



OK TO WELLNESS

OKLAHOMA ♦ UNITED ♦ METHODIST ♦ HEALTHCARE ♦ NEWSLETTER

ACTIVE PARTICIPANTS: Do you have your new insurance card and packet???

Active clergy only (NOT RETIREES) health coverage changed to Blue Cross **Retirees coverage stays the same with NO changes!!!**

All of the active clergy and lay employees should have received a letter from the Conference informing them effective January 1, 2011, our self funded health plan will be moving from First Health network to BlueCross BlueShield of Oklahoma. Our coverage will not change from what was voted on at Annual Conference but the network of providers has changed. The BlueCross BlueShield is the largest network in Oklahoma and offers the same benefits at a much reduced cost. In addition there are many enhanced resources that will be available to us.

You should have already received your BlueCross BlueShield coverage booklet and your new insurance card. If not, please call BCBS at 1-800-942-5837.

- **Blue Cross will continue to Duplicate the Current benefit plan**
- Largest Network of Hospitals and Physicians in Oklahoma
- National and International coverage as the claims provider
- Health and Wellness Resources
- Weight Management Discount programs at participating Life Time Fitness, Jenny Craig and Curves locations
And many more features

ALL OTHER SERVICES WILL REMAIN AS USUAL:

- **Kempton retains our FSA/HRA and eligibility services**
- MaxCare is our prescription drug provider
- VSP will continue to provide our voluntary vision service
- Delta Dental will continue to provide our voluntary dental service
- Aetna is our Ministerial Life Insurance provider and full group EAP provider
Hartford will continue to maintain our retiree Medicare supplement plan

We are currently working with Blue Cross in transitioning our group. In the meantime, if you have questions about providers in the network, visit www.bcbsok.com. For any other questions, contact Debbie Ware at 405-530-2069.



Take Advantage of a Quick and Easy-to-Use Online Resource to Find a Doctor

Go to bcbsok.com to find contracting doctors. Click on **Find a Doctor: Search for a Provider**

- Look up a doctor, hospital or other health care provider by name.
- Find a doctor based on a specialty, such as dermatology or internal medicine.
- Narrow your search to include a specific location or to find providers by gender, languages spoken, hospital affiliations and more.



BRIAN BAKEMAN
 Conference Treasurer
 Conference Benefits Officer
 (405) 530-2067
JANET A. TOFANI
 Health Benefits Director
 (405) 530-2069
STEPHEN MITCHELL
 Pensions Director
 (405) 530-2063
DEBBIE WARE
 Assistant Health Benefits Director
 (405) 530-2069

IMPORTANT NUMBERS:



Medical Claims: 1-800-942-5837
www.bcbsok.com
 24/7 Nurseline: 1-800-581-0407



Flexible Benefit Plan questions:

1-405-521-1711 or
 1-800-324-9396
 Fax: 405-521-9804
www.kemptongroup.com

Health Benefit Plan Document, Forms & Privacy Notices

www.okumc.org/HealthCareBenefits

MaxCare Rx Pharmacy

1-800-259-7765
www.ppok.com

Delta Dental 1-800-990-7337

www.DeltaDentalOK.org

VSP 1-800-877-7195

1-800-624-5544 www.ndbh.com

The Hartford—Retirees

1-800-368-3653

General Board of Pension

1-800-851-2201

www.gbophb.org

Newsletter published by:
 Janet A. Tofani
 Health Benefits Director



MaxCare Rx Pharmacy Providers of Oklahoma
 1-800-259-7765 or 1-405-528-3342

Trying to Lower Your Cholesterol??? Consider these options.

Simvastatin, Pravastatin, or Lovastatin \$10.00 for 1 month or \$25.00 for 3 months

Non-Maintenance	Maintenance & >34 day supply NTE 102
Generic - Not to exceed \$10	Generic - Not to exceed \$25
Multi-Source or Single Source Brand—NTE \$40.00	Multi-Source or Single Source Brand—NTE \$100.00

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")



24/7 Nurseline – Around-the-Clock, Toll-Free Support

The 24/7 Nurseline can help you figure out if you should call your doctor, go to the ER or treat the problem yourself. **(800) 581-0407**

bcbsok.com

		PPO	NON-PPO
Doctor's Office Visits (Includes lab & x-ray)	(Not subject to Deductible for PPO or NON-PPO)	100% after \$30 co-pay	100% after \$30 co-pay
Physical Exam (One per person per calendar year.) May use toward colonoscopy	(Not subject to Deductible for PPO or NON-PPO)	100% after \$30 co-pay	100% after \$30 co-pay
Routine Mammogram (One per calendar year)	(Not subject to Deductible for PPO or NON-PPO)	100% up to \$125 then paid at 100%	100% up to \$125 then paid at 100%
Mental & Nervous Counseling Office services	(Not subject to Deductible for PPO or NON-PPO)	100% after \$30 co-pay	100% after \$30 co-pay
Physical Therapy (only when prescribed by an M.D. or D.O.)	(Not subject to Deductible for PPO or NON-PPO)	100% after \$30 co-pay	100% after \$30 co-pay
Chiropractic Care or Physical Therapy (Not prescribed)	(Subject to deductible) \$1,000 max. per year	80%	60%
Deductible (per calendar year)		PPO	NON-PPO
Individual Deductible		\$1,250	\$2,500
Two Party		\$2,500	\$5,000
Maximum per Family		\$3,750	\$7,000
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
Services			
Hospital Expenses			
Subject to Deductible			
Semi-Private Room		80%	60%
Emergency Room		80%	60%
(Reduced to 50% for non-emergency use of the emergency room)			
Pre-admission testing		100%	100%