



**JO ANN MCNAUGHT**  
Executive Treasurer  
Conference Benefits Officer  
(405) 530-2067

**JANET A. TOFANI**  
Healthcare Benefits Director  
(405) 530-2069

**TIARA DALTON**  
Pensions Director  
(405) 530-2063

**IMPORTANT NUMBERS:**



Medical Claim questions or Flexible Benefit Plan questions:  
1-405-521-1711 or 1-800-324-9396  
Fax: 405-524-4808  
[www.kemptongroup.com](http://www.kemptongroup.com)

MaxCare Rx (PPOk)  
1-800-259-7765  
[www.ppok.com](http://www.ppok.com)

PPO Oklahoma  
[www.ppoklahoma.com](http://www.ppoklahoma.com)

Preferred Community Choice  
[www.ccok.com](http://www.ccok.com)

CCN Managed Care, Inc.  
[www.ccnusa.com](http://www.ccnusa.com)

LabOne 1-800-646-7788  
[www.labone.com](http://www.labone.com)

The Hartford  
1-800-368-3653

Healthcare Benefit Plan Document, Forms & Privacy Notices: HIPAA  
Go to: [www.okumc.org](http://www.okumc.org)  
Finance, Healthcare Benefits

General Board of Pension  
1-800-851-2201  
[www.gbophb.org](http://www.gbophb.org)

Newsletter published by:  
Janet A. Tofani  
Healthcare Benefits Director  
(405) 530-2069

## Getting Set to Exercise

Try to make a daily walk an essential part of your day. It isn't necessary to walk an entire 30 minutes at a time; getting more activity throughout the day will be just as good. Accumulating activity throughout the day helps burn calories and maintain your weight.

Small activities such as taking the stairs instead of the elevator or parking far away and walking to your destination can add up quickly to the recommended 30 minutes of activity.

To get the heart-healthy benefits of walking, you need to walk briskly enough to increase your pulse and breathing, but not so fast that you can't talk comfortably.

During a 30-minute walk, a 140-pound person burns around 127 calories walking at a pace of 4 miles per hour (or a 15-minute mile) and about 191 hiking on trails. A 200-pound person will burn around 182 calories walking for 30 minutes at 4 miles per hour, and about 273 hiking for the same period.

Research shows that a person needs to burn around 2,000 to 3,000 calories from physical activity every week to control body weight.

Theoretically, 3,500 calories equals 1 pound of fat. So if you walk around 60 minutes per day, you can lose 30 pounds in about seven months. You can speed up the weight loss by making small calorie reductions in your diet (for example, saying "no" to regular desserts or using skim instead of whole milk).

If you are not yet fit enough to do a lot of exercise, take it one step at a time. Start with 10-minute sessions and add a few minutes per week.

Most important, wrap your mind around the idea that you need to be active for the rest of your life. Walking may melt off the weight you want to lose now, but if you stop moving once that extra heft's gone, it'll soon be back. Plus remember that every time you make your body move, you're burning more fat and fine-tuning from the inside.

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

**FREE!!!**



If you have recurring 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 for **FREE!!!** (Prescription must say **"OTC Prilosec"**)

**Claritin**-available over-the-counter with prescription from your physician for a 30 day supply for **\$15.00**. (Generic-Claritin/Loratadine with prescription from your physician for a 30 day supply is **\$10.00**.) (Prescription must say **"OTC Claritin or OTC Loratadine"**)

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

**Generic Drug** - Drug with general name; a drug sold or dispensed under a name that is not protected by a trademark.

**Multi-Source Brand** - Brand name chosen even though a generic is available.

**Single-Source Brand** - Brand drug that is currently only available from one manufacturer.



## MEDICARE DRUG BENEFIT PROGRAM

Your drug coverage stays the same with the United Methodist Conference

without any changes unless you qualify for extra help through Medicare.

**THERE IS ONLY ONE EXCEPTION:** Those who qualify for "extra help" because their income is at or below the poverty level.

According to Medicare, if your annual income is below \$14,355 for an individual (\$19,245 for a married couple living together) you would qualify.

You should have received a letter of creditable coverage to keep for your files. If you have not, please contact the Benefits office.



# OK TO WELLNESS

OKLAHOMA ♦ UNITED ♦ METHODIST ♦ HEALTHCARE ♦ NEWSLETTER

## Be a Healthy Person

Take every opportunity to improve your health, the health of your loved ones and the health of your community.

### Oklahoma Fact Sheet...A Call to Action

- U.S. adult obesity rates have risen drastically in the last decade from 12 percent to 20 percent.
- The national report America's Health: United Health Foundation State Health Rankings 2004, shows Oklahoma ranked 40<sup>th</sup> in the nation in the overall health of its citizens.
- Oklahoma has a 21.4 percent higher rate of heart disease than the rest of the nation; a 25.2 percent higher rate of chronic pulmonary diseases such as emphysema; a 14.7 percent greater incidence of stroke.
- Oklahoma is the only state whose death rate has been increasing since 1990.
- In Oklahoma, about 43 percent of the adults report no leisure time physical activity.
- Almost 80 percent of Oklahomans eat fewer than five servings of fruits and vegetables per day.
- Thirteen percent of children and adolescents are now overweight or obese, which represents more than a doubling in the last 30 years.
- More than 15 percent of our youth are considered obese and about 33 percent of all children under age 18 are at high-risk for Type 2 diabetes.
- According to the 2001 Surgeon General's Call to Action, overweight issues among children and adolescents are generally caused by lack of physical activity, unhealthy eating patterns or a combination of the two behaviors.

### What preventive services do women need?

Adult women should have their weight, blood pressure and cholesterol levels checked. They also should have a Pap test at least every 3 years to screen for cervical cancer. After the age of 40, women should have a mammogram every 1 to 2 years to screen for breast cancer. They should also be tested for colorectal cancer. These are routine tests that everyone should have. If your doctor orders these tests for you, it does not mean he or she thinks you have cancer.

Your doctor may give you advice about exercise and diet—for example, how much calcium you need to prevent bone problems, taking folic acid and lowering the fat and cholesterol in your diet and avoiding alcohol and tobacco. As you get close to menopause, your doctor will talk to you about hormone replacement therapy. Your doctor may also talk to you about injury prevention practices, such as using seat belts and having smoke detectors in your home.

### What preventive services do men need?

Adult men should have their weight, cholesterol levels and blood pressure checked. Men older than 50 should be tested for colorectal cancer. This is a routine test that everyone should have. Your doctor will also make sure you have all the shots you need.

Your doctor may talk to you about the importance of diet and exercise, testing for prostate cancer and avoiding alcohol and tobacco. Your doctor may also talk to you about injury prevention practices, such as using seat belts and having smoke detectors in your home.

### Use your preventive services provided by your insurance!!!

Active participants have a \$500.00 once-per-calendar-year physical; women have up to \$125.00 once-per-calendar-year for a mammogram. And don't forget to take advantage of the Health Screening at Annual Conference.



### INSIDE THIS ISSUE:

Dental Program for 2007	2
Vision Program for 2007	2
Health Screening	3
Exercise your Faith Plan	3
Getting set to exercise	4
Prescription Drug Plan	4
Medicare D Information	4
Important Numbers	4
Web Page Addresses	4



Look what is new in 2007 for both Active and Retired Ministers and Laity.



**Delta Dental**  
Voluntary Program  
Highlights  
www.deltadental.com  
For Employees of



Oklahoma Conference and VSP are providing you with an affordable Voluntary Vision Plan starting Jan. 1, 2007

**Your Coverage from a VSP Doctor**

Exam covered.....every 12 months

**Prescription Glasses**  
Lenses covered.....every 12 months

- SINGLE VISION, LINED BIFOCAL, AND LINED TRIFOCAL LENSES.
- POLYCARBONATE LENSES FOR DEPENDENT CHILDREN.

Frame.....every 12 months

- Frame of your choice covered up to \$120.00.
- Plus, 20% off any out-of-pocket costs beyond covered choice.

~OR~

**Contact Lens Care.....every 12 months**  
When you choose contacts instead of glasses, your \$120 allowance applies to the cost of your contacts and the contact lens exam (fitting and evaluation). This exam is in addition to your vision exam to ensure proper fit of contacts. If you choose contact lenses you will be eligible for a frame 12 months from the date the contact lenses were obtained.  
Current soft contact lens wearers may qualify for a special contact lens program that includes a contact lens evaluation and initial supply of replacement lenses. Learn more from your doctor or [www.vsp.com](http://www.vsp.com).

**Advantages of Coverage**  
Without coverage, an exam and prescription glasses can cost \$300 or more. With VSP coverage, you'll save. Plus, with pre-tax payroll deductions, you'll be budgeting for your eyecare while reducing your taxable income.

**Your Copays**

Exam.....\$10  
Prescription Glasses.....\$25  
Contacts.....No copay applies

**Extra Discounts and Savings**

**Laser Vision Correction Discounts**

**Prescription Glasses**  
Up to 20% savings on lens extras such as scratch resistant and anti-reflective coatings and progressives  
20% off additional prescription glasses and sunglasses\*

**Contacts\***  
15% off cost of contact lens exam (fitting and evaluation)

\* Available from the same VSP doctor who provided your eye exam within the last 12 months

**Your Contribution**

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

**Out-of-Network:**  
Dollar for dollar you get the best value from your VSP benefit when you visit a VSP network doctor. If you decide not to see a VSP doctor, copays still apply. You'll also receive a lesser benefit and typically pay more out-of-pocket. You are required to pay the provider in full at the time of your appointment and submit a claim to VSP for partial reimbursement. If you decide to see a provider not in the VSP network, call us first at 800-877-7195.

**Out-of-Network Reimbursement Amounts:**

Exam.....Up to \$45  
Lenses:  
Single Vision.....Up to \$45  
Lined Bifocal.....Up to \$65  
Lined Trifocal.....Up to \$85  
Frame.....Up to \$47

VSP guarantees service from VSP network doctors only. [www.vsp.com](http://www.vsp.com)  
In the event of a conflict between this information and your organization's contract with VSP, the terms of the contract will prevail.

Oklahoma Annual Conference The United Methodist Church

**Monthly Premium:**

- Employee Only: \$24.68
- Employee + Spouse: \$49.34
- Employee + Child(ren): \$71.76
- Employee + Family: \$96.44

No waiting period if enrolled by December 31, 2006.

(For late enrollment there will be a 12 month waiting period for class III & IV services.)

**PRINCIPAL BENEFITS AND COVERED SERVICES**

Plan Benefit Year

January 1 - December 31 Each Year

**DENTAL EXPENSE BENEFITS**

Benefit Year Deductible Per Person/Per Family ..... \$50/\$150

\*Note: Deductibles do not apply to Class I Services.

Benefit Year Maximum Benefit Per Person ..... \$1,000

**Covered Services and Plan Co-payments**

	PPO <u>Network</u>	PREMIER <u>Network</u>	OUT-OF <u>Network</u>
<b>Class I Services:</b>	<b>100%</b>	<b>80%</b>	<b>60%</b>
<ul style="list-style-type: none"> <li>• Oral evaluations</li> <li>• Routine prophylaxis, including cleaning and polishing</li> <li>• Periodontal maintenance procedures (D4910) following active therapy</li> <li>• Bite-wing and periapical x-rays</li> <li>• Full-mouth x-rays</li> <li>• Space maintainers to replace prematurely lost teeth of eligible dependent children (not for orthodontic purposes)</li> <li>• Topical application of fluoride for eligible dependent children</li> <li>• Topical application of sealants (for eligible dependent children only), limited to permanent first and second molars free of caries and restorations on the occlusal surface</li> <li>• Minor emergency (palliative) treatment for relief of pain</li> </ul>			
<b>CLASS II SERVICES: 80%</b>		<b>70%</b>	<b>60%</b>
<ul style="list-style-type: none"> <li>• Amalgam and composite fillings</li> <li>• Stainless steel crowns (for eligible dependent children only) when the natural teeth cannot be restored with another filling material</li> </ul>			
<b>CLASS III SERVICES: 50%</b>		<b>40%</b>	<b>30%</b>
<ul style="list-style-type: none"> <li>• Endodontics: includes pulpal therapy and root canal treatment</li> <li>• Oral Surgery: procedures for extractions and other oral surgery, including pre and post-operative care</li> <li>• Periodontics: procedures performed for the treatment of diseases of the gums and supporting structures of the teeth, excluding periodontal maintenance following active therapy (D4910) which is payable as a Class I service</li> <li>• Major Restorative: provides porcelain or cast restorations (other than stainless steel) when teeth cannot be restored with another filling material</li> <li>• Prosthodontic: procedures for construction of fixed bridges, partial dentures, and complete dentures</li> </ul>			
<b>CLASS IV SERVICES: 50%</b>		<b>40%</b>	<b>30%</b>
Orthodontic: The necessary treatment and procedures required for the correction of malposed teeth. <b>Note:</b> Benefits for orthodontic services are available only to eligible dependent children under the age of 19.			

The preceding information is not intended as a Summary Plan Description nor is it designed to serve as Evidence of Coverage for this program. If you have specific questions call:

Steve Pool: 405-579-5409

[www.deltadental.com](http://www.deltadental.com)

**FREE**

**Health Screening**

For those in the Oklahoma Conference Health Insurance Plan

Health Screening – May 30th, 31st and June 1st from 7:00 a.m to 1:00 p.m  
(Fasting preferred within the prior 12-hour period)

Oxford Room, Boston Avenue  
United Methodist Church

(No appointment is necessary)

This program will screen for heart disease and stroke risk factors such as high cholesterol and 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 \$84.50 (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.

Last year at Annual Conference a total of 439 persons participated. Of the 439 participants, 8 tested positive for diabetes, 9 tested positive for prostate cancer, 58 tested positive for thyroid problems, 138 had cholesterol levels above the 200 limit, 159 had triglyceride levels above the 150 level and 37 had high risk homocysteine levels.

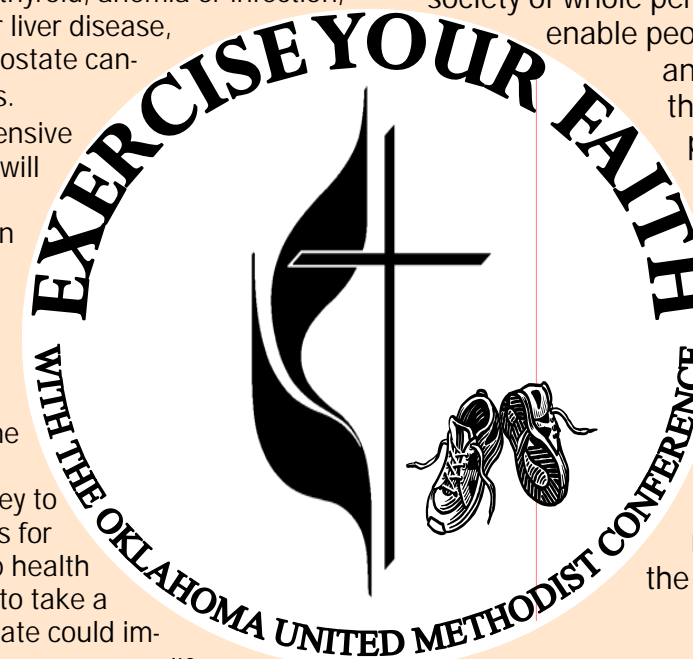
**The Key is Early Detection!**

**FREE PEDOMETER AND T-SHIRT**

Begin the "Exercise Your Faith" program and receive a free pedometer and T-Shirt!!! Sign up today in the Oxford Room.

The 2004 Book of Resolutions of the United Methodist Church/Health and Wholeness states:

"Taking the Gospel mandates seriously, United Methodists are called to work toward a healthy society of whole persons. Part of our task is to enable people to care for themselves and to take responsibility for their own health. The whole person needs proper nutrition, exercise, the challenge to learn and grow, and an acknowledgment that this is a life-long process. We must, if we are to obtain good health, unite the body and spirit in our thinking and actions. Therefore, as Christians we accept responsibility for modeling the holistic preventive style of health maintenance."



Please join us in a commitment to....

"Exercise Your Faith"

**"...present your bodies as a living sacrifice, acceptable to God, which is your spiritual service of worship."**

Romans 12:1