



benefit news

**SEATTLE AREA PLUMBING AND PIPEFITTING INDUSTRY
HEALTH AND WELFARE TRUST
AUGUST 2011**

QUIT SMOKING PROGRAM NOW AVAILABLE

The Trustees are pleased to provide a program to help you stop smoking. The benefit is available for you, your spouse, and your dependent(s) 18 years old and over beginning September 1, 2011. Alere Wellbeing will provide the following Quit For Life services:

- **Quit Guide:** An easy-to-use printed workbook you can reference in any situation to help you stick with your Quitting Plan.
- **Quitting Aids:** A Quit Coach will help you decide which type, dose, and duration of nicotine substitute or medication is right for you, and teaches you how to use it so it really works. As an eligible member, you have access to free nicotine gum or the patch. Prescription drugs are not covered under Quitting Aids.
- **Quit Coach:** You will have expert phone support and assistance whenever you need it.
- **Web Coach®:** You will get access to a private, online community where you can complete activities, watch videos, track your progress, and join in discussions with others in the program.

Prescription drugs to help you stop smoking are covered under the prescription drug benefit.

To enroll call 1.866.784.8454 and tell them you are a participant of the Seattle Area Plumbing and Pipefitting Health Plan.

PRESCRIPTION DRUG BENEFIT QUESTIONS AND ANSWERS

Why must I get my maintenance drugs filled through mail order?

As prescription drug costs continue to increase the Trustees are concerned about maintaining your drug benefit program while keeping your copays from sky rocketing. One way they can do this is to implement maintenance drugs at mail order which provides a deeper discount to the prescription drug cost than the Plan can get at retail. (Examples are drugs for: cholesterol, blood pressure, ADHD, allergies, and heartburn.)

Over the Counter Drug (OTC)

Effective October 1, 2011 over the counter fluoride is not covered through the prescription drug plan.

How can I get my prescriptions when I am on COBRA?

Eligibility is not granted until your COBRA payment is received by the Trust Office and eligibility is transmitted to CVS Caremark. Your payment for COBRA coverage is due the 20th of the month for coverage in the next month. (Example: payment for coverage in September is due to the Trust Office on August 20th.) Contact the Trust Office at 206.352.9728 or 888.406.3246, option 2 if you have any questions.

PREAUTHORIZATION FOR INPATIENT STAYS FOR MENTAL HEALTH AND CHEMICAL DEPENDENCY

Please remember you need to call the First Choice Health Employee Assistance Program (EAP) at 800.777.4114 to preauthorize your inpatient stays.

FLU SHOT INFORMATION

The Plan covers the cost of flu shots or the nasal spray vaccine at 100%.

If you get a flu shot at your doctor's office they will bill the Trust. If you go to a pharmacy, fire station, health fair, or the Public Health Department, you need to get a receipt that shows who received the shot, the date, and the amount paid. The Trust will reimburse you the cost.

If you have any questions about the coverage provided by the Plan please call the Trust Office at 206.352.9728 or 888.406.3246, option 2.

Why must I use Caremark's Specialty program and why can I only get a 30-day supply when this is a maintenance drug?

The drugs used to treat conditions requiring specialty drugs are usually high dollar drugs. (Examples of conditions treated: multiple sclerosis, hepatitis C, growth hormones, oncology (both oral and injectable), osteoporosis, osteoarthritis, rheumatoid arthritis, pulmonary disease and Crohn's Disease.) By requiring all specialty drugs to be filled at CVS Caremark's specialty facility the Plan receives deeper discounts. The limit of a 30-day supply is to help reduce the cost if any changes are made to your dosage or the drug you are taking. Below are actual costs for a 30-day supply of certain specialty drugs:

	<u>Plan Paid</u>	<u>Member Co-Pay</u>
Ampyra	\$1,156	\$45
Copaxone	\$3,541	\$45
Enbrel	\$1,879	\$30
Genotropin	\$3,453	\$30
Humira	\$2,221	\$30
Promacta	\$5,790	\$30
Pulmozyme	\$4,097	\$30
Revatio	\$2,822	\$30
Sutent	\$9,021	\$30
Synvisc	\$1,840	\$30
Xiaflex	\$3,294	\$45
Xolair	\$3,820	\$30

You can find information about maintenance drugs and a mail order form at www.zenithadmin.com or www.caremark.com. You can contact CVS Caremark at 866.818.6911 if you have questions about the drugs you are taking.

What if my doctor has decided to put me on a medication which is considered a maintenance drug? Do I have to send it to mail order to fill it?

1. When you first start taking a new prescription that is considered a maintenance drug, you can get three 30 days fills at retail.
2. This allows you and your doctor to make any prescription or dose adjustments before getting a 90 day supply at mail order.
3. If you try and fill at retail on the fourth fill, your prescription claim will reject.

When I fill a prescription through mail order how long do I need to allow before I receive it?

If this is the first time you are filling the prescription at mail order you should allow three weeks. This ensures that the mail facility has all the information needed from your doctor as well as your copayment and mail time. For refills you should allow 10 days.

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