



WINTER 2009

OK TO WELLNESS

OKLAHOMA ♦ UNITED ♦ METHODIST ♦ HEALTHCARE ♦ NEWSLETTER



**Take action
& know your risk!**
Take the Go Red Heart CheckUp now.

February is "Go Red for Women" month.

February may be the month of love, but it's also a month to warn women about the dangers of heart disease. One woman dies every five minutes from heart disease in the U.S. Heart disease and stroke are the No. 1 and No. 3 killers of American women.

Physical inactivity has been established as a major risk factor for cardiovascular disease, and most Americans are not physically active enough to gain any health benefits. Women especially need to increase their physical activity because women become less active during their teenage years. Women also tend to stay less physically active than men for the rest of our lives.

According to the American Heart Association guidelines for physical activity, adult women should be getting at least 30 minutes of moderate intensity activity on most days of the week. However, physical activity recommendations for women who need to lose weight or sustain weight loss are different - minimum of 60-90 minutes of moderate-intensity activity (e.g., brisk walking) on most, and preferably all, days of the week.

© American Heart Association, Inc.

New online health tools are making it easier to be healthy in 2009

IMPORTANT WEB SITE: KEMPTONGROUP.COM: find all your medical claims, medical history, FSA & HRA information here!!! For assistance call 1-800-521-1711.

EverydayHealth.com recently merged with Revolution Health which links 24 separate health sites catering to various interests. CarePages.com, allows hospitalized patients and families to set up their own Web sites to keep relatives and friends posted on the patient's progress. EverydayHealth.com also allows consumers to create personalized home pages with health news and advice tailored to their interests, or to join community groups or start their own health blog. Another useful feature is calculators, including ones for calorie intake and body-mass index.

WebMD has expanded its offerings to include a new interactive diet and nutrition center and has struck a deal with the FDA to send public-health alerts to registered users.

Healthline.com includes a prescription medication image gallery; pill finder profiles to help identify medication by size, shape, color and visible markings; and new risk assessments, quizzes and calculators such as body-mass index calculator and breast-cancer-risk assessment.

VisualDxHealth.com offers some 2,000 medical images and information to help identify more than 180 skin diseases, rashes and conditions; allows searches by age, sex and body part. Interactive quizzes on recognizing skin cancer.

QualityHealth.com offers health-risk assessments, symptom checker, and personalized lists of questions to ask your doctor based on conditions and symptoms.

HealthCentral.com is a network of sites covering various conditions such as attention deficit hyperactivity disorder and diabetes. Users can sign up for news alerts and updates, join communities and watch videos of experts discussing treatments. The home page has a symptom checker that can be used to check by gender and body part.

Wellsphere.com sends text-message reminders to go to the gym or take your medication, and sends daily health and fitness tips; allows users to log fitness goals on a mobile phone. Provides nutrition information for menu items at restaurants and suggests healthier alternatives.

Healthvault.com allows individuals and families to create their own free online medical records and to share these with physicians if they choose. Despite concerns about security and privacy, there is something pretty appealing about having your medical history, medication lists and lab reports on a secure Web site that you can get to in an emergency, particularly since most doctors still haven't switched to electronic medical records in their offices. The Web site also allows users to refill prescriptions online at participation local drugstores and to seek a second opinion on a medical question via an online consulting service from partner The Cleveland Clinic (for a \$565 fee). Microsoft's features include programs that can link to home devices such as a blood-glucose meter or a heart-rate monitor to track readings and provide them to physicians.

RealAge.com is the interactive site used last Conference, offering quizzes to determine biological age based on 150 questions about health status and behaviors.

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Medical Claim questions, HRA or
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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

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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Your prescription, your choice.

\$80.00

BRAND NAME DRUG

Cost of 102-day
prescription.



\$10.00

GENERIC DRUG

Cost of 102-day pre-
scription equivalent.

In many cases when you pay more money for something you get a superior product. However, there is an exception to this rule: generic medications! Generics have the same active ingredients as their brand name counterpart and are equivalent in dose, effectiveness, safety, quality, how it is taken, performance, and intended use. Plus, they cost, on average, one-third of the price of brand name medications. Because of this, about 65 percent of all prescriptions filled in the United States are generic drugs. Let's look at a few commonly asked questions regarding generic medications.

Why do generics cost less than brand name medications?

New drugs are protected by a patent to protect a drug company's investment in research, development, marketing, and promotion. Once this patent expires, manufacturers can apply to the FDA to sell generic versions of the medication. In order for a manufacturer to gain FDA approval to make a generic drug, they must first prove that it works in the body the same way as the brand name product. Medication costs are kept down when manufacturers compete in making generics.

How do the facilities that make generics compare to those that make brand name medications?

Generics must be made in facilities that meet the same high standards of brand-name firms. In fact, you might be interested to learn that brand-name firms manufacture approximately 50 percent of generic medications. You might have noticed, however, that generics do not look like the brand name medication that you are accustomed to. This is because trademark laws prohibit generics from looking exactly like the brand name drug.

What do I do if a generic is not yet available for a brand name medication I am taking?

Many times a generic medication that works in the same way as a brand for the same condition is available. Just ask your physician if there is another medication that does the same thing that is available in a generic. In most cases there is!

*Information and statistics from the FDA. More information is available from their website:

www.fda.gov/cder/ogd/index.htm.



Make a colonoscopy or bone density test part of your annual screening!

Active participants have a \$500.00 once-per-calendar-year physical which now includes a colonoscopy or bone density test when applied as a physical.

Routine well adult care is care by a Physician that is not for an Injury or Sickness. Covered Charges include one (1) routine physical examination, lab, x-ray, prostate screening, gynecological exam, pap smear, colonoscopy (routine/illness once every 5 years), Bone Density test (once every 2 years after age 60 or if under age 60 and family history or suspect of osteoporosis).