lovastatin, Pravastatin, or Simvastatin (which is Zocor) are right for you.

Medications for Stomach Problems

FREE! If you have reoccurring problems with heartburn and other acid related stomach problems and take Nexium, Pevacid, Protonix or Aciphex, we have a money saving solution for you.

Prilosec-available over-the-counter with prescription from your physician for a 42 day supply. (Prescription must say "OTC Prilosec")

It's Allergy Season

OTC Zyrtec or OTC Claritin -available over-the-counter with prescription from your physician. 30 day supply only \$15.00 (Prescription must say "OTC Zyrtec" or "OTC Claritin")

Prescription Drug Plan

Non-Maintenance	Maintenance & >34 day supply NTE 102	
Generic - Not to exceed \$5	Generic - Not to exceed \$10	
Multi-Source or Single Source Brand—Not to exceed \$30.00	Multi-Source or Single Source Brand—Not to exceed \$80.00	
Monthly Premium Rate Schedule		
	2008	2009
Active Clergy:		
Special Rate: (Total Compensation of \$29,999 or less)		
Single	219.00	219.00
Two Party	426.00	426.00
Family	476.00	476.00
Regular Rate: (Total Compensation of \$30,000 or more)		
Single	269.00	274.00
Two Party	523.00	533.00
Family	615.00	627.00
Retired Clergy (under 65):		
Single	258.00	263.00
Two Party (both under 65)	513.00	523.00
Two Party (spouse over 65)	389.00	394.00
Retired Clergy (65 & over):		
Single	151.00	151.00
Two Party (spouse under 65)	322.00	327.00
Family (under 65)	389.00	397.00
Two Party (both 65 or over)	298.00	298.00
Surviving Spouses of Clergy (under 65):		
Single	208.00	212.00
With one dependent	406.00	414.00
With two or more dependents	447.00	456.00
Surviving Spouses of Clergy (65 & over):		
Single	80.00	80.00
Lay Employees & Diaconal Ministers (Active):		
Single	471.00	480.00
Two Party	935.00	954.00
Family	1,088.00	1,111.00
Retired Lay Employees & Diaconal Ministers:		
Single (under 65)	470.00	479.00
Single (65 & over)	217.00	217.00
Two Party (both under 65)	934.00	935.00
Two Party (Spouse under 65)	692.00	701.00
Two Party (both 65 or over)	433.00	433.00



OK TO WELLNESS

OKLAHOMA ♦ UNITED ♦ METHODIST ♦ HEALTHCARE ♦ NEWSLETTER

HEALTHY TOMORROWS

Hines ON THE LINE!

A NEW PROGRAM for active participants connects you via phone to health education.



Hines disease-management program will begin June 1st for **active** Kempton Group participants enrolled in the Oklahoma Conference Healthcare Benefits Plan.

"Connect to Health" will link Registered Nurses and plan participants by phone, at any time of the day or night. The program will be directed by Hines & Associates, the current healthcare case-management company for the Oklahoma United Methodist Conference.

The contact number will be **1-800-592-8097**

"When your phone rings and the caller says 'Hines, with the Oklahoma United Methodist Conference,' please don't hang up." In an effort to promote healthy living the Healthcare Benefits Plan is offering you and your eligible dependents a healthy lifestyle program for members who may have a chronic condition such as asthma, diabetes, coronary artery (heart) disease, high blood pressure and high cholesterol. Claims information provided by your health care providers are used to identify anyone who may benefit from this type of program. Hines is HIPAA compliant and you can be assured any information you give or share with the Hines' nurse will be held in the strictest of confidence according to HIPAA guidelines.

This is about health education. Typically, Hines and Associates handle major cases, such as when cancer is diagnosed or a major operation is required. The "Connect to Health" program has expanded the role into a complete disease-management program.

INSIDE THIS ISSUE:

Wellness Walk	2
Online access	2
Wellness Rewards	2
Health Screening	2
Delta Dental	3
VSP Vision	3
Healthcare Enrollment Qualifications	3
Benefits Schedule	3
Prescription drug plan Rates	4
Important Numbers	4
Web Page Addresses	4

If you have just been diagnosed with an illness or condition or need some assistance with types of questions to ask your doctor or treatment options let Hines help. Hines has professional RNs who will personally contact those who are struggling with chronic or complex medical conditions. You will be given a caseworker, a designated helper for your health problem, who will call you periodically to see how you're doing and find out if you have any questions. Or, you can call them at any time if you have any healthcare related questions. You may also let them know you are not interested in the program and you will not be contacted.

The nurses will advise people on diet, exercise options, and more, working with participants' doctors. The program is not about prescribing medications and does not take the place of being under a doctor's care.

The focus is on health education, but financial benefits are likely, too. The Healthcare Benefits Plan is based on usage; higher costs are a result of higher usage. Let Hines help you work with your physician for healthier results.

We are confident you will appreciate the knowledge and compassion extended to you by the Hines' nurse. We trust this additional benefit will help keep you on the path to healthy living!



STEP UP TO THE PLATE

and Walk for Wellness at Annual Conference: Tuesday May 27TH

EVERYBODY JOIN IN FOR CASUAL DAY, come have fun when our Bishop leads us on a mile walk beginning at 4:30. Wear your comfortable clothes, tennis shoes and bring your pedometer and let's walk a mile starting at the Boston Avenue UMC and arriving at Tulsa 1st UMC. Don't miss out on all the fun and invite your family and friends! It starts outside the North doors of Boston Avenue going out to 13th Street. (Handicap accessibility)

Here are easy steps to accessing your medical, HRA & flex claims history:

- 1) Go to kemptongroup.com on the Internet
- 2) Click on Member Services (on the left side of your screen)
- 3) Click on New Member (on the right side of the page)
- 4) Enter your group number which is KUMC50
- 5) Enter your Social Security number
- 6) Click on the Register button
- 7) If this is you, click 'yes' (you will be able to change the address later)
- 8) The next screen will ask for a 'User ID' (it is very important to use an identifying word you will remember)
- 9) List an e-mail address & telephone number if you would like (if you don't give an e-mail address, click the small box under the e-mail address line)
- 10) Click the Submit button

The system will list your name, address and name of your employer
 Your password will be sent to you via U.S. Mail. (a HIPPA requirement)
 Once your password is received, you may go into Kempton's web site, enter the 'User ID' you chose earlier and the system-generated 'Password' you received from us. Press the Submit button and the system will take you to your own personal file of information. You may then change your 'Password' to something you will be more likely to remember.



OK TO WELLNESS REWARDS

Complete **6** out of **10** activities during Annual Conference May 27th – May 29th and receive a **\$50 gift card**. ***Must be an Oklahoma United Methodist Healthcare Benefits Plan participant to receive a gift card and no more than 3 cards per family.**



HIT A HOME RUN FOR YOUR HEALTH!



<input type="checkbox"/> BOX SCORES - Health Screening (required to receive gift card)	<input type="checkbox"/> RUN THE BASES - Participate in Fitness Walk on Tuesday 4:30pm
<input type="checkbox"/> ROOKIE YEAR - First Time Participant in Health Screening	<input type="checkbox"/> PERSONAL STATS - Measure % Body Fat/BMI (Body Mass Index)
<input type="checkbox"/> SPRING TRAINING - One Thirty Minute Exercise Session	<input type="checkbox"/> BATTER UP - Complete On-line Health Survey: www.livingto100.com
<input type="checkbox"/> OFF-SEASON WORKOUT - Receive Instruction on Exercise Band	<input type="checkbox"/> PERSONAL COACH - Fitness Accountability Partner
<input type="checkbox"/> HOT DOGS - NOT!! - Eating Heart Healthy Meals	<input type="checkbox"/> FILM REVIEW - Watch CREATION HEALTH Video

Come to the Healthcare Benefits Screening Room J120 or J122 for more information

Free Health Screening to Healthcare Plan Participants

Boston Avenue United Methodist Church Rooms J120 & J122
 Annual Conference: May 27th—29th from 7:00 a.m to 1:00 p.m

(No appointment is necessary)
 (Fasting preferred for 12-hour prior to screening)

This program will screen for heart disease and stroke risk factors such as high cholesterol, diabetes, homocysteine, abnormal thyroid, anemia or infection, colon cancer, kidney or liver disease, and will also include prostate cancer screening for males.

This is a very comprehensive health screening and will be provided (**FREE**) for those who participate in the Oklahoma United Methodist Insurance Plan. There will be a charge of just **\$100.00** (a \$700.00 value) for those **not** enrolled in the group health plan.

Early detection is the key to your health and savings for both you and the group health plan. Your willingness to take a few minutes to participate could improve your health or even *save your life*.



2008 PLANS & RATES

Monthly Premium:
 Employee Only: \$29.37
 Employee + Spouse: \$58.71
 Employee + Child(ren): \$85.39
 Employee + Family: \$114.76

Delta Dental and VSP are voluntary plans. Eligible persons not enrolled when first eligible are limited to some services.



For information regarding Delta Dental simply go to their secure log-in at: www.deltadentalspotlight.org and you will be invited to register. Once registered you can view available benefits, access Explanation of Benefits (EOBs), print I.D. cards or conduct a local or national dentist search. It is a wealth of secure data available 24 hours a day/7days a week.

Employee Only..... \$8.77
 Employee + One Dependent \$12.72
 Employee + Family..... \$22.79

For information regarding VSP Vision Plan, go to www.vsp.com/go/okumc. This web page offers live chat with VSP member services to immediately answer benefit questions, doctor

ENROLLMENT QUALIFICATIONS

FORMS ARE AVAILABLE AT: www.okumc.org/HealthcareBenefits

HEALTH INSURANCE, DENTAL & VISION:

Enrollment in the Oklahoma Conference Healthcare Benefit Plan is executed through the Conference Treasurer's Office. Clergy or lay employees must enroll within 31 days of becoming eligible and work at least thirty (30) hours a week and be making at least the minimum wage per hour. If you or your dependents are not enrolled within 31 days of the date you become eligible, you will not be able to enroll until open enrollment ending December 1st with coverage beginning January 1st of the next plan year.

FLEXIBLE BENEFIT PLAN (CAFETERIA PLAN):

Clergy or lay employees of a local church, institution, or agency of the Oklahoma Annual Conference working a minimum of twenty (20) hours per week and one thousand (1,000) hours per year, and earning at least minimum wage may participate in the Flexible Benefit Plan. An election form must be returned to the Conference Treasurers office within 31 days of eligibility and a new election form must be completed and returned to the Conference Treasurers office by December 1st every year.

ACTIVE OR UNDER 65 SCHEDULE OF BENEFITS 2008	PPO	NON-PPO
Doctor's Office Visits (Includes lab & x-ray)	(Not subject to Deductible for PPO or NON-PPO) 100% after \$20 co-pay up to \$200 then paid at 80%	100% after \$20 co-pay up to \$200 then paid at 60%
Physical Exam (One per person per calendar year.)	(Not subject to Deductible for PPO or NON-PPO) 100% after \$20 co-pay up to \$500 then paid at 80%	100% after \$20 co-pay up to \$500 then paid at 60%
Routine Mammogram (One per calendar year)	(Not subject to Deductible for PPO or NON-PPO) 100% up to \$125 then paid at 80%	100% up to \$125 then paid at 60%
Mental & Nervous Counseling (Outpatient)	(Not subject to Deductible for PPO or NON-PPO) 100% after \$20 co-pay up to \$100 then paid at 80%	100% after \$20 co-pay up to \$100 then paid at 60%.
Physical Therapy (only when prescribed by an M.D. or D.O.)	(Not subject to Deductible for PPO or NON-PPO) 100% after \$20 co-pay up to \$100 then paid at 80%	100% after \$20 co-pay up to \$100 then paid at 60%.
Chiropractic Care or Physical Therapy (Not Prescribed)	(Subject to deductible) 80% \$1,000 max.per year	60%
Individual Deductible	\$1,000	\$2,000
Two Party	\$2,000	\$4,000
Maximum per Family	\$3,000	\$6,000
Out of Pocket Maximum	(per calendar year, not including the deductible)	
Individual Maximum	\$2,400	\$4,800
Two Party	\$4,800	\$9,600
Maximum per Family	\$7,200	\$14,400
Hospital Expenses	Subject to Deductible	
Semi-Private Room	80%	60%
Emergency Room	(Reduced to 50% for non-emergency use of the room) 80%	60%
Physician's charges	(Reasonable and customary charges) 80%	60%
Pre-admission testing	(The deductible does not apply) 100%	100%