



HBP updates

Believe it or not, another year has passed by and here we are at the beginning of 2011. In saying that, I would like to take this opportunity on behalf of all employees here at the NALC Health Benefit Plan to wish you and your family a happy and safe new year.

Also, as it is my first article as director of the Plan, I would like to thank you for the confidence you have shown me in the recent election of national officers. I realize the task to fill the shoes of my predecessor, Timothy O'Malley, is immense; however, it is my pledge to see that the NALC Health Benefit Plan provides our members with the best possible health insurance at an affordable cost, and that we maintain the high standards that have been set in the past.

Disease Management for the Chronically Ill—Caremark's Accordant Common Chronic Program is now managed by Alere, a leader in health services for wellness, disease management and complex case management. The alliance means chronically ill patients served by CVS Caremark's Accordant Common disease management programs will be managed by Alere.

Our voluntary specialized clinical disease management programs through Alere include managed care for asthma, chronic obstructive pulmonary disease (COPD), ulcer, diabetes, heart failure (HF) and coronary artery disease (CAD). These disease management programs go beyond traditional pharmacy benefit management services and are offered at no additional cost to NALC Health Benefit Plan members. Bilingual enrollment applications are available for HF, COPD and CAD programs.

Alere disease management services helps to assure appropriate utilization, effective treatment and optimal outcomes for each patient. Alere programs include pharmacy care management, distribution services and patient education and support. CareTeams, composed of pharmacists, nurses and technicians who have concentrated experience with key conditions, reach out to patients, one on one, to help them understand how to manage their condition, properly use their medication, ensure prescription reordering and to work through any other condition-related issues the patient may be experiencing. This per-

sonalized care leads to better outcomes, and the assurance that medications are being used appropriately and consistently.

Each patient is given a unique, clinician-developed care plan that incorporates the physician's prescribed drug therapies but goes beyond them to proactively support the patient's ability to:

- Cope with their disease.
- Minimize symptoms and side effects of treatment.
- Encourage self-care and preventive health measures.
- Improve compliance with optimal diet and exercise regimens.

NALCSelect Generics—When a generic medication is appropriate, ask your physician to prescribe a generic drug from our NALCSelect generic list. This year, the amount paid for a 90-day supply of a NALCSelect generic medication purchased through our mail order program, or at a CVS Caremark Pharmacy, including Longs Drugs, through our Maintenance Choice Program is just \$5, or \$4 when Medicare Part B is your primary carrier.

NALCPreferred Generics—Also this year, we are making 90-day fills of thousands of generic drugs available through the CVS Maintenance Choice Program and through our Caremark mail order program for only \$7.99 when we are your primary payor, and for only \$4 when Medicare Part B is the primary payor. Call CVS Caremark at 800-933-NALC (6252) to find out if your generic medication is currently available under this program. See the NALC Prescription booklet for more information.

NALCSenior Antibiotic Generics—Our 2011 NALCSenior Antibiotic generic list offers about 20 prescription generic medications—such as Bacitracin Ointment 500u/Gm, Erythrocin Stearate Tablet 500 mg and Gentamicin Sulfate 0.3% Ophthalmic Solution—at no cost when up to a 30-day supply is purchased at a local CareSelect or NALC Preferred pharmacy and Medicare Part B is the primary payor.

Again, from all of us, happy new year!

