



Eugene Education Association

2815 Coburg Road • Eugene, OR 97408 • Phone 541-345-0338

4J BENEFITS AND WELLNESS NEWSLETTER

Prepared by Julie Wenzl • 541-790-7682 • October 31, 2011 • Issue Number 256

STILL NEED A FLU SHOT?

The CDC recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against this serious disease. While there are many different flu viruses, the flu vaccine is designed to protect against the three main flu strains that research indicates will cause the most illness during the flu season.

If you were unable to attend one of the 4J flu shot clinics, you have the option of receiving your immunization through your provider or through participating pharmacies. ODS covers flu shots as part of the OEBC preventative service through both the medical and prescription benefits. Members will have no copay at participating providers and pharmacies.

To receive your flu shot from a participating pharmacy, call ahead for vaccine availability and appointment requirements, and then supply your ID card and have them bill ODS before receiving the vaccine. There will be no out-of-pocket expense for you. In the Eugene area, some participating pharmacy options are:

- **Albertsons Sav-On**
- **Bi-Mart**
- **Fred Meyer**
- **Rite-Aid**
- **Safeway**

If you have questions or need additional information about the OEBC/ODS flu shot process, please call ODS pharmacy customer service at 1-866-923-0411.

MAIL ORDER PHARMACY

Wellpartner mail-order pharmacy is no longer a mail-order pharmacy option through ODS for the Oregon Educators Benefit Board (OEBC). Effective July 1, 2011 ODS began offering two new options for ordering prescriptions by mail—Postal Prescription Services (PPS) and BioScrip.

You can begin to fill your prescriptions with PPS or BioScrip in two easy steps.

Step 1: Contact your doctor and request a new prescription for up to a 90-day supply for each medication. Generally, a doctor's visit is not required to write a prescription for a medication you already take.

Step 2: Mail the new prescription(s) (no photocopies) to either PPS or BioScrip along with a completed enrollment form or have your provider fax the prescription with your enrollment form. (Faxes are not accepted for certain controlled medications.) Please allow 7 to 10 business days for shipping.

To find additional information or to access a mail-order pharmacy enrollment form:

- Call the mail-order pharmacy you would like to use.
 - PPS: 1-800-552-6694
 - BioScrip: -877-316-8921
- Visit <http://www.odscompanies.com/oebc/>, select "I'm A Member" then visit the pharmacy page.

CHOLESTEROL SCREENING

The drop-in cholesterol screenings at the 4J Wellness Clinic that have been held the first Wednesday of each month will now be available once a quarter, effective November 2, 2011. These Wednesday morning blood draws for cholesterol screening are done on a first come first served basis, from 7:00 – 8:00 AM. If you would like to take advantage of this service, come by before you have your breakfast (including your coffee!) and have a small sample of blood drawn.

Fasting (nothing to eat or drink but plain water for at least 10 – 12 hours) before a blood lipid test is essential to getting an accurate reading. On a daily

basis, the normal range for lipids changes hour to hour depending on recent ingestion of food and drink – the amount of LDL (bad) cholesterol level and triglycerides can be affected by what you've recently consumed. If you aren't fasting when the blood sample is drawn, only the values for total cholesterol and HDL cholesterol will be usable.

Remember to stay well hydrated, even in the fasting state. Blood draws can be difficult on patients who are dehydrated, and drinking plain water effectively counteracts this condition.

For the rest of the 2011 – 2012 school year, the 7:00 AM drop-in cholesterol screening blood draws will be available on:

- **Wednesday, November 2, 2011**
- **Wednesday, February 1, 2012**
- **Wednesday, May 2, 2012**
- **Wednesday, August 1, 2012**

This change in schedule from monthly draws to quarterly draws affects only the Wednesday morning drop-in blood screenings.

WELLNESS CLINIC REMINDERS

The Wellness Clinic can only do blood draws for labs ordered by clinic staff or for the drop in cholesterol screening the first Wednesday of November, February, May and August. They cannot do labs ordered by an outside provider. For those labs, you will need to work with your provider regarding where blood draws may be done.

Please remember there is a \$20 no-show fee for missed appointments at the Wellness Clinic. If possible, please give the clinic 24 hours notice when you need to cancel an appointment. If your appointment is less than 24 hours away, please call and cancel anyway – this may allow the clinic to schedule an appointment for another patient. The Wellness Clinic has a voicemail system, so if you realize outside of clinic hours that you must miss your appointment, you can call and leave a message.

The Wellness Clinic is open Monday through Friday, from 9:00 AM – 6:00 PM, with the last appointment slot at 5:30 PM. They close for lunch from 1:00 – 2:00 PM. The phone number for the clinic is 541-686-1427.

LIPITOR UPDATE

Atorvastatin (brand name Lipitor) is used along with diet, exercise, and weight-loss to reduce the risk of heart attack and stroke and to decrease the chance that heart surgery will be needed in people who have heart disease or who are at risk of developing heart disease. Atorvastatin is also used to decrease the amount of cholesterol (a fat-like substance) and other fatty substances in the blood.

The OEBB/ODS Preferred Drug List currently classifies Lipitor as non-preferred. However, it is scheduled to fall off what analysts call the “patent cliff” in November, which means OEBB members can expect to see a generic version of the drug in the near future available on the preferred tier. With the availability of a generic version and as more manufacturers begin distributing the generic atorvastatin, over time, the price should begin to decrease.

As always, members are urged to discuss clinically effective alternative treatments with their physician, which could save both members and the plan costs in the long run.

FINDING YOUR BALANCE

If you are looking for a little more balance in your life, the November issue of the *Berkeley Wellness Letter* offers some suggestions for improving your balance. You can do these exercises at home without special training or equipment, but should stand near something you can grab for support if needed, or do them with a partner.

- Test your balance by seeing how long you can stand on one foot with your eyes closed. Most people over 40 can't go past 15 seconds. Even if you can, try to improve your time.
- Without holding onto anything, rise up on your toes 10 times. Repeat with eyes shut.
- Stand on one leg, bending the other knee slightly, for 10 to 15 seconds; switch legs; repeat 10 times. Then do again with your eyes closed.
- Walk a straight line, placing the heel of one foot directly in front of the toes of the other foot.