



Things you need to know

Spring Pre-Retirement Seminars

We will be hosting Spring Pre-Retirement Seminars April 7th and 8th at Englewood High School library. There will be 2 sessions each day at 4:00 pm and 6:00 pm. These seminars are designed to provide information and resources on a variety of financial topics to help you prepare for retirement. To reserve your seat, please call 390-2353 today.

Retirement Appointment Reminder

If you are planning on retiring, entering DROP or exiting DROP at the end of this school year, it is time to schedule your appointment. Contact the Risk Management department at 390-2353 to set up your appointment today.

Important reminder to employees considering retirement: It is important to make sure your insurance coverage for the plan year in which you plan to retire reflects the coverage level you want to continue during retirement. For example, if you carry employee only health coverage, at retirement you cannot add your spouse to the coverage.

Florida Retirement System (FRS) Seminars

We invite you to participate in the free informative employee seminars being offered by the Florida Retirement System. The seminars provide valuable information and free independent resources provided by the FRS. The next seminars will be held Thursday, March 25, 2009 at DCPS Administration Building in the Cline Auditorium. The times and topics are listed below:

- Estate Planning: Protecting Your Family 12:00 – 1:00 pm
- Using the FRS to Plan for Your Retirement 4:00 – 5:30 pm
- Estate Planning: Caring for your Loved Ones 6:00 – 7:00 pm

For more information and to register for these seminars call 1-866-446-9377, Option 2. We encourage all employees to take advantage of these free seminars. You may also bring a spouse/friend with you. Seminars will be canceled without a minimum of 25 reservations. Due to the other seminars we are providing in April, the next series of FRS seminars will be held in May and June. Specific dates and times will be announced via email.

Listed below are the top 5 prescription drugs by number of claims for plan year 10/1/07 – 9/30/08.

<u>Drug</u>	<u># of Rx's</u>
Simvastatin	9210
Hydrocodone/Acetaminophen	6394
Synthroid	5858
Lisinopril	5822
Hydrochlorothiazide	5255

Listed below are the top 5 prescription drugs that were most costly to the medical plan for plan year 10/1/07 – 9/30/08. These totals do not include the co-payments.

<u>Drug</u>	<u>Annual Cost to Plan</u>
Nexium	\$551,432*
Singulair	\$417,476
Effexor Xr	\$363,051
Advair Diskus	\$355,138
Aciphex	\$345,494

* Each Nexium script costs the medical plan \$158.28.

March 2009 WFB Bulletin

We have added a link at the Employee Benefits section on the DCPS website where all the monthly Work & Family Benefits bulletins will be placed for easy employee access. These bulletins have useful information and webinars scheduled each month on a variety of topics. The webinar topic for March is “Becoming a Wise Consumer”. [Click here](#) to access the March 2009 Bulletin.

Need to know facts.... Member Cost versus Plan Cost

<u>Emergency Room Services</u>	<u>Avg. Plan Cost</u>	<u>Member Co-Pay</u>
ER Facility Services	\$749.49	
ER Professional Services	\$135.48	
Total Emergency Room Services	\$884.97	\$250.00
Urgent Care Services	\$80.49	\$35.00
<u>Primary Care Physician</u>		
Preventive Visits	\$79.73	\$10/\$15

How Can Blue Help You?

These are challenging times and Blue Cross Blue Shield of Florida wants to help you!

Do you want to know the estimated cost of a treatment or procedure? Have you been diagnosed with a medical condition but don't know what to do next? Need a prescription but are concerned with the rising cost? Blue Cross Blue Shield of Florida has programs and resources available to assist Duval County Public School's members with every aspect of their health care needs. From comprehensive wellness programs to help you get and stay healthy to Care Coordination and Disease Management teams to a multidisciplinary member advocacy team of professional known as the Retail Health Full Service Unit which consists of nurses, social worker and benefits specialists, to the online decision support tool My Blue Service, BCBSF has time and money saving resources available to assist you in meeting your health care needs and wellness goals.

You may receive an outreach call or introductory letter offering assistance from one of the BCBSF programs. However, **you may also call a Member Advocate or Care Coordinator with questions or requests for assistance.** They can be reached at **800-955-5692 option 5 for Member Advocacy and option 4 for Care Coordination.** Hours of operation are Monday through Friday 8am to 4:30pm. This number is also conveniently located on the back of your BCBSF insurance card under Admission Notification.

A few examples of the type of confidential assistance provided include:

- * Answer questions regarding diagnostic procedures, second opinions, and surgeries
- * Compare costs of treatments, medications
- * Review benefit options
- * Find community resources and alternatives to supplement benefit plan coverage
- * Locate a provider and get timely appointments
- * Nurse Case Management through an acute episode of care

Health Coaching and Disease Management services are available 24/7 by calling 877-789-2583

You may also visit the BCBSF website at www.bcbsfl.com and log on to My Blue Service. There you can view benefits and claims, find and compare providers, review drug information and costs, access the health resource center and learn more about BCBSF Blueprint for Health services.

Have you moved recently and need to update your address?

If you have recently moved and/or changed phone numbers, please contact FBMC at 1-800-342-8017 or the Employee Benefits department at 390-2353 so we can update these changes. This will ensure you receive all monthly statements and notifications concerning your benefits timely.

403b/457 Transaction Procedures

Reminder to employees who wish to do a rollover, distribution, loan or hardship withdrawal from their 403b/457 accounts must follow the new transaction procedures effective January 1, 2009. Please visit www.tsacg.com or DCPS website for more information about these new procedures and the required forms that must be submitted to process these types of transactions. You can also call TSA Consulting Group at 1-888-796-3786 or Employee Benefits department at 390-2353, if you have any questions.

Do You or A Family Member Have a Hearing Problem?

EPIC Hearing Healthcare offers a hearing service benefit that is available to you and your extended family with no access/premium fees. The EPIC Hearing Service Plan is a unique program that offers access to those services and treatments that are not currently covered under traditional major medical health plans; this includes reduced pricing on hearing diagnostic and hearing aids. Call EPIC Hearing Healthcare at 1-866-956-5400 for more information or to activate your Hearing Healthcare benefits.

Extended Customer Service Hours

FBMC 7:00 am – 10:00 pm
Mon-Fri

New Saturday Hours

January to April 2009
9:00 am – 3:00 pm

BCBS 8:00 am – 6 pm Mon – Thurs
9:00 am – 6pm Fri

Top Two Rejections of receipts for MFSA Debit Card

When using your MFSA Debit Card for items other than regular co-pays (\$10 Plan A, \$15 Plan C or \$35 Speciality) receipts must be submitted to FBMC with your claim form to be cleared. The top two reasons receipts are rejected when submitted to FBMC is due to **“Type of Service”** and **“Date of Service”** not being provided. Please be sure this information is provided on your receipts when submitting to FBMC to avoid rejection.