

peHP HealthTrends

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SAVE THE DATE

The URS/PEHP Employer Event will be March 14, 2016, at the Salt Lake City Little America. More details and a registration link to come.

ONLINE DOCTOR VISITS



Coming Soon: PEHP e-Care

Online doctor visits will be available to PEHP members in the new year. This new model of healthcare gives members on-demand access to doctors anytime, anywhere over Internet or phone.

Members can connect with Utah board-certified physicians through this platform for a reduced price. The cost of a telemedicine visit is less than traditional office visits, urgent care, or emergency room visits so there is a lower co-pay for this service.

The idea of PEHP e-Care isn't to take the place of primary

care doctors, rather it's to give employees and their families access to care after hours and provide convenience. Common conditions seen through this model include upper respiratory infections, urinary tract infections, sinusitis, dermatological conditions and more.

Once the diagnosis is completed and if a prescription is needed, then it's sent electronically to a local pharmacy of the member's choice.

Look for more information from your PEHP Client Services Representative in December.

PEHP HEALTH NETWORKS

Help Educate Employees to Avoid Costly Traps

You're making a doctor's appointment. They ask, "What's your insurance?"

When you get this question, it's not enough to just say "PEHP." Be sure to tell them your network, too.

PEHP has more than one network. A doctor could be in a PEHP network that isn't yours. If you don't specify, the confusion can lead to unexpected, out-of-network charges.

We want to help your employees avoid this trap. In November, we'll be talking to members about their

network and reminding them to always tell the provider's office before making an appointment. We have more details and an informative video at www.pehp.org/yournetwork.

Help us educate your employees. Don't just say PEHP. Tell them you're on the PEHP Summit Network, the PEHP Advantage Network, or the PEHP Preferred Network. Otherwise, you're telling them only part of the story, and could be making a costly mistake.

ACA REPORTING

Timeline for 2015 Tax Year

As the deadline for ACA reporting draws near, here is the timeline for the rest of the 2015 tax year:

LARGE EMPLOYERS

Large employers having PEHP prepare reporting (50 or more full-time employees)

- » Test 1094-C forms – An audit file and sample forms were sent to every employer for whom we are doing the reporting. We encourage you to review the files for accuracy and let us know if there are any discrepancies. We will send another test file in December.
- » Final 1094-C forms will be sent to the employers in early 2016. You can then verify for accuracy, sign, and file with the IRS.
- » 1095-C forms will be sent to each employee prior to January 31, 2016.

NOTE: For large employers that have elected to do their own reporting this will not apply. If you are unsure, please contact your client services representative as soon as possible.

SMALL EMPLOYERS

All small employers (fewer than 50 full-time employees)

- » 1094-B forms will be sent to employers for their signature and filing in early 2016. We are not collecting any files or testing for accuracy. We are simply sending what we have on file to the IRS. We will send this form to you for review in December.
- » 1095-B forms will be sent to each employee on the PEHP plan prior to January 31, 2016.

NOTE: If you are planning to do your own ACA IRS filing and mailings to employees OR if you are unsure that you are a small employer for the ACA reporting purposes, please let your client services representative know.

PEHP Wants to Help You Lighten Up!



PEHP Healthy Utah & Novo Nordisk Present: Racing to the Finish Line with Ironman Triathlete Jay Hewitt



When: Friday, Nov. 13, 12-1 p.m.
Where: Aspen Room in the East Senate Building at the Utah State Capitol Complex
Jay is a motivational speaker, attorney, and elite Ironman triathlete with type 1 diabetes. His message is, “Don’t let diabetes hold you back!” Register [here](#) to reserve your free seat.

Feel free to bring a lunch and listen to Jay talk about his Ironman experience and finish line vision. For PEHP members and spouses, space is limited – [sign up](#) today!

Whether you wish to lose 5 pounds or 50, or maintain your current weight, PEHP Wellness has resources and programs to support you.

PEHP WAIST AWEIGH

Looking for one-on-one coaching and personalized help? Check out PEHP Waist Aweigh for education, support, and encouragement. If you have a BMI of 30 or higher, this weight management program provides education, support, and rebates to help you succeed in reaching your weight loss goals.

Participants are offered phone or email coaching and can earn a rebate by successfully meeting a weight loss goal of losing one BMI point every 60

days. Learn more about PEHP Waist Aweigh and download the enrollment packet [here](#).

PEHP LIGHTEN UP

Would you prefer self-paced learning and online classes? Check out PEHP Lighten Up. All enrolled PEHP members and spouses can participate in this 8-week web-based class taught and developed by PEHP Registered Dietitians. You will explore tools and key concepts to help you maintain a life-long healthy weight.

Course topics include nutrition basics, meal planning, behavior change, emotional eating, and much more! PEHP Lighten Up classes begin January 2016, read more about this class and see how to register [here](#).

PHARMACY

Preferred Drug List Updates

The PEHP Preferred Drug List helps members and providers choose the most effective and economical medication. PEHP’s Pharmacy and Therapeutics Committee is comprised of local physicians and pharmacists who manage the PEHP formulary. This committee reviews brand name and generic drugs on a quarterly basis to ensure PEHP’s Preferred Drug List

contains medications that provide our members with the best overall value based on safety, efficacy, adverse reactions, and cost effectiveness. The committee’s recommendations are implemented twice a year (January and July) to help guide our members to the safest and most effective therapy while helping to manage the rising cost of pharmacy. At right are the most recent changes.

Drug Name	Formulary Change	Formulary Alternative
Tecfidera	Specialty Tier C	
Victoza	Not Covered	Trulicity
Avonex	Specialty Tier C (requires a trial of Betaseron)	Betaseron, Copaxone 40 mg
Rebif	Specialty Tier C (requires a trial of Betaseron)	Betaseron, Copaxone 40 mg
Amitiza	Tier 3	Linzzess
Ampyra	Specialty Tier C	
Copaxone 20 mg	Not Covered	Copaxone 40 mg
Vimovo	Not Covered	Omeprazole, naproxen
Genotropin	Not Covered	Norditropin
Prolia	Specialty Tier C	Zoledronic acid
Entresto	Tier 2	
Trulicity	Tier 2	

Tier C Expands Formulary Access

In 2015 PEHP introduced Tier C, a specialty drug benefit designed to expand formulary access while preserving the overall benefit. The Tier C benefit removes the maximum co-payment. At first glance this appears to shift cost directly to the patient, however, PEHP has worked hard to develop a benefit where patients are minimally

impacted. For a list of Tier C specialty medications please refer to the Preferred Drug List available at [www.pehp.org](#). If you or your employees have any questions regarding the Tier C benefit, please contact our specialty pharmacy technician at 801-366-7597 or 800-753-7599.

CUSTOMER SERVICE

September Call Numbers

PEHP’s Customer Service reps each answer an average of 47 calls per day, typically spending between 4-5 minutes with each caller to answer questions or resolve concerns efficiently and professionally. For September 2015 our reps took a total of 22, 218 calls and answered 60% of those calls within 40 seconds.