



# BENE-FACTS

YOUR EMPLOYEE MEDICAL & DENTAL RESOURCES™

WWW.BUTLERHEALTHPLAN.ORG



OCTOBER, 2009

Inside This Issue: \* Flu Updates \* Open Enrollment \* HealthReports



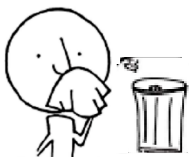
## Prevent the Seasonal Flu! Get The Flu Vaccine This Year

- ▶ **How much does the flu vaccine cost?** Employees and spouses must present the Butler Health Plan Insurance Card at the Flu Vaccine Clinic to receive the vaccine free. Employees and spouses who are not covered by BHP will pay \$22 and will receive a receipt to submit for reimbursement consideration to their insurance plan.
- ▶ **When should I get the seasonal flu vaccine?** October or November is the best time to get vaccinated, but you can still get vaccinated in December and later. In the United States, the flu season can range from November to May and usually peaks January through March.
- ▶ **When is the seasonal flu vaccine scheduled at my school or work site?** The Wellness Coordinator in each school district schedules the flu vaccine clinic in the fall usually October and November. Watch for flu vaccine flyers for dates, times and locations.
- ▶ **Who can get vaccinated at the flu vaccine clinic at the work site?** All employees and their spouses are welcome to attend any clinic. No children, even if over 18 may attend the clinics. Contact your pediatrician or primary care physician for vaccines for your dependents.

## Best Way to Prevent the Seasonal Flu and H1N1 Flu



Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.



Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.



Cough or sneeze into your sleeve if you don't have a tissue. Avoid touching your eyes, nose or mouth. Germs spread that way.



Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.



## H1N1 (Swine) Flu Vaccine Update

Source: [www.cdc.gov/flu](http://www.cdc.gov/flu) and [www.odh.ohio.gov](http://www.odh.ohio.gov)

- ☑ **When will the H1N1 vaccine be available?** The H1N1 vaccine is expected to be available sometime in the fall 2009. More specific dates have not been released from the Center of Disease Control (CDC) at the time this newsletter was printed.
- ☑ **Will the seasonal flu vaccine also protect against the 2009 H1N1 flu?** No, the seasonal flu vaccine is not expected to protect against the 2009 H1N1 flu.
- ☑ **Can the seasonal vaccine and the 2009 H1N1 vaccine be given at the same time?** Yes, it is anticipated that seasonal flu and 2009 H1N1 vaccines may be administered on the same day. However, the CDC expects the seasonal vaccine to be available earlier than the H1N1 vaccine. The usual seasonal influenza viruses are still expected to cause illness this winter.
- ☑ **How will the H1N1 vaccine be distributed?** Every state is developing a vaccine delivery plan. Vaccine will be available in a combination of settings such as vaccination clinics organized by local health departments, health-care provider offices, community vaccinators and retail settings. For more information on the State of Ohio flu distribution plan, see [www.odh.ohio.gov](http://www.odh.ohio.gov)
- ☑ **Will we have an H1N1 flu clinic at the school or work site this year?** Not at this time, the vaccine is not available for distribution. It will not be scheduled at the work site until priority groups receive the vaccine and the State of Ohio Department of Health allows us to schedule at the work site.
- ☑ **Will the H1N1 vaccine be covered by the Butler Health Plan?** Yes, it is covered in all three medical plans: Choice, Classic and Basic.
- ☑ **Who should get vaccinated first?** The Advisory Committee for Immunization Practices has recommended that when vaccine becomes available, providers should focus first on vaccinating as many people as possible in the following five groups:
  - ◆ pregnant women,
  - ◆ people who live with or provide care for children younger than six months,
  - ◆ health care and emergency medical services personnel,
  - ◆ people between six months through 24 years of age, and
  - ◆ people from the ages of 25 through 64 who are at higher risk because of chronic health disorders such as asthma, diabetes, or a weakened immune system.



## Butler Health Plan (BHP) Open Enrollment: November 1-30

### **Not Currently Enrolled or Want to Make a Change in the BHP Medical or Dental Plan?**

- ▶ During November Open Enrollment, you may participate in the medical and dental plan for the first time. You may also add your dependents (spouse or child) without a qualifying event.
- ▶ You may change your Medical Plan Option:
  - Basic Plan
  - Choice Plan
  - Classic Plan
- ▶ Your plan change is effective January 1, 2010.
- ▶ **ACTION STEP:** You must return a completed BHP Enrollment/Change Form to your Treasurer's or Human Resources office to enroll or add a dependent by November 30. If you are adding a spouse to the medical plan, you must complete a Coordination of Benefit (COB) questionnaire. You may download an Enrollment Form or COB Questionnaire Form at [www.butlerhealthplan.org](http://www.butlerhealthplan.org). Click on FORMS.



**Are you in  
the Best  
Medical Plan  
Option?**

- 🔒 Check out [www.butlerhealthplan.org](http://www.butlerhealthplan.org) and click on "How To Choose A Plan" for tips on how to compare medical plan costs.
- 🔒 View your BHP medical claim history at [www.alliedbenefit.com](http://www.alliedbenefit.com)
- 🔒 View your BHP prescription claim history at [www.express-scripts.com](http://www.express-scripts.com)

*Save Money By Using*

**HealthReports™**  
Bringing Transparency to Healthcare

Butler Health Plan's members now have access to an on-line tool that compares pricing and quality of care. You can also see feedback of other members regarding their experience with the providers that you are considering. It is fast, easy to use and will empower you to make informed healthcare decisions.

**WIN an  
iPhone**



If you have seen a provider within the past six months, log on to HealthReports and leave feedback on your experience for a chance to win an iPhone. Drawings will be held in September, October and November for three iPhones.

Five easy steps to start using HealthReports:

1. Go to [www.butlerhealthplan.org](http://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 username field
4. Type **bhp** in the password field
5. Login to HealthReports