



Be Well Advised

www.butlerhealthplan.org

February, 2010

Care For Your Health—Free Health Evaluation Program is Confidential & Voluntary

Butler Health Plan believes that the greatest asset any member can have is good health. Both physical and emotional health is essential for a long life and a productive career. However, good health doesn't happen automatically. It takes a proactive approach to maintain a healthy lifestyle and avoid premature disease. This is why we offer to medical plan member employees and spouses, free of charge, the health screening at your work site.

The services of IHS include:

- ✓ **A state of the art, 34 test blood screening that includes, but is not limited to:**
 - Cardiovascular disease risks (high cholesterol; high blood pressure)
 - Diabetes
 - Liver and kidney disease
 - Anemia
 - Blood, bone, and muscle disease (including certain types of cancer)
 - **Personal Health Report**, mailed to your home, explaining your results and what they mean.

✓ www.interactivehs.com

- Access to your test results within 48 hours
- Virtual medical record
- Electronically forward your test results to your physician if you choose
- Medical library on symptoms, diseases, treatments
- On-line health consultations

✓ **Health-related emails created for your wellness interests.**

✓ **HealthFocus Courses**

- Weight Loss
- Achieving Balance
- Smoke Free for Life
- Diabetes Prevention
- Better Nutrition
- Personalized Fitness
- Managing Cholesterol Levels
- Managing and Preventing High Blood Pressure



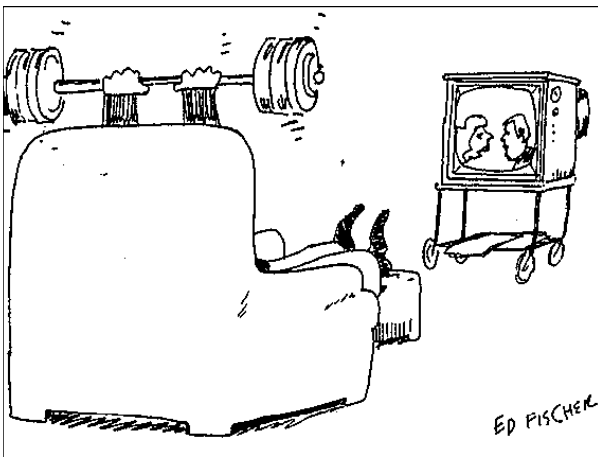
You can do more to prevent the progression of chronic disease than you realize.

Don't "hope to get lucky" with your health.

It starts with knowing your health state by taking advantage of this exceptional program offered to you.

Watch for Health Evaluation Event Dates & Enrollment Instructions coming soon!

"Move More"...Stay Fit with HealthSpan's Fitness Training



"YOU DON'T STOP PLAYING BECAUSE YOU GROW OLD BECAUSE YOU STOP PLAYING"

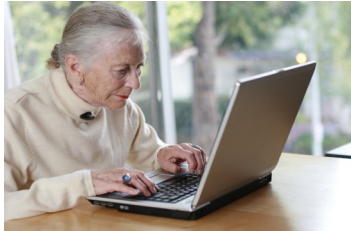
-BEN FRANKLIN

How Do I Begin using www.healthspane-coach.com?

- Select Join
- Complete information and enter Coupon code: **BHP**
- Select Submit
- Go to Exercise Tools to access Fitness Training Portal

(Note: When you log on for the first time, a nurse coach will email you. If you prefer using the online fitness program on your own, let the coach know. You may use the web site for health information only and use the nurse at any time in the future.)

Save Money...Log On To HealthReports



- How Do I Begin using HealthReports?**
1. Go to www.butlerhealthplan.org
 2. Select the HealthReports link under BHP Partners
 3. Type your ID number (ZZ____) found in the upper left hand corner of your insurance card in the user-name field
 4. Type **bhp** in the password field
 5. Login to HealthReports



We all want high quality healthcare with the best customer experience at the lowest possible price. Historically, you have been limited in making important healthcare decisions for you and your family because information on the quality of care, the customer experience, and the price has not been available to you. Some people are surprised to learn that providers are often paid different rates for the same medical procedure. This impacts the overall cost of your health plan as well as your portion of the medical bill.

For example, if you choose an in-network provider who is paid \$1,000 more than another in-network provider and you have an 80%/20% coinsurance health plan, you will pay an additional \$200 out of your pocket. If you choose a provider who is paid \$5,000 more than another in-network provider, well, you can do the math.

HealthReports allows you to search:

- By procedure
- By facility

To obtain

- Quality data about providers
- Price of procedure

HealthReports is in the process of doubling the number of procedures. Using this valuable resource is of no cost to you. With **HealthReports**, the path to lowering healthcare costs becomes clear.

If you have seen a healthcare provider in the last six months, we want your feedback. Please log into **HealthReports** and share your experience. Your feedback may help others to make a better healthcare decision for their family. The process takes less than ten seconds once you select your provider.

*Mike Issac, President and co-founder
HealthReports*

Here's an example of price variations for a Cat Scan of the Abdomen for BHP members:

| CT ABDOMEN | |
|------------|---------|
| Hospital A | \$508 |
| Hospital B | \$517 |
| Hospital C | \$719 |
| Hospital D | \$951 |
| Hospital E | \$1,213 |

* Estimated price includes both the facility charge and physician interpretation fee.

**HealthReports
December
iPhone Winner** 

Congratulations to Leah Warren from Hamilton City Schools!

By continuing to give provider feedback to HealthReports, we can all "benefit" in the future.