

# Important News for Members of Good4U

## GOOD 4 ME?

Time and again, studies **prove the value** of even moderate regular exercise, high fruit & veggie intake, regular dental check-ups, and annual well-visits with a doctor. **Good4U** is intended to not only add years to your life\*, **but to add enjoyment to your years!**

## WHY GOOD4U\*?

In addition to the long-term wellness effects we hope to support and encourage through the Good4U program, just signing up as a member earns HCA insureds \$25 per month (appears in first pay check of each month under G4U).

If you're insured alone, your participation/completion of at least 1 Challenge Each Quarter makes you eligible for the \$1000 2012-Employer Allowance; \$2000 if you have a dependent insured with you.

\*Insureds who do not participate are still insured, but they are responsible for 100% of 2012 deductible (G4U participants are earning dollars that essentially buy-down their deductible).

Note: Due to the data-update process, ALL COMPLIANCE REQUIREMENTS MUST BE MET BY **DEC. 12<sup>TH</sup>** in order for your HCA "bucket" allowance to show in your account on 1/1. Compliance achieved between 12/13 and 12/31 will not update to your "bucket" allowance until February 1.

## HOW TO KEEP INFORMED ...

At the start of each quarter, check out [www.ancira.org](http://www.ancira.org) > Good4U link for compliance options or phone Personalized Prevention @ 800-515-6641 for personal updates. Read your email updates that are sent out regularly from Personalized Prevention to keep you informed.

As each quarter progresses, new challenge options are typically added, so you will want to check back every so often.

## Q4 OPTIONS INCLUDE:

- Digital Health Coaching
- Life Saver Videos (a fav!)
- Maintain Don't Gain
- Health Risk Assessment (if not previously done this year)
- Smoking Cessation for tobacco users
- Rx Review (if you're using 2 or more prescription meds, this is a GREAT option for you!)
- WELLNET Care Management (if you or any insured dependent has an identified health risk, participating in WELLNET Care Management will satisfy your Q4 compliance)

Go online to [www.anciragood4u.com](http://www.anciragood4u.com) to learn more or to register for or complete any of the online items.

# Important News for ALL Insured under Ancira Medical

## Access to Care

Both the Entry Plan and the HCA "Bucket" Plan use the same network of providers: United Healthcare Options PPO

The link to the Provider Website Directory is provided for you at [www.ancira.org](http://www.ancira.org) > My Benefits or you can phone the Concierge at 800-207-3172 for assistance locating a provider.

## Free to YOU (Ancira-Paid)

We have a goal to help you secure not only **more** birthdays, but **MORE HAPPY ones**. To do this, you need the tools to make healthy choices and get help if you find yourself in a borderline or serious health crisis. From Free Preventive Care to Free Generic Meds to free health services like "WELLNET", Ancira is invested in helping you achieve/maintain good health.

**WELLNET is a relatively new, free service to ALL insureds** and our partner helping you not only identify manageable health risks, but serving as your liaison with complicated health issues.

## Having WELLNET as a resource helps to PROACTIVELY MANAGE YOUR HEALTH COSTS!

- No cost to you, confidential personal health guidance from a licensed RN customized to your specific need: from simple once-a-month calls to coping with a serious health crisis like cancer.
- Help in learning more about your health condition or preventing more serious health risks when you've been diagnosed with an illness (like asthma, high cholesterol, diabetes, etc.).
- A resource to you and your dependents to help you find ways to improve your outcome AND in many cases, reduce your out of pocket expenses associated with treatment.
- YOU can reach out to our designated WELLNET NURSE, Teresa, at 1-800-515-6641 or call 1-877-396-1402 if you have any health concerns you would like to discuss.

## What if WELLNET CALLS YOU?

- WELLNET nurses may make an outreach call to you if pharmacy claims indicate you may benefit from the program. If you're contacted by WELLNET, it's because one or more claims items have indicated to them you are a potential candidate for their services.
- Your relationship with WELLNET is confidential & personal. They do not report to Ancira on any matters relating to your conversations or your health.
- **When a health risk\* exists, participating with WELLNET is a requirement for 2013 "Bucket" allowance funding.** If you are contacted by WELLNET, they will identify themselves as being associated with our Ancira Wellness Assistance Program. **Accept their role in helping you.**  
\*Health Risk as established under medical industry guidelines
- WELLNET is able to provide services to ANY INSURED under the Ancira plans. So, for example, if your child has asthma, WELLNET can support you as you learn about the diagnosis and treatments available, how to identify warning signs of an attack, etc.

## Are your Prescription Costs a Concern?

Remember that Ancira pays 100% for generic meds. You have no out of pocket when you choose to go generic. Many popular medications will become available under generic in 2012. Ask your pharmacist if the meds you are taking have any "Therapeutic Equivalent" that you can discuss with your doctor. For example, some combination High BP/High Cholesterol meds are not available in generic as a COMBINATION, but are available in generic as separate meds. Your PHARMACIST will be the most knowledgeable of what would be a "Therapeutic Equivalent". Once you have spoken with your Pharmacist, you then would need to share that information with your doctor and discuss with him/her what options are suitable for your specific condition.