



July/August 2021

# Newsletter

Business Services

Phone: 847-755-6649

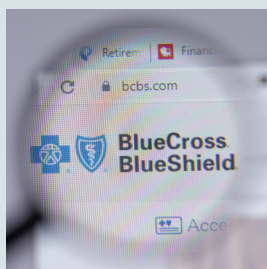
Email: [MyD211benefits@d211.org](mailto:MyD211benefits@d211.org)

## From the Business Office.....

The focus of this issue will center around our mental health, overall wellness and how to save money on prescription medications. Each newsletter is also posted on the [iVisions employee portal](#). The category is: Newsletter.

We want the newsletters to be valuable to you so please share your feedback and suggestions by emailing [MyD211benefits@d211.org](mailto:MyD211benefits@d211.org).

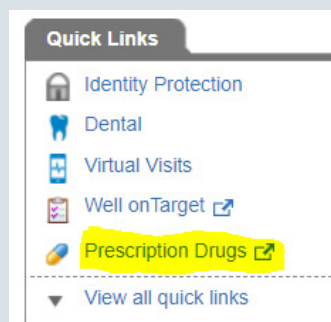
## Prescription Medications (Rx)



The United States does not directly regulate or negotiate the price of medications. Instead, U.S. drug companies set their own prices and pharmacies determine how much patients actually pay. The cost of prescriptions may differ by hundreds of dollars between pharmacies – even if they

are across the street from one another. Drug pricing changes based on drug supply and demand, generic equivalents and alternative drugs becoming available and changes in contracts with pharmacies. Because of these variables, you may see changes in the cost of your medication each time you visit the same pharmacy AND among participating network pharmacies. This is our opportunity to be wise consumers of our medical costs by [checking prices at several participating pharmacies](#).

One of the easiest ways to comparison shop for your medications is through Blue Cross/Blue Shield's **MyPrime**. Just sign into [your Blue Cross Blue Shield /Blue Access Account](#) and look under Quick Links located on the Home Page. Select Prescription Drugs (see below) and you will be routed to the [MyPrime.com](http://MyPrime.com) website.



Once you are on the MyPrime website and armed with the written prescription, you are able to get a cost estimate of the medication you want to fill before you have it filled. [MyPrime.com](http://MyPrime.com) will also show you if there is a generic form of the medication available.

A snippet of a **MyPrime** medication display is provided below.

No interactions found	
<b>Drug List</b>	
Your drug list: Basic Drug List	
<b>Coverage information</b>	
<b>Covered</b> This medicine is covered by your pharmacy benefit plan.	<input checked="" type="radio"/> 30-day retail Total cost: \$5 Plan paid: \$4 Your cost: \$1
<b>On drug list</b> This drug is included on your health plan's drug list, or formulary.	<input type="radio"/> 90-day retail
<b>Formulary</b> This drug is included on your plan's drug list, or formulary.	<input type="radio"/> 90-day home delivery

Prime Therapeutics makes it easy to compare costs for medications, find the nearest pharmacy in your network and determine if the medication is covered under your Blue Cross/Blue Shield medical plan.

In most cases, your doctor will not know every medication covered under your insurance plan's formulary and could write a prescription for something that is not covered under your plan. If you have a prescription that is not covered, talk to your doctor about other options. Your medical plan may cover a generic or lower cost option. You can have your prescription filled at an in-network retail pharmacy (i.e. Walgreens, Walmart, Osco, etc.) or by using home delivery through AllianceRX Walgreens Prime.

## Home Delivery / Mail order

AllianceRx Walgreens Prime for mail order prescriptions delivers your long-term (or maintenance) medications right where you want them. No driving to the pharmacy. No waiting in line for your prescriptions to be filled. You can view a mail order flyer on iVisions portal [HERE](#) that explains the program.

Getting started is easy. AllianceRX has a few short videos (each is less than 2 minutes) posted on their website to walk you through the process ranging from steps on how to set up your account for home delivery to checking your prescription status to transferring a prescription. <https://www.alliancerxwp.com/getting-started>.

## Glossary of Prescription Medications

While this glossary does include many of the frequently used terms, it is not all inclusive. For a complete list of Prime/pharmacy terms you can visit: <https://www.myprime.com/en/learn/dictionary.html>.

**Brand-name drug or brand prescription drug:** A medicine that is manufactured and sold by a pharmaceutical company that holds a patent on the actual drug or the drug name. (For example: Lipitor® is a brand name for the cholesterol medicine atorvastatin calcium).

### Formulary

A list of medicines the Rx/pharmacy plan covers. This list may change during the year. Also known as a drug list.

### Generic Drug

A lower-cost version of a brand-name drug, which becomes available when the patent expires on a brand-name drug. (For example: atorvastatin calcium is the generic name for the brand-name cholesterol drug Lipitor®.) Generic drugs are chemically equal to the brand name drug, but don't use the brand name. They are regulated by the Food and Drug Administration (FDA).

### Home Delivery Pharmacy Services

A licensed pharmacy that fills your maintenance drugs and delivers them to your home. Also called mail-order pharmacy. Home delivery pharmacy plans can save you time and money, and usually fill prescriptions

for a three-month supply at a time.

### In-network Pharmacy

A pharmacy that is in Prime's network of over 64,000 pharmacies; also called a network pharmacy.

### Maintenance Drug

A prescription drug that treats a chronic condition (for example: diabetes, arthritis, high blood pressure, or heart disease).

### Preferred Drug

A drug that is included on your plan's drug list (also called a formulary). Sometimes, several drugs can treat the same condition, and your medical plan may prefer some drugs over others. Medical plans typically cover more of the cost of preferred drugs than they do of non-preferred drugs.

### Prior authorization (PA)

A medication that needs to be pre-approved by Blue Cross/Blue Shield before it can be covered.

### Specialty Medicines

Specialty medications are prescribed to treat chronic, complex or rare conditions (for example, multiple sclerosis, cancer, hepatitis C and rheumatoid arthritis).

### Step Therapy (ST)

Some prescription medicines, usually newer brand-name drugs, are subject to step therapy. It means you may have to try a more common, better-known drug to treat your condition before you can "step up" to a newer, more expensive drug.



## Fitness Program

Incorporating regular exercise into your daily life can help you achieve a more balanced lifestyle and avoid lifestyle-related health risks. Blue Cross/Blue Shield (BCBS) and Well OnTarget offers a Fitness Program. If you, your spouse/domestic partner or dependents age 16 and over are on one of the District's medical insurance plans, you are eligible for the BCBS Fitness Program. It's convenient and flexible to help you meet your goals within your budget and on your time. To find more details about the program – sign into your Blue Access for members. Once there, click on the Fitness Program under Quick Links.

When you join the Fitness

Program you get unlimited access to thousands of participating gyms, not just one location or a single chain. That means you can use gyms close to wherever you are - at home, at work or traveling! There are four levels of membership ranging in price from \$19-\$99 a month with no long-term commitment allowing you to cancel at any time. <https://bcbstilforyourhealth.com/learn-more>.



### Get Moving!

According to the Alzheimer's Association, in 2021 an estimated 6.2 million Americans age 65 and older are living with Alzheimer's dementia. One in nine people age 65 and older (11.3%) has Alzheimer's dementia.

Reduce your risk for developing Alzheimer's by exercising for at least 150 minutes every week.

#### Quick Links

- Identity Protection
- Dental
- Virtual Visits
- Well onTarget
- Prescription Drugs
- Fitness Program**



## Wellness And D211

District 211 continues to partner with HealthCheck360 (HC360) to provide the wellness program as part of the benefits package for eligible employees.

HC360 provides so much more than an annual blood draw. HC360 is a wellness company devoted to improving health and overall well-being and offers many resources to help us accomplish our goals. Here are some easy to use resources they have available:

### ✓ HealthCheck360 HealthCheck360 Blog

Everyone starts and restarts their wellness journey in different areas, so HC360 is there to meet you where you are. If you'd like to get some healthy hacks right away, check out the HealthCheck360 Blog: <https://www.healthcheck360.com/blog>.

### Health Coaching

HealthCheck360 Health Coaching motivates and supports you in making long-term lifestyle changes that will help you

achieve your personal wellness goals. This is accomplished by providing you with a coaching experience that is unique to you and tailored to fit your lifestyle.

All participants in the HealthCheck360 wellness program have access to their team of health coaches free of charge. If you would like to speak to a coach, please contact them at: 1-866-511-0360 or [healthcoach@healthcheck360.com](mailto:healthcoach@healthcheck360.com).

### Monthly Well-Being Calendar

There is a FREE monthly well-being calendar ready to download and can help you make a change for your health one day at a time. Many of the days on the calendar are interactive. Just click on any day in the calendar and you'll learn more about the topic. The calendar can be found on their Blog page: <https://www.healthcheck360.com/blog>.

### Webinars

HealthCheck360 offers a wide variety of webinars ranging from financial wellness to mental health, nutrition and nicotine use, just to name a few. Explore – there are many webinars posted with more coming each month. Webinars are hosted live the first Wednesday of every month at noon CST. These are also recorded and can be found posted on their blog <https://www.healthcheck360.com/blog>.



## Employee Assistance Program (EAP) – Workplace Solutions

We all experience personal and professional stress at some point in our lives. Our EAP provider, Workplace Solutions, is here to offer the support and guidance you need to effectively bounce back from life's challenges. You can view a Workplace Solutions flyer [HERE](#) on the iVisions employee portal.

### Counseling

Workplace Solutions offers immediate access to caring professionals that will clarify the nature of your concern and present the best options available to meet your needs, including consultation, short-term counseling and/or referrals.

Counseling services are available for a wide variety of mental health and wellness issues, such as anxiety, depression, job related stress, parenting, relationship issues, substance abuse and many others.

### Work-Life Solutions

With Workplace Solutions, you can gain direct access to free consultation, resources, and referrals related to work, family, health, and everyday living. Trying to find resources can be time consuming. Workplace Solutions will help you locate the information and resources you need to let you make time for what matters most. Some examples

of what they provide are: adoption resources, career transition resources, home health care services, pet care services, senior housing options and parenting classes & support groups.

### Legal Solutions

More than 50% of those requiring legal assistance do not need to retain an attorney. Through the EAP, you have access to a free consultation (up to 30 minutes) with a qualified attorney. If you decide to retain the attorney, they may discount their customary legal fees by up to 25%. A sample of what they can assist with are: will preparation, estate planning, divorce/custody cases, real estate transactions, bankruptcy/foreclosure, and landlord tenant issues.

### Financial Solutions

Through Workplace Solutions, you can also access free telephonic consultation with a financial counselor qualified to address a broad range of topics. Information, tools and calculators are also available on their website. Receive assistance on a range of financial matters - including financial/debt management, long-term goal setting, identity theft protection, financial planning resources, credit report review, home buying, retirement planning and saving for college.

### Where to Find Information, Resources, and Support

Webinars, LifeSpeak Videos, tip sheets and EAP contact materials are available for employees to access on the Workplace Solutions website, [www.wseap.com](http://www.wseap.com) access code: D211. EAP services are available to all District 211 employees and their family members. Services are free, confidential, and available 24/7. To speak to an EAP counselor, call 877- 215-6614.

