

EBD Health Enhancement Programs:

- Diabetes
- Oncology (cancer)
- Maternity and Newborns
- Employee Assistant Program (EAP) / Online Wellness Programs
- Weight Management
- Fitness Center Discount

EBD Health Enhancement Programs:

- **Diabetes**

Health Enhancement Program Related to Diabetes

At least **54 million** Americans have pre-diabetes and are more likely to develop diabetes within 10 years-

Almost **21 million** Americans have diabetes And 1/3 are not aware of this fact

(<http://www.diabetes.org/about-diabetes.jsp>)

Better Health for pre-diabetic & current diabetic: Case Managers

- can assist members with information and provide tools for pre-diabetic and diabetic assessment and education
- offer support and monitoring pre-diabetic and diabetic status
- will assist with healthcare system navigation

Pre-Diabetic Information

- Take small steps for big rewards
- Weight management: 5-10% of your current weight, keep in mind that losing a small amount of weight can help prevent diabetes
- 30 minutes of activity 5 days a week such as brisk walking
- Make healthy food choices through a low fat reduced calorie eating plan

Risk factors for developing diabetes are:

- Increased when you:
 - Smoke, and/or exhibit unhealthy weight
 - Have a Family history: parent, brother or sister
 - Are African American, Hispanic/Latino, American Indian, Asian American, and/or a Pacific Islander
 - Are diagnosed with gestational diabetes or giving birth to a baby weighing 9# or more.
 - Are diagnosed with high blood pressure or elevated cholesterol

Know your numbers

- Fasting blood glucose
 - Normal- below 100
 - Pre-diabetic- 100-125
 - Diabetic- 126 and higher
- Fasting lipid levels
 - HDL “good cholesterol” should be greater than 35
 - Triglyceride should not be greater than 250
- Weight
 - Ideal weight dependent on height and body mass index (BMI)

Diabetic Education & Benefits

- Participate in hospital based in-network diabetes self management training course
- \$25.00 in-network co-payment per course
- Physician follow up at least every 6 months to include Hemoglobin A1C, cholesterol level, kidney function, foot exam to check for nerve damage, and blood pressure check
- Annual dilated eye exam to check for diabetic eye diseases and glaucoma screening
- Monitor glucose level as directed by physician and keep a log to take to the doctor's office

Free Glucometer

- Obtain a free Glucometer through
- NMHCRx Benefit (**informedRx®**)
- --- Lifescan 1-888-366-2413
- --- AccuCheck 1-888-744-3671
- Diabetic Supplies (lancets and strips)
- Medication required – zero “0” co-payment when pharmacy processes supplies with medication
- Medication not required (pre-diabetic) \$0 co-payment
- “Physician must contact EBRx” (866-564-8258) for override

EBD Health Enhancement Programs:

- **Oncology / Cancer**

General Cancer Facts

- Second, only to heart disease, cancer is expected to be the leading cause of death in the US by the year 2010.
- Prostate and breast cancer, the overall 5 year survival rate exceeds 85%.
- Cancer today is very often considered a chronic disease/illness.
- Many cancers “**when diagnosed early**” have a 100% cure rate.

General Oncology

Case Management Services:

- helps patients/family members understand their health plan benefits and navigate the health care system.
- provide emotional support while answering patient questions and concerns.
- recommend covered services such as home health care when ordered by the patient's doctor.

General Oncology

Case Management (continued):

- recommends local patient support groups.
- helps patients adhere to their treatment plans by periodic contact with the patient/family and their treatment team.
- monitors the clinical treatment guidelines and helps facilitate communication with the health care providers.

Cancer Wellness and Early Detection

- Obesity, smoking, and lack of exercise can influence cancer risks. Developing changes in lifestyle can lower risk factors.
- Early detection and treatment of most cancer not only saves lives, but saves health plan dollars.

Preventative Care/Wellness Benefits

- Screenings covered at 100% in network.
- Physical exam, 1 per plan year
- Annual screening mammogram and breast exam at age 40
- Annual routine gynecological visit.
- Colorectal Cancer screening beginning at age 50

EBD Health Enhancement Programs:

- **Maternity / Newborn**



Statistics

- There are more than half a million preterm babies born each year in the US.
- High risk deliveries requiring neonatal intensive care cost health plans billions of dollars annually.
- Early identification of risk factors for pregnancy complications can prevent a lifetime of health care needs and learning disabilities.

Healthy Moms & Babies

- EBD launches a new maternity program that is available at no cost to all eligible expectant members.
- The goal of this program is to identify expectant members who are at risk for pregnancy complications.

Maternity Case Management:

- offers education and support while monitoring the pregnancy to achieve optimum outcomes.
- facilitates communication with the member's physician and coordinates services such as home health when appropriate.
- can assist member in understanding their maternity healthcare benefits.

EBD Health Enhancement Programs:

- Employee Assistance Program (EAP)
- Online Wellness Programs

What Does EAP Provide?

- Employee Assistance is provided by CorpHealth and offers counseling at **no cost** to members covered under the ARHealth plan
- Up to Eight (8) sessions are provided with a licensed therapist at no cost to the employee or family members who are **eligible*

EAP provides counseling services:

- Marital or divorce
- Grieving a death or loss
- Depression or anxiety
- Job stress/Co-worker relationships
- Family Alcoholism or Drug issues
- Communication

Is EAP Confidential?

Employee names, records, notes, and other identifying info are not shared with your employer and do not become part of your personnel file

You have the option of going to the therapist's office or in certain cases the session can be done over the phone

Other services offered

- Community education, health teaching and training on a variety of topics can be arranged
- Crisis intervention available for your school, office, or place of employment
- To set up an EAP counseling appointment call toll free 1-866-378-1645

Wellness Programs from CorpHealth as EBD Benefits

- Nourish – A Nutrition Program
- Balance – Weight Management/Physical Activity
- Breathe- Tobacco Cessation
- Relax- Stress Management
- Care- For your back

EBD Health Enhancement Programs:

- **Medical Weight
Management Program**

Medically Managed Weight Program

This program will facilitate weight reduction of the membership, improve membership overall health, and reduce costs associated with obesity, such as diabetes and heart disease.

Who may enroll in the Weight Loss Program?

- Members who:
 - on the insurance plan 1 year prior to participation
 - are 18 years or older to participate
 - Completed the consent form found at EBD site or from Corphealth web site
 - Provided a permission letter from PCP (during phase II)

How to Enroll:

- Contact Corphealth to enroll
- www.corphealth.com/arwellness
- or call 1-866-378-1645
- Complete questionnaire and select option for a personal coach
- Choose Nourish or Balance programs – critical elements taught include behavioral/emotional management, food habits, and physical activity

Coverage is provided for weight management in 2 different phases

Phase I

- Provided by Corphealth and is paid 100% by the plan
- This phase is available on line and addresses proper nutrition and exercise as well as improved healthy lifestyle choices with the direction of a health coach
- If further weight loss is desired, proceed to phase II

Continued....

Phase II

- Member must complete Phase I
- Physician supervised program that requires food supplements as directed by the physician
- The plan pays for the program costs, lab testing and physician fees
- The plan does not pay for the meals or meal replacements
- The plan expects the member to be compliant with the diet and attend classes
- The plan will provide coverage for the program twice in a member's lifetime.

Phase II Hospital Providers

- Baptist Medical Center – Little Rock
- Jefferson Regional Medical Center
- St. Bernard's Medical Center

EBD Health Enhancement Programs:

- Fitness Center Discount Program

FITNESS CENTER DISCOUNTS

- Letters were sent to fitness centers across the state requesting discounts for public school and state employees. This request includes their families.
- 65 fitness centers responded with discounts
- Discounts are set by the fitness center so they vary
- Payroll deduction is not available through the program

How Do I find out which ones participate?

Log on to: <https://arbenefits.org>

ARBenefits
for Arkansas State and Public School Employees

EBD
Employee Benefits Division

Arkansas State | **Public School**

Employees
Retirees
Insurance
Representatives

Employees
Retirees
Insurance
Representatives

Login to ARBenefits - Manage your benefits online

Take the Health Risk Survey
Receive a discount on your health insurance premium
FOR ACTIVE EMPLOYEES ONLY

ARWellness
provided by Employee Benefits Division

Your health and wellness website

EBD Publications

Meet the Board;
Access Board Minute Archives

ARHealth Plan Members

Print a temporary Health Insurance Id Card or request a new one be sent to your home.

Download the Summary Plan Description

Access the Preferred Drug List

Click here

- Gives information such as the discounts offered, hours of operation, childcare availability and more
- Updated monthly
- Call Shannon Roberts at 501-682-5594 with any questions
- **DON'T MISS THE OTHER GREAT RESOURCES ON ARWELLNESS!!!**

Contact List – is available to you!

Please post this handout in a convenient spot for reference ...and contact any Case Manager as needed to help you enhance your health....

Questions?

Thank you for your attention