

FEBRUARY

is American Heart Month

Issue 35

February 2017

American Heart Month



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The heart is a symbol of the month of February, as people across the country will celebrate Valentine's Day. The American Heart Association (AHA) also observes February as American Heart Month.

Cardiovascular diseases (heart disease, stroke, high blood pressure, etc.) account for one in every four deaths in the nation. That makes cardiovascular diseases the leading cause of death for both men and women. Not only death, but cardiovascular disease is also the leading cause of serious illness and disability.

Plan for Prevention:

Eat a healthy diet. Choosing healthful meal and snack options can help you avoid heart disease and its complications. Be sure to eat plenty of fresh fruits and vegetables—adults should have at least 5 servings each day. Eating foods low in saturated fat, trans fat, and cholesterol and high in fiber can help prevent high cholesterol. Limiting salt or sodium in your diet also can lower your blood pressure.

Maintain a healthy weight. Being overweight or obese can increase your risk for heart disease.

Exercise regularly. Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure. The Surgeon General recommends adults engage in moderate-intensity exercise for 2 hours and 30 minutes every week.

Monitor your blood pressure. High blood pressure often has no symptoms, so be sure to have it checked on a regular basis.

You can check your blood pressure at home, at a pharmacy, or at a doctor's office.

Don't smoke. Cigarette smoking greatly increases your risk for heart disease. If you don't smoke, don't start. If you do smoke, quit as soon as possible. GuidanceResources®, your EAP provider, has a tobacco cessation program available at no cost to you. Go to ARBenefits.org for more information.

Limit alcohol use. Avoid drinking too much alcohol, which can increase your blood pressure.

Men should stick to no more than two drinks per day, and women to no more than one.

Have your cholesterol checked. Your health care provider should test your cholesterol levels at least once every 5 years. Talk with your doctor about this simple blood test.

Manage your diabetes. If you have diabetes, monitor your blood sugar levels closely, and talk with your doctor about treatment options.

Take your medicine. If you're taking medication to treat high blood pressure, high cholesterol, or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something.

Resources:

American Heart Association
www.heart.org

Centers for Disease Control and Prevention
www.cdc.gov

Active Health Management

Active Health Management (AHM) will take over for American Health Holding (AHH) as the plan's Medical Management provider on Wednesday, March 1st. AHM will assume duties for Case Management, Disease Management and Utilization Management. AHM has administered the Bariatric Surgery program since 1/1/2017.

As a reminder, members who participate in programs managed by American Health Holding will be transitioned over to AHM as part of the State's change in providers. Members will not be required to register for new services, obtain new membership cards, or take any action as a result of this change. Phone numbers to reach the AHM and the 24/7 Nurse Hotline remain the same as they are with AHH.

There should be no interruption of service, with no impact on either benefits or the eligibility of services provided by our Medical Management provider. If you have any questions or concerns regarding this change, or you experience any delays or interruptions in service, please contact the Employee Benefits Division at (877) 815-1017.

Programs Offered by Medical Management Vendor

- * Free Nurse Coaching
- * Maternity Management
- * Case Management
- * 24/7 Nurse Hotline
- * Bariatric Surgery

FSA Claim Substantiation Reminder (ASE Only)

As a reminder, the runout period for 2016 Flexible Spending Accounts (FSA) will end at the end of March 2017. Be sure that any expense you paid with your FSA in 2016 has been substantiated by that deadline.

DataPath is administering the run-out period for 2016 claims, and you can submit any necessary documents to substantiate claims to them. If you need assistance, you can contact DataPath at (501) 296-9990 or Toll Free: (877) 685-0655.

What happens if you do not substantiate claims for 2016? DataPath will notify EBD of any remaining unsubstantiated claims after the deadline, and the first action will be to deduct the amount of unsubstantiated claims from your paycheck – if you receive your paycheck through AASIS. If you do not receive your paycheck through AASIS, then EBD will start a collection process asking for payment. If payment is not received, then the debt will be sent to the State Tax Setoff Program and if you have an income tax refund due to you, this debt may be taken out of your refund.

Don't be caught in the situation where you have unsubstantiated claims from the 2016 Plan Year and money is taken from your paycheck or tax refund. Chances are you used your FSA funds for an eligible expense; you just have to substantiate it with the proper documentation.

As a reminder, this only affects ASE participants with an FSA in 2016.

5 things documentation must include to substantiate a claim

- (1) *Patient's name*
- (2) *Provider's name*
- (3) *Date of Service (not date of payment)*
- (4) *Type of service received or goods purchased*
- (5) *Amount of the service or goods purchased*

ARBenefits complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Language assistance services, free of charge, are available to you. Call 1-877-815-1017x1.

Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-815-1017x1

Summertime Portability (PSE Only)

School districts have the option to participate in a voluntary portability policy during the summer. The policy allows employees who are moving between districts in Arkansas during the summer to continue their health insurance coverage without the need to establish COBRA.

Not every school district in the State participates in the policy. If your district participates, your district Health Insurance Representative (HIR) will be sending you information regarding the policy. The information will include rules and deadlines you must meet if you wish to be considered a transfer. In order for an employee to be considered a transfer, both the outgoing and new district must participate. If one or neither district participates, the employee will be treated like a brand new hire with their new district. This may mean the employee will need to establish COBRA for the summer months to keep their coverage active prior to starting with the new district.

For those employees that do move between participating districts as a transfer, there are a few things to keep in mind.

Transfers are not allowed to make changes to their plan when they move to their new district. The transfer policy is a continuation of current coverage and there is no qualifying event to make changes.

Your participating district has an established a deadline that you must notify them of your intent to transfer. If you fail to inform your outgoing district by this deadline, you will be considered a new hire instead of a transfer.

Even if you are moving between districts that participate, you have the option to be treated as a transfer or as a new hire. New Hires can make changes to their plan when they submit an enrollment form with their new district. **Keep in mind, changes made to a plan during the year may cause deductibles to be reset.**

As we go through the spring, you will receive information from your district HIR regarding the policy. Should you have any questions you can contact your HIR. If you have general questions regarding summertime portability you can contact EBD or your HIR.

Keep up with ARBenefits

One of the best ways to keep up-to-date with ARBenefits is to provide EBD with your email address. Members can login to their account at ARBenefits.org, or call 1-877-816-1017x1 to provide their preferred email address.

Once you provide your email address to EBD, you will not only receive important news about the plan with the E-Newsletter, but you will also receive confirmation emails when EBD processes changes you elect for your policy.