

Healthy Lifestyles Plan Diabetes & Hypertension Packet

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NHRMC Healthy Lifestyles Plan

2020 Action Item Completion Form Healthy Lifestyles Plan-Diabetes & High Blood Pressure

HEALTH INFORMATION

Please fill out form below and submit to Healthy Lifestyles Plan Administrator by **December 31, 2020**

Action Item	Requirements	Date Completed
Annual Doctor Visit	Required for all	
Retinal Eye Exam	Required for all	
Mid-Year HRA (June/July 2019) **	Required for all	
Special Presentation (One presentation per year) *	Required for all	
Introduction to Diabetes (Online Only) *	Required if NOT completed in previous years	
Heart Health & Healthy Lifestyles Class (Online Only) *	Required if NOT completed in previous years	
Healthy Lifestyles Good for You Class *	Required if NOT completed in previous years	
Introduction to Hypertension (Online Only) *	Required if NOT completed in previous years	
Diabetes Foot Exam	Required with HbA1c 6.5+ (at 2020 HRA)	
Cooking Class or Grocery Store Tour ***	Required with HbA1c 7.0+ (at 2020 HRA)	
Pharmacy Visit (One Visit)	Required with HbA1c 7.0-8.9 (at 2020 HRA)	
Pharmacy Visit (Two Visits)	Required with HbA1c 9+ Required with Blood Pressure 160/100+ (at 2020 HRA)	
Dietitian Visit (One Visit)	Required with HbA1c 9.0+ (at 2020 HRA)	

*Sign up on www.nhrmc.org/healthylifestylesplan (Click on **CLASSES**)

** Requirements: height, weight, BP, HbA1c, and fasting lipid panel

*** Sign up at www.nhrmc.org/cooking

MEMBER INFORMATION (To be completed by Patient): **2020 HRA HbA1c** _____ **Blood Pressure** _____

Last Name: _____ First Name: _____

Date of Birth (MM/DD/YYYY): _____ Last 4 SS#: _____

Email address: _____ Dependent (Circle one): Yes No

You will be notified if your Action Item Completion form needs more information by the NHRMC's Healthy Lifestyles Plan Administrator.

Member Signature: _____ Date: _____

Fax your completed form to **910.667.5969**, or mail to:
NHRMC HR Benefits, Attn: Tina Marie Medlin, Health Lifestyles Plan Administrator
PO Box 2318
Wilmington, NC 28401

January 1, 2020

Dear Member,

New Hanover Regional Medical Center is pleased to offer you the opportunity to participate in the **2020 Healthy Lifestyles Plan- Diabetes & Hypertension**. This plan reflects the organization's commitment to disease management and a healthier workforce. By participating in the Healthy Lifestyles Plan, you will have access to a wealth of educational resources, treatment options and cost-saving benefits. Please review the enclosed information for more details about the Healthy Lifestyles Plan.

Active employees and covered dependents qualify for the Healthy Lifestyles Plan based on HbA1c derived from employee Health Risk Assessment (HRA) lab results. In accordance with the American Diabetes Association guidelines, eligible individuals with an HbA1c of 6.5% or higher are automatically enrolled in the Healthy Lifestyles Plan for the 2020 benefits year. Those with an HbA1c between 5.7%-6.4% will have the option to Opt In to the program with the enclosed enrollment form. This ensures that enrollees can enjoy the rich benefits of the plan as soon as possible.

Your Healthy Lifestyles Plan benefits are **effective on January 1, 2020**.

The benefits of participating in the plan are designed to help those with pre-diabetes, diabetes and hypertension better manage their health. Participants will have \$0 co-pay for eligible physician visits, certain prescriptions and supplies for pre-diabetic, diabetic or hypertension treatment. This includes certain prescriptions for diabetes and high blood pressure, as well as cholesterol and depression as these can be compounded by a diagnosis of diabetes and hypertension. If you cover other dependents on your health plan and they are prescribed certain prescriptions for diabetes, high blood pressure, cholesterol or depression, their co-pays for these medications will also be waived at a cost of \$0, provided these prescriptions are filled through the mandatory mail order. Since the inception of the plan in 2013, many plan participants experienced savings from the Health Lifestyles Plan of \$80-\$150 a month through this benefit alone and we would like to continue these savings in the Healthy Lifestyles Plan.

A critical part of the program to help keep participants on track is the required action items. Enclosed are the specific action items required based on the results of your HRA.

We are very excited to provide this opportunity to help employees and their families better manage their health. If you have any questions about participating in the Healthy Lifestyles Plan, please call the Healthy Lifestyles Hotline at 910.667.7777 or visit www.nhrmc.org/healthylifestylesplan

Sincerely,



Tina Marie Medlin, Health Lifestyles Plan Administrator

2020 Healthy Lifestyles Plan Benefit Highlights

We are very pleased to offer the Healthy Lifestyles Plan in 2020. NHRMC offers comprehensive benefit offerings through self-funded plans.

Enrollment

- ✓ Active employees and covered dependents qualify for the Healthy Lifestyles Plan based on HbA1c and/or Blood Pressure readings derived from employee Health Risk Assessment (HRA) lab results.
- ✓ Newly eligible employees, who are identified from HRA lab results, will be automatically enrolled in the Healthy Lifestyles Plan in 2020. New members of the Healthy Lifestyle Plan may be contacted by a provider from Employee Health & Clinic to discuss individual HRA results.
- ✓ All individuals enrolled in the Healthy Lifestyles Plan in 2020 will be allowed to **OPT OUT** within the first **60 days following their Healthy Lifestyles Plan enrollment date**.
- ✓ **Covered dependents** eligible for the Health Lifestyles Plan can **OPT INTO** the plan by submitting an Enrollment Eligibility form, which must include confirmation of a pre-diabetes, diabetes or hypertension diagnosis signed by their physician. This form can be found on www.nhrmc.org/healthylifestylesplan (Under **Healthy Lifestyles Plan Materials**).

UnitedHealthcare is our medical plan administrator. Visit www.unitedhealthgroup.com (UnitedHealthcare Website) to look-up In-Network providers through "Find a Doctor".

Rates

The Healthy Lifestyles Plan is classified as a sub-plan of our Standard or NHRMC medical plans. The 2020 plan rates are published on www.nhrmcbenefits.com (Benefits Website): <https://www.nhrmc.org/employees/benefits/health-benefits/medical/medical-plan-rates-surcharges>

Plan Design

- ✓ The Healthy Lifestyles Plan will remain a sub-plan of the NHRMC and Standard medical plans, and there will be a \$0 co-pay on eligible diabetes/hypertension-related doctor's visits and medications.
- ✓ One-on-one appointments with a Pharmacist or Dietitian will be available to all plan participants at no cost. These visits will be required for those who are classified as diabetic and hypertensive and optional for those who are pre-diabetic (see action items form for details).
- ✓ Covered dependents will receive a \$0 co-pay on approved medications for diabetes, high blood pressure, high cholesterol and depression.
- ✓ Maintenance prescriptions, including testing supplies, must be filled through the **Employee Pharmacy** for 90-day supply. Medications can be picked up or you may arrange for mail delivery to your home.
- ✓ Remember that your comprehensive eye exam must be billed to your UnitedHealthcare medical plan **not Community Eye Care** insurance for the co-pay to be waived.
- ✓ Educational sessions, Healthy Lifestyles News newsletter and other sessions will be available on our Healthy Lifestyles Plan website. Visit www.nhrmc.org/healthylifestylesplan for more details.

Healthy Lifestyles Plan Benefits Summary

Questions? Contact our Healthy Lifestyles Plan Administrator at 910.667.5959.

You may also contact your HR-Benefits Team: HR.Benefits@nhrmc.org / Fax: 910.667.5969.

Healthy Lifestyles Plan HOTLINE 910-667-7777

NHRMC Healthy Lifestyles Plan

2020 Healthy Lifestyles Plan Class Explanations

Introduction to Diabetes (Online Only- Complete one time)

If this is your first year in the Health Lifestyles Plan- Diabetes OR you have not yet completed this course, please log on and watch the **Introduction to Diabetes** in 2020. Follow the instructions at the end of the modules to receive credit. This course is available online only.

Visit www.nhrmc.org/healthylifestylesplan to access the link.

Introduction to Hypertension (Online Only- Complete one time)

If this is your first year in the Health Lifestyles Plan- Hypertension OR you have not yet completed this course, please log on and watch the **Introduction to Hypertension** in 2020. Follow the instructions at the end of the modules to receive credit. This course is available online only.

Visit www.nhrmc.org/healthylifestylesplan to access the link and sign up for the class.

Heart Health & Healthy Lifestyles (Online Only- Complete one time)

If this is your first year in the Healthy Lifestyles Plan- Diabetes or Hypertension OR you have not yet completed this course, please log on and watch the **Heart Health & Healthy Lifestyles** in 2020. Follow the instructions at the end of the modules to receive credit. This course is available online only.

Visit www.nhrmc.org/healthylifestylesplan to access the link.

Special Guest Presentations (1 presentation per year)

All participants of the Healthy Lifestyles Plan must attend at least ONE **Special Guest Presentation** before December 31st, 2020. However, we encourage you to attend as many presentations as you would like throughout the year.

Visit www.nhrmc.org/healthylifestylesplan (Click on **CLASSES**) to access registration to these Special Presentations.

Good for You Class (Located at Employee Fitness Center) (Complete one time)

All participants of the Healthy Lifestyles Plan must attend one **Good For You** Class. This class gives participants an overview of the services available at the EFC that can assist in their disease management journey.

Exemption of this class includes a participant in EFC Weight Loss Challenge or 12 to Life in 2019 or 2020 and/or an active member (at least 8x a month) at EFC.

Visit www.nhrmc.org/healthylifestylesplan (Click on **CLASSES**) to access registration to the **Good For You** class.

For questions or concerns call Tina Marie Medlin, Healthy Lifestyles Plan Administrator
at 910-667-5959 or tina.medlin@nhrmc.org

NHRMC Healthy Lifestyles Plan

2020 Special Guest Presentations

Each member of the plan is required to attend 1 (one) Special Presentation each year

Special Guest Presentations		
Thursday 2/20/2020	Journey to a Healthier Lifestyle (Health Information DROP IN Fair)	NHRMC Auditorium Only Hands on Event (DROP IN) ANYTIME between 12:00 PM-2:00 PM
Wednesday 3/18/2020	Neurofeedback & You Presented by Dr. Sharrie Hanley Dr. Sharrie EEG Bio/Neurofeedback	NHRMC Auditorium (CF South/IS Conf Rm Business Ctr Pender/ED North) 5:30 PM-6:30 PM
Wednesday 4/15/2020	Techno Pharmacy Presented by Hannah Sharpe, PharmD NHRMC Wellness Pharmacy	NHRMC Auditorium (CF South/IS Conf Rm Business Ctr ED North) 5:00 PM-6:00 PM
Tuesday 5/19/2020	Chiropractic Wellness and You Presented by Dr. Anthony Giacalone Atlantic Coastal Chiropractic	James Walker (Next to Cafeteria) 5:30 PM-6:30 PM
June 2020	No class this month	Enjoy the summer
Wednesday 7/8/2020	My Eye Health Dr. Rasika Whitesell MyEyeDr	Location TBA 5:30 PM-6:30 PM
Tuesday 8/25/2020	Sleep Sleep Hurray! A Docs Guide to a Better Night Sleep Presented by Dr. Sasidharen Taravath Coastal Children's Services	Location TBA 11:30 AM-12:30 PM
Tuesday 9/22/2020	Hard Habits to Break (Breaking Bad Habits) Presented by John McGrogan Sr. Leaderships & Org Dev Consultant	Location TBA 5:30 PM-6:30 PM
Wednesday 10/28/2020	Benefits of Massage Therapy EFC Massage Team	Location TBA 11:30 AM-12:30 PM
Thursday 11/19/2020	Getting Ready for the Holidays Mind*Body*Spirit Healthy Lifestyles Team	Location TBA 8:00AM-9:00AM
December 2020	No class this month	Enjoy the Holiday

2020 Good For You Class Calendar

All class will take place at the Jack Barto Center for Employee Fitness

Thursday	February 6, 2020	12:00pm
Wednesday	April 8, 2020	7:30pm
Tuesday	June 16, 2020	3:00pm
Thursday	August 20, 2020	5:30pm
Wednesday	November 18, 2020	7:30am
Saturday	December 5, 2020	9:00am




NHRMC Healthy Lifestyles Plan

2020 Healthy Lifestyles Plan Opt Out Form- Diabetes & Hypertension

Important: You must submit this form within 60 days of your effective date of your coverage if you do not want to participate in the Healthy Lifestyles Plan. **Coverage begins:** _____

SUBSCRIBER INFORMATION:

Last Name: _____ First Name: _____

Date of Birth (MM/DD/YYYY): _____ Last 4 SS#: _____

Street Address: _____

City: _____ State: _____ ZIP code: _____

Telephone Number: (____) _____

Reason for Opting-Out (check all that apply):

 I am not diabetic or pre-diabetic I do not have hypertension I do not understand the plan I do not see the value in the plan Participation in the plan is too time consuming Other _____

By completing and signing this form, I am electing to **opt-out of** the Healthy Lifestyles Plan, even though I and/or a member of my family are determined to be eligible for the plan. I understand that by electing to opt-out, I/we will not receive the enhanced benefits available only to those members who participate in the Healthy Lifestyles Plan.

If I and/or a family member are determined to be eligible for the Healthy Lifestyles Plan and this signed form is not received by the Healthy Lifestyles Plan Administrator by the deadline date, I understand that I and any covered family members will be enrolled in the Healthy Lifestyles Plan.

Member Signature: _____ Date: _____

Fax your completed form to 910.667.5969, or mail to:

NHRMC HR Benefits
Attn: Tina Marie Medlin, Health Lifestyles Plan Administrator
PO Box 2318
Wilmington, NC 28401

NHRMC Healthy Lifestyles Plan***Healthy Lifestyles Plan Hotline*****910-667-7777**

Press 1	To schedule an appointment with a Wellness Pharmacist (ext. 5183)
Press 2	To schedule an appointment with a Wellness Dietitian (ext. 4013)
Press 3	To schedule an appointment at Employee Health & Clinic (ext. 7445)
Press 4	To discuss co-pay issues, general benefits questions or special circumstances with your Benefit Administrator (ext. 6000)
Press 5	For more information about the services offered at the Jack Barto Center for Employee Fitness (ext. 4151)
Press 6	To reach our Healthy Lifestyles Plan Administrator (ext. 5959)
Press 7	To hear the menu again

HR- Benefits Hotline**910-667-6000**

Call the Benefits Team for general benefits or leave questions. The Benefits Hotline is open Monday-Friday from 8AM-5PM.

NHRMC HEALTHY LIFESTYLES PLAN DRUG LIST | 2020

Please Note: All medications on this list are \$0 co-pay for Healthy Lifestyles Plan members. Drugs in BOLD are generics. Please note that brand-name drugs with FDA-approved generics will not be covered at a \$0 co-pay. Please refer to the MedImpact website for the most up-to-date information on drug classifications.

Diabetes-Injectables
Glucagen Kit
Glucagon Emergency Kit
Humalog (100/MI) (Cartridge)
Humalog (100/MI) (Vial)
Humalog Junior Kwikpen
Humalog Kwikpen U-100
Humalog Mix 50-50
Humalog Mix 50-50 Kwikpen
Humalog Mix 75-25
Humalog Mix 75-25 Kwikpen
Humulin 70/30 Kwikpen
Humulin 70-30
Humulin N
Humulin N Pen
Humulin N Kwikpen
Humulin R
Humulin R U-500 Kwikpen
Lantus Solostar
Lantus Vial
Trulicity
Victoza
Insulin Syringe/Pen Needle
Diabetes-Oral
glimepiride
glipizide
glipizide ER
glipizide-metformin
glyburide
glyburide-metformin
Janumet (sitagliptin-metformin)
Janumet XR (sitagliptin-metformin)
Januvia (sitagliptin)
Jardiance (empagliflozin)
Jentadueto (linagliptin-metformin)
metformin HCL
metformin ER 500mg
pioglitazone
pioglitazone-metformin

Tradjenta (linagliptin)
Depression
bupropion HCL, SR, XL
citalopram
fluoxetine
paroxetine
sertraline
venlafaxine HCL
venlafaxine ER
High Cholesterol
atorvastatin
ezetimibe
lovastatin
pravastatin
rosuvastatin
simvastatin
High Blood Pressure
acebutolol
amlodipine
amlodipine-valsartan
atenolol
benazepril
benazepril-hydrochlorothiazide
bisoprolol
bisoprolol- hydrochlorothiazide
candesartan
candesartan-hydrochlorothiazide
captopril
carvedilol
chlorthalidone
clonidine tablet
clonidine patch
diltiazem 12 HR ER
diltiazem 24 HR CD, ER
diltiazem HCL
doxazosin
enalapril
enalapril-hydrochlorothiazide
eplerenone
eprosartan

fosinopril
fosinopril-hydrochlorothiazide
furosemide tablets
guanfacine
hydralazine
hydrochlorothiazide
indapamide
irbesartan
irbesartan-hydrochlorothiazide
isradipine
labetalol
lisinopril
lisinopril-hydrochlorothiazide
losartan
losartan-hydrochlorothiazide
methyldopa
metoprolol succinate
metoprolol tartrate
metoprolol-hydrochlorothiazide
moexipril
moexipril-hydrochlorothiazide
nifedipine ER
olmesartan
olmesartan-hydrochlorothiazide
pindolol
prazosin
propranolol tablets
propranolol-hydrochlorothiazide
quinapril
quinapril-hydrochlorothiazide
ramipril
spironolactone
terazosin
toremide
trandolapril
triamterene-hydrochlorothiazide
valsartan
valsartan-hydrochlorothiazide
verapamil HCL, ER, SR

Free Blood Glucose Meter and Testing Supplies

Provided through our prescription benefit by MedImpact

We understand that managing your diabetes can be a challenge. To help you monitor your condition, we are excited to provide you with a blood glucose system at no charge. HLP members can select from two different preferred meter systems. After careful analysis **NHRMC selected Abbott Diabetes Care, the maker of FreeStyle and Precision brand products as the only supplier for your diabetic testing supplies.** NHRMC will only supply and provide support for Freestyle and Precision Xtra products. This includes test strips and lancets.

- FreeStyle Lite® meters
- FreeStyle Freedom Lite® meters
- Precision Xtra® meters
- FreeStyle Lite® test strips
- Precision Xtra® test strips
- Precision Xtra® Beta Ketone test strips



You can obtain a FREE meter by choosing an option below:

- a. Order online at www.choosefreestyle.com with offer code **BQQ3WIQA**
- b. Email healthy.lifestyle@nhrmc.org to request a prescription for a meter and testing supplies. **You must indicate how many times a day you test.** Please allow 72 hours for requests to be processed.









Insulin Pumps and Equipment & Continuous Glucose Monitoring and Supplies

- Insulin Pumps and Equipment (for example: infusion sets, syringes)
- Continuous Glucose Monitors and Supplies (for example: sensors)

These are covered at 100% by the Healthy Lifestyles Plan. Claims for Insulin Pumps and Equipment & Continuous Glucose Monitoring and Supplies must be submitted to UnitedHealth Care, NOT MedImpact.

For general questions or concerns, you can call the Healthy Lifestyles Plan Hotline at **667.7777**

Benefit Customer Service Contacts

Plan	Contact for	Carrier	Contact Information
Medical	Medical service information, network providers, claim forms, ID cards, claim filing/resolution and pre-authorizations	Group #: 912922 	www.myUHC.com NHRMC: 844-333-8290 PMH: 844-333-8291
Prescription Benefits	Benefit and formulary questions, find an in-network pharmacy	Rx Group #s: NHRMC PHI23 / PMH PHI24 	www.medimpact.com NHRMC: 888-254-8850 PMH: 888-254-9904
Maintenance and Specialty Medications	Fill / refill all maintenance medications and specialty drug prescriptions; fill incidental, short term prescriptions; speak / meet with NHRMC pharmacist		Employee Pharmacy: 910-662-7755 Specialty Pharmacy: 910-662-7780 Fax: 910-662-7777
Dental	Dental service information, claim forms, ID cards	Group #: G-010-301008 	www.ameritasgroup.com 800.487.5553
Vision	Vision service information, CEC providers, allowance balance	Group #: NHRMC01 or Pendhosp01 	www.cecvision.com 888.254.4290
Flexible Spending Accounts	Claim & substantiation forms, account balances, Benny™ card	Flores & Associates 	www.flores247.com 800.532.3327 phone 800.726.9982 fax
Employee Assistance Program (EAP)	Confidential assistance and assessment services (legal, financial, family, etc.)		www.lifeserviceseap.com 800.822.4847
Retirement Plans 403(b) & 457(b)	Begin, stop, or change your contributions, hardship withdrawals, loans, investment options		www.valic.com 888.568.2542 or 910.815.5294
Life / AD&D LTD	Life / AD&D Insurance, Long-Term Disability		www.sunlife.com/us 800.247.6875
LegalShield Services	Enrollment application, customer service, plan benefits	LegalShield Services 	www.legalshield.com 877.487.2837
NC 529 College Savings Plan	Enrollment form, change or stop contributions, investment options	Employer Code: 01028 	www.cfnc.org/savings 800.600.3453
Children's Learning Center	Pre-school & after-school care	Nicole Emery	www.clcnhnh.com 910.251.0003
Kiddie Academy	Pre-school & after-school care		www.kiddieacademy.com/wilmington-south-campus 910-232-0881
Whole Life Insurance	Customer service, re-enroll after LOA, stop your deductions	Trustmark Life Insurance 	www.trustmarkins.com 800.514.3446