



HealthTrends

A BI-MONTHLY PUBLICATION FOR PEHP EMPLOYER GROUPS



PEHP Town Hall Meetings

PEHP Managing Director Chet Loftis will be meeting with members across Utah to share insights about navigating the healthcare system and to hear about your thoughts and experiences.

Meetings will last around an hour, and will be held through October. Go [here](#) for dates and times and to register.

ALSO IN THIS ISSUE:

- 2 [Desist the Mist? CDC advises against flu mist after poor results in recent years.](#)
- 4 [Test Kitchen puts support on your plate.](#)

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FLU VACCINATIONS

CDC Recommendations Include Ditching the Mist



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- 6 [Meet the first winner of PEHP's Tell-a-Friend promotion.](#)
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The Center for Disease Control and Prevention (CDC) recommends not to use the intranasal live flu vaccine this year because of its poor effectiveness the past three influenza seasons, especially against 2009 influenza A and pandemic viruses.

This year the recommendation is to use only the inactivated influenza vaccine (IIV), either trivalent or quadrivalent.

Despite the absence of the non-injectable vaccine, the goal is to immunize as many six months of age and older, who don't have contraindications, as possible to protect against influenza.

Children between six months and eight years require two doses during their first season to optimize protection.

Why should people get vaccinated against the flu?

Depending on the severity of the flu season, the CDC estimation of

flu-related death ranges from a low of 3,000 to as high as 49,000 people.

When should I get vaccinated?

The flu season usually peaks about January or later. In certain years, it can be as early as October. It takes about two weeks after vaccination to obtain full protection. The recommendation is to get



vaccinated as soon as the vaccine becomes available, usually by October.

Who should get vaccinated?

Everyone six months and older should get vaccinated every year. It's much more important for people with certain medical conditions, such as asthma, heart

For More Information

To learn more about flu vaccinations, consult the CDC [website](#).

disease, pregnant women, people with a weak immune system, and adults 65 years of age and older.

What about people who have an egg allergy?

Severe reactions can occur in people with an egg allergy, but such reactions are rare. In general, most people who are allergic to egg can receive the flu vaccine.

The Advisory Committee on Immunization Practices (ACIP) recommends the following:

- » People who can eat lightly cooked egg (e.g., scrambled eggs) without reaction are unlikely allergic and can receive the flu vaccine.
- » People who developed hives or more severe reactions, such as swelling, breathing difficulty, lightheadedness, requiring medical attention should discuss this with their doctor before receiving vaccinations.



PEHP teams with Costco Pharmacy

Costco Pharmacy is PEHP's preferred vendor for flu shots for 2016-17. Through Costco, the cost per vaccine has been reduced to just \$15 per shot. We can now vaccinate almost three people for the price of one just two years ago.

Understanding the costs

Flu vaccines are commonly administered at the pharmacy or doctors' office. Here are the approximate prices for the three most common sites of service:

Doctors' office	Pharmacy	Costco Flu Shot Clinic
\$42	\$27	\$15

Process

1. Complete [this form](#).
2. PEHP will arrange for Costco to contact your agency.
3. Costco will arrange for pharmacists and assistants to administer the vaccines at an employer-sponsored clinic or benefit fair.
4. Costco will bill PEHP directly for the number of vaccines given.

RESOURCES



SHARE WITH YOUR EMPLOYEES

Please feel free to share the information contained in HealthTrends with your employees. You may reprint any of the articles for use in your own newsletters. If you would like additional information on any of these topics, or other areas of interest, please contact us.



MY BENEFITS

MY MONEY

MY HEALTH

PEHP HEALTHY UTAH

Test Kitchen: Resources, Tips for Nutritious Meals

Famed chef Julia Child said, "No one is born a great cook, one learns by doing." Because learning



to cook nutritious food at home also takes practice, PEHP Healthy

Utah created the [PEHP Healthy Utah Test Kitchen](#) as a new member resource for healthy recipes and cooking tips. Launched in 2016, this page features a variety of recipes tested by our PEHP Test Kitchen staff and approved by PEHP Registered Dietitians. PEHP members can also submit their own healthy recipes to be included on the website!

Preparing healthy food is more than just having a recipe, so the Test Kitchen also provides tips and tutorials to help beginning or expert cooks alike become more confident cooking at home. Tutorials cover topics such as how to cook whole grains, stir-fry basics, and how to chop fruits and vegetables.

RECIPE

Visit the [PEHP Healthy Utah Test Kitchen](#) to discover delicious, healthy recipes such as this favorite:

Cranberry Apple Chicken Salad

Ingredients:

- ½ cup plain non-fat Greek yogurt
- 2 Tbsp. Dijon mustard
- Dash freshly ground pepper
- 1 Tbsp. fresh rosemary, minced
- 1 rotisserie chicken, skin removed and meat shredded
- ½ cup chopped celery
- ¼ cup dried cranberries
- 1 large apple, chopped (any favorite variety)
- 1 Tbsp. toasted slivered almonds (optional)

Preparation:

1. In a small bowl, whisk together yogurt, mustard, pepper, and rosemary. Set aside.
2. Place remaining ingredients into a large bowl, add yogurt mixture, and stir to combine.
3. Cover and place in refrigerator to chill. Serve on favorite whole-grain bread or atop a bed of mixed greens.

YOUR BENEFITS



NAVIGATING YOUR BENEFITS SUMMARY

What services does your medical plan cover? What portion of the costs do you pay? Get answers to these questions and more by downloading your Benefits Summary. Log in to [PEHP for Members](#), go to "my Benefits," and click "Benefits Summaries." [This video](#) helps you locate and read your Benefits Summary.

PEHP HEALTHY UTAH



Dr. Steve Aldana speaking during the keynote address.

Promoting, Celebrating Wellness

Wellness Council representatives from around the state gathered at the Utah State Capitol, on June 23, for the annual PEHP Healthy Utah Wellness Council Conference.

Participants heard from a nationally recognized expert in worksite wellness, Dr. Steve Aldana, who presented the keynote address.

In addition, council members networked and shared success stories about strides being made in worksite wellness at their organization.

The conference was also the platform to recognize the winners of the 2016 Governor's "Choose Health" Challenge. Lt. Governor Spencer Cox presented awards to the Department of Human Resource Management, Office

of Economic Development, and the Department of Commerce for taking the top spots in the Governor's Challenge in May.

Also recognized were the winners of the 2015-2016 Work Well Being Challenge. Congratulations to the following organizations who took first place in each of their divisions:

- » DWS – Virtual Vitality
- » Wasatch Front Regional Council
- » 2nd District Juvenile Court
- » 3rd District Juvenile Court
- » UDOT Region 4
- » UDOH Cannon

If your organization doesn't have a wellness council and you want more information on how to get one started, contact Leanne Geigle at 801-366-7545 or Leanne.geigle@pehp.org.

www.pehp.org



PEHP VALUE OPTIONS

[PEHP Value Options](#) include outstanding healthcare providers available to PEHP members at lower out-of-pocket costs.



MY BENEFITS

MY MONEY

MY HEALTH

ONLINE TOOLS & SERVICES

'Your Customer Service Department is Awesome!'

Congratulations to Melissa Schneller of the Utah Department of Workforce Services, winner of a \$400 VISA gift card in [PEHP's Tell-a-Friend campaign](#).

Melissa switched from the Traditional Plan to The STAR Plan for the new plan year. To become eligible for the drawing, she told her coworkers about the cost-saving features of the plan that she learned about by calling PEHP Customer Service.

"I called your customer service department on the last day of open enrollment to make sure The STAR Plan was right for me, and they explained how it all works," Melissa said. "Your customer service department is awesome!"

She also talked to coworkers about the innovative tools to find care and value at www.pehp.org.

"I talked about how handy the online tools are," Melissa said. "You can check claim status, find a doctor, and get information on what benefits you're enrolled in."

Melissa's plans for the \$400? Her coworkers were quick to offer at least one idea.

"We're all going to lunch tomorrow," she said, "and I'm



buying!"

PEHP Tell-a-Friend helps create a buzz about PEHP's outstanding tools and resources to find value in healthcare and pursue better health. To enter, just talk to other PEHP members about any of [these topics](#). Then fill out the [online form](#) to enter in monthly drawings for gift cards, including a \$400 VISA gift card we're giving away quarterly.

You can enter up to five times a month – up to three entries for each time you talk to a PEHP member and up to two entries for each Facebook or Twitter post sharing your PEHP experience – use #pehptellafriend.

More than 600 members have registered so far. We're running the campaign through September and giving away another \$400 VISA gift card at the end of the month.

YOUR MONEY



PEHP VALUE CLINICS

[PEHP Value Clinics](#) provide all the services of a family doctor, but at a lower cost. Medical clinics in the Salt Lake Valley offer members on The STAR Plan a 25% discount on what you would normally pay an in-network provider. Members on the Traditional plan are charged a \$10 office co-pay.

MY BENEFITS

MY MONEY

MY HEALTH

CUSTOMER SERVICE

16 days: Period in which 95% of medical claims were processed in June.

PEHP's claims department is dedicated to making sure our members and providers receive prompt response to their claims. In June 2016, we received over 125,000 medical claims. We're happy to say, 43% of those claims were handled via our auto-pay system, and 95% of all medical claims received were processed in less than 16 days.

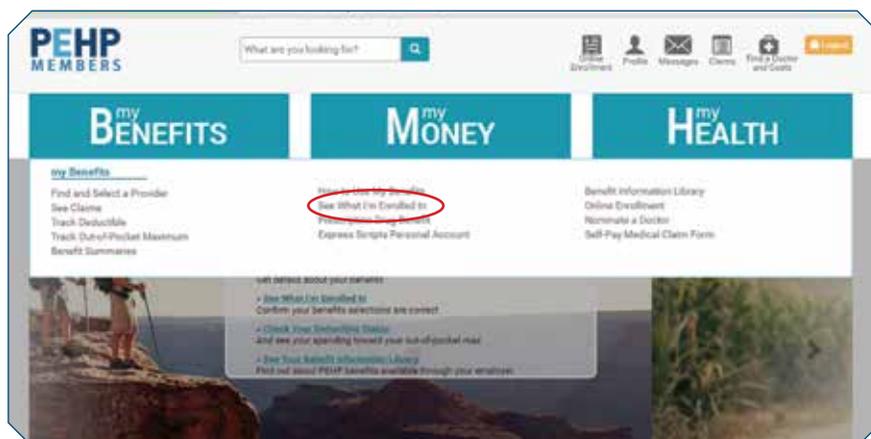
We also received over 16,000 dental claims, 44% of which were handled through auto-pay. Of all dental claims received, 54% were processed in less than 16 days.

DUAL COVERAGE

Make Sure Your Information is Correct

If you have more than one insurance coverage, be sure to verify all dual coverage information at PEHP for Members. Incorrect dual coverage information not only can create huge hassles, but you can also be stuck with unnecessary medical bills if the problem is discovered too late. Verify your dual coverage information by viewing your Confirmation of Coverage.

From the PEHP for Members homepage, go to "my Benefits" and click "See What I'm Enrolled In" (it's at the bottom of the left column). Your Confirmation of Coverage shows all the PEHP benefits in which you and your dependents are enrolled.



PEHP

560 East 200 South
Salt Lake City, Utah
84102-2021

Office Hours:

8 a.m. to 6 p.m.

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Director: R. Chet Loftis

Editor: Bonnie J. Wolff

You can find us on the web at www.pehp.org

