

Blue Notes

A QUARTERLY PUBLICATION
FOR EAST BATON ROUGE
CITY-PARISH EMPLOYEES

2012 VOL. 2, ISSUE 4

Go Paperless; Get Information About Your Claims Online

You can now get your Personal Health Statements electronically instead of through the mail!

Your Personal Health Statements (some people call them your Explanation of Benefits) are the statements you receive in the mail that explain your healthcare claims. Each time you use your insurance, the law requires us to send you information about your claim, sometimes triggering a dozen or more statements in your mailbox each month.



Besides clearing the clutter, going paperless is good for the environment, lowers the administrative cost of your plan, and helps you stay organized.

- Log in to your online account at www.bcbsla.com.
- Under **Account Management**, click **My Preferences**.
- Under **My Services**, click **Paperless** next to the sentence that reads, "How do you want your Personal Health Statement (PHS) delivered?"

After you've changed your settings, we'll stop mailing paper copies of your Personal Health Statements. Instead, we'll post each statement to your online account and alert you by email when a statement is ready.

Go paperless today! ■

2013 Changes to Prescription Drug Benefits

Each year, our Pharmacy and Therapeutic Committee, a group of Louisiana doctors and pharmacists, reviews all of our prescription drug safety and cost facts, then recommends any necessary changes. If changes were made to your pharmacy benefit plan for 2013, we will send you a letter outlining these changes before they are effective. ■

Healthy Blue Beginnings Helps New & Expecting Moms

Our maternity support program, Healthy Blue Beginnings, is open to members who are pregnant, thinking about becoming pregnant, or have a baby less than 1 year old. The program provides information and support to help keep you and your baby healthy. Best of all, it's available at no extra cost to you.

Registered nurses are here to help

Blue Cross nurses dedicated to Healthy Blue Beginnings offer confidential support and resources just for you. You can reach a Healthy Blue Beginnings nurse by calling our Case and Disease Management line:

- Call 1-800-317-2299
- Press 1 to speak with a nurse

We wish you all the best in your journey into motherhood and beyond! Let Healthy Blue Beginnings help you make the trip as smoothly as possible. ■



**BlueCross BlueShield
of Louisiana**

An independent licensee of the Blue Cross and Blue Shield Association.

Blue Cross and Blue Shield of Louisiana incorporated as Louisiana Health Service & Indemnity Company



**HMO
Louisiana, Inc.**

A subsidiary of Blue Cross and Blue Shield of Louisiana, independent licensees of the Blue Cross and Blue Shield Association.



Employees and Others Participate in Screenings at the City-Parish Health Fair

This year's health fair, held on Aug. 16, 2012, was a great success toward preventing illness among City-Parish employees and others. More than 400 City-Parish employees, retirees, spouses and outside agency employees attended this year's health fair.

Even more impressive is that around 80 percent of those at the health fair were screened for preventable diseases like high blood pressure and diabetes. These diseases and many more can be prevented if signs are caught early. Getting screened and learning more at health fairs like this one are important steps toward staying healthy! ■

Stay Safe: Designate a Driver This Holiday Season

Don't be a statistic. According to the National Highway Traffic Safety Administration, on average, one in three people will be involved in a drunk-driving crash in their lifetime. You don't have to be one of them. Mothers Against Drunk Driving (www.madd.org) offers some tips to help you and your family stay safe this holiday season:

- Designate a sober driver **before** you begin your celebrations.
- Never serve alcohol to anyone under age 21.
- Plan safe parties. Be sure to have non-alcoholic drink options for guests and don't serve alcohol during the last hour of your party.
- Be prepared to get everyone home safely. Have alternative plans ready in case you need them for guests who shouldn't drive.

Holiday Feasting

Don't forget to "Do the 2" during the holidays! Enjoy your holiday favorites, but try not to overdo it. And, the perfect cure for an overfull tummy is to take a nice brisk walk after a big feast or holiday party. It will refresh you and thwart any post-turkey laziness. After all, you've got shopping to do!

For more information on how to "Do the 2: Eat Right and Move More" and to stay healthy during the holidays or any day, visit www.Louisiana2Step.com ■



New Chief Medical Officer to Focus on Prevention and Affordable Care

Dr. David Carmouche has joined Blue Cross and Blue Shield of Louisiana as senior vice president and chief medical

officer. In his role, Carmouche will lead efforts to promote health and wellness, while addressing the cost of healthcare.

Noted for being Louisiana's first clinical lipidologist, Carmouche has a keen interest in preventing and managing chronic illnesses like heart disease, high blood pressure and diabetes. He joins Blue Cross after spending 15 years in internal medicine practice at the Baton Rouge Clinic.

"Dr. Carmouche focuses on exactly the types of problems that plague our state and our members. His message of preventing chronic illness through healthy lifestyle choices — including eating right, maintaining an ideal body weight, exercising and not smoking — is perfectly aligned with where we want to focus," said Mike Reitz, Blue Cross president and CEO. ■



Follow me on Twitter!
@DrCarmouche

