



A publication dedicated to health, plan benefits and agency news.

Spring 2010

## Live Well, Be Well The Prevention Plan

STATE OF NEVADA

### WHAT'S INSIDE

Board Members	2
Executive Staff	2
Board Meeting	2
Live Well, Be Well	2
Health Plan of Nevada	3
MyHEWOnline	
Hometown Health Plan	4
At Your Fingertips	4

### POINTS TO REMEMBER

Open Enrollment Guides available at [www.pebp.state.nv.us](http://www.pebp.state.nv.us)

Deadline for Open Enrollment is: May 31, 2010.

Have you recently moved? If so, be sure to contact PEBP with your new mailing address

PEBP is pleased to announce that on July 1, 2010, it will partner with U.S. Preventive Medicine to provide a new wellness benefit for primary participants of the PPO plan. This new benefit will offer a variety of ways to improve health and save money.

Through the *Live Well, Be Well*, participants will have access to *The Prevention Plan*. The Prevention Plan provides an innovative approach to wellness by focusing on three key dimensions—assessment, intervention and reward. Here's how it works:

#### Step 1: Online Health Risk Appraisal is completed.

By completing this comprehensive questionnaire, the status of your health now and in the future, can be assessed. The results are posted on your individual Personal Health Record; a completely secure, online environment that will allow you to store all of your health records including lab results, surgeries, immunizations and more.

#### Step 2: Blood tests and vitals are collected.

Blood tests and biometric measurements such as height, weight, and blood pressure are collected through *worksites* health and wellness rallies, or at convenient offsite labs.

#### Step 3: Your Prevention Plan

After completing step 1 and 2, you will receive a customized Prevention Plan based

on your specific medical needs, including a step-by-step action plan that will help you get healthy, lower your risks and prevent disease.

#### Step 4: Work toward your health goals

You can work closely with registered nurses to lower any health issues that arise. Plus you have access to a private website with a Health Dashboard, action plans, and a progress meter. Your Health Dashboard will also give you reminders about needed screenings and you will have unlimited access to an entire library of resources including health news, "how-to" videos, and medical animations.

#### Step 5: Prevention Score Rewards

When you complete your Health Risk Appraisal and blood test, you will receive a \$25 gift card for use at more than 150 retail outlets (including Home Depot, Amazon, Starbucks, and J.C. Penney's). Plus, beginning July 1, 2011, you can save up to \$360 on your annual health insurance premium, depending on your Prevention Score at the end of Year 1. The Prevention Plan will also provide some very nice prize drawings.

#### When can I get started?

The registration period for The Prevention Plan is from July 1 to October 31, 2010. You can only join during this time and you will need to complete the online Health Risk Appraisal and get a blood test.

Continued page 2

## *Live Well, Be Well*

# The Prevention Plan

### BOARD MEMBERS

**Randy J. Kirner, Ed.D.**  
*Chairman*

**Jacque Ewing-Taylor**  
*Vice-Chair*

**George Campbell**

**Leo Drozdoff**

**Jeffrey Garofalo**

**Karen Caterino**

**Julia Teska**

**Teresa Thienhaus**

**Dawn Stout**

### EXECUTIVE STAFF

**Kateri Cavin**  
*Interim Executive Officer*  
*Operations Officer*

**Vicki Smerdon**  
*Executive Assistant*

**Donna Lopez**  
*Quality Control Officer*

**Jon Hager**  
*Chief Financial Officer*

**Chris DeSocio**  
*Chief Information*  
*Technology Officer*

### BOARD MEETING

**\*9:00 a.m.**

**May 6, 2010**

**Legislative Building**  
**Room 1214**

401 South Carson Street  
Carson City, NV

Video-conference site:

**The Grant Sawyer State**  
**Office Building**  
**Room 4401**  
555 E. Washington Avenue  
Las Vegas, NV

\*To confirm the date,  
time and location, visit:  
[www.pebp.state.nv.us](http://www.pebp.state.nv.us):

### **Why is this program important?**

It can save you -- and PEBP -- money over time, since it has been proven that preventive efforts can save on the cost of medications and out-of-pocket expenses, such as medical supplies and health insurance. The Prevention Plan can also help you manage or even stop diabetes, heart disease, cancer and other conditions, before they can start.

### **What free benefits are included?**

- Analysis of your health now and in the future, with top risks identified
- Up to 28 individual blood tests including diabetes, thyroid, liver, and kidney screenings
- Easy-to-understand report
- Telephone coaching sessions with Nurse Advocates and other health experts
- Advocacy support to navigate insurance benefits
- Summary of results for your personal doctor
- Schedules, alerts and information to guide you to better health
- Online education programs to teach you how to reduce your health risks
- Secure Personal Health Record to store medical information online so you can access from anywhere

### **I have diabetes, can I still be rewarded for my efforts?**

Absolutely. Participants with diabetes who are active in The *Diabetes Care Management Program* can use their annual wellness benefit—up to \$2,500 to receive:

- free medical office visits related to diabetes (no copayment)
- free routine blood testing services such as hemoglobin

- 50% off copayments for diabetes-related medications

### **Are there special services for those with diabetes?**

Yes. Living with diabetes can be challenging, so The Prevention Plan has a special program to provide you with extra TLC, support and education.



### **What about my privacy?**

The Prevention Plan and PEBP take your privacy and confidentiality very seriously. You can be assured that your personal health information will not be shared with PEBP, your insurance company or your employer.

### **I have already completed PEBP's Health Assessment Questionnaire, is this the same questionnaire?**

No. The Prevention Plan's Health Risk Appraisal (HRA) is new to PEBP. The Prevention Plan will administer the new HRA and the Prevention Plan wellness program for PEBP.

### **If I do not complete the HRA, can I still participate in the Prevention Plan?**

No. To participate in the Prevention Plan you must complete the HRA. After completing the HRA you will receive your Personal Health Report. This is an important component of the Prevention Plan that will give you a 360° health profile that you can use to roadmap your way to better health. The HRA provides an innovative, proven approach to help you identify your *current* health status and will pinpoint specific areas that *need improvement* so you can achieve your health goals.

## Live Well, Be Well The Prevention Plan

### If I am enrolled in the HMO plan, can I join The Prevention Plan?

No. The Prevention Plan will only be offered to *primary* participants in the PPO plan in this first year. The PEPP Board *may* decide to expand the program to the spouses and domestic partners of PPO participants in the program's second year, beginning July 1, 2011. If you are a participant in the HMO plan, you will want to contact your HMO plan about the wellness programs they may offer.

### Why is PEPP offering this program now, considering Nevada's current economic status?

Nevada's current economic status is why PEPP is offering this program now, rather than later. If current health trends continue to rise, the cost of expensive interventions to treat sickness, rather than prevent it, will increase the economic burden on all participants. PEPP is serious about improving the quality of healthcare, while maintaining plan costs for its participants. To achieve this, participants must engage in the power of prevention now and long-term. That is why PEPP has teamed with The Prevention Plan to offer this exciting new program on July 1, 2010.

### How do I find out more?

The Prevention Plan representatives will be at the open enrollment meetings. They will also host some entertaining meetings around the state. Be sure to watch the PEPP website for more information about the dates and locations. You can also learn more at [www.ThePreventionPlan.com](http://www.ThePreventionPlan.com) or by calling 877-800-8144.

**Open Enrollment**  
May 1 - 31, 2010

**View the Open Enrollment Guide:**  
[www.pepp.state.nv.us](http://www.pepp.state.nv.us)

**Without Internet access?**  
Call 775-684-7000 or 800-326-5496  
to request the Open Enrollment Guide.

## Health Plan of Nevada HMO



MyHEWOnline



HOME ABOUT MYRA MODULES MYTOOLS MYVIDEOS MYRESOURCES MYPROFILE CONTACT

## Health Plan of Nevada

Log on to a healthier lifestyle.  
*You are just a click away!*

### HPN's Health Education and Wellness

(HEW) has a long history of providing quality health education in a face-to-face setting. Now, HEW has *expanded* its service to also provide some of those same health education programs on the Internet through:

**MyHEWOnline**

### MyHEWOnline Programs:

- Diabetes
- Heart Health
- Pregnancy
- Preventive Healthcare
- Stop Smoking
- Weight Management

## Health Risk Appraisal (HRA)

Another feature of **MyHEWOnline** is the Health Risk Assessment (HRA). The HRA is your first step to better health. It is designed to help you identify your health and lifestyle profile. After completing the questionnaire, you will receive a personalized profile with recommendations to help improve your overall health.

For more information about HPN's online HEW or to enroll in a face-to-face class, visit HPN's website:  
<http://stateofnv.healthplanofnevada.com/home/default.asp>



901 S. Stewart Street, Suite 1001  
Carson City, NV 89701

*We're in it together*

## Hometown Health Plan HMO

### Regular Screenings Promote Wellness

**1**

#### Health Screenings

provide an insightful picture of your well-being

**2**

#### Your vital stats...

If they're too high, you may be at risk for disease

**3**

#### You pay a nominal copayment

for most preventive screenings

**4**

#### Get Checked!

Call your physician today for an appointment

### At Your Fingertips - [www.pebp.state.nv.us](http://www.pebp.state.nv.us)

Medical Coverage	Company	Phone	Website
PPO Medical, Dental, Vision Plan	UMR	877-963-8232	<a href="http://www.umar.com">www.umar.com</a>
PPO In-State Network	PEBP Statewide PPO	800-336-0123	<a href="http://www.pebpstatewideppo.com">www.pebpstatewideppo.com</a>
PPO Out-of-State Network	Beech Street	800-432-1776	<a href="http://www.beechstreet.com">www.beechstreet.com</a>
PPO Pharmacy Plan	Catalyst Rx	800-799-1012	<a href="http://www.catalystrx.com">www.catalystrx.com</a>
PPO Pre-certification and Case Management	APS Healthcare	888-323-1461	<a href="http://www.apshealthcare.com">www.apshealthcare.com</a>
PPO Diabetes Care (Disease) Management	U.S. Preventive Medicine (effective July 1, 2010)	877-800-8144	<a href="http://www.pebp.state.nv.us">www.pebp.state.nv.us</a>
HMO Northern Nevada	Hometown Health Senior Care Plus Plan	775-982-3232 775-982-3112	<a href="http://stateofnv.hometownhealthplan.com">http://stateofnv.hometownhealthplan.com</a>
HMO Southern Nevada	Health Plan of Nevada Senior Dimensions	702-242-7300 702-242-7301	<a href="http://stateofnv.healthplanofnevada.com">http://stateofnv.healthplanofnevada.com</a>
4 PPO/HMO Dental	Diversified Dental Services	775-337-1180 702-869-6200	<a href="http://www.ddsp.com">www.ddsp.com</a>