



Please keep this with your other benefits information

Plan Update

VOL. TWENTY-THREE

NO. EIGHTY-SEVEN

December 2010

Health Care Reform and Dependent Children up to Age 26

In order to clarify any misunderstanding of a provision of the Affordable Care Act that took effect on September 23, 2010 that require health plans to insure dependent children up to the age of 26, please be advised, in regards to **ERISA self-funded plans**, this provision takes effect on the 1st day of the "plan year" following September 23, 2010. Consequently, the Affordable Care Act's provision of extending coverage for young adults until they turn 26 years old will be implemented for your health plan on July 1, 2011. Any eligible dependent children up to the age of 26 who were previously terminated under the plan due to age restrictions or if they were no longer a student can be re-instated under the Plan on July 1, 2011. All enrollees will be notified directly sixty (60) days prior to July 1, 2011 with more specific details regarding this Act's provision.

Student Verification

Did you submit student verification for Fall 2010 semester for your covered child who is between the ages of 19 and 25? If it has not been received by Vale-U-Health, that child's benefits have been suspended.

Provider Update

We are pleased to announce the following additions to the Vale-U-Health Panel Provider Network effective 11/8/10:

Peter Davis, MD – Radiology
Heesun Kim, MD – Radiology
Frank Papa, MD – Radiology
Gautam Patel, MD – Radiology
Stanford Gordon, MD – Radiology
(effective 11/19/10)

The above providers are part of IRG Diagnostics, a service of Monongahela Valley Hospital, and have two locations:

4198 Washington Road
Route 19
McMurray, PA 15317
724-942-5144

2001 Lincoln Way
Oak Park Mall, Unit 19
White Oak, PA 15131
412-267-5150

The following provider is no longer part of the Vale-U-Health Panel Provider Network:

Scott Stoller, MD – Ophthalmology
(effective 10/1/10)

Selecting Panel Providers

When making your choice of a panel physician, also include in the decision making where that panel physician has their hospital privileges. A panel physician could have privileges at a hospital that is not in network and then you could be responsible for all or a portion of the hospital charges.

Happy Holidays

The Staff at Vale-U-Health would like to wish all of you a safe, healthy and peaceful holiday season!

"Healthy Hints provides selected general information as a public service to the employees of Monongahela Valley Hospital and the Panel Providers that serve them. For more specific information, contact us directly."

Healthy Hints...



Pennsylvania Health Care Plan
Southwestern Pennsylvania
The MVH Employee Preferred Provider Organization

WillowPointe Plaza
800 Plaza Drive • Suite 230
Belle Vernon, PA 15012
724-379-4011
Fax: 724-379-4354

'Tis the Season!

With all the giving and receiving of gifts this Holiday Season, don't let the flu be one of them! It is not too late to get your shot. The "flu" is a very contagious viral infection of the nose, throat and lungs. It is considered one of the most severe illnesses of the winter season. The flu virus is spread from person to person when an infected person coughs or sneezes. Influenza can lead to hospitalization or even death. Signs and symptoms include fever and chills, dry cough, headache, runny nose/sore throat, muscle and joint pain.

Fortunately, there is a vaccination available to help prevent the flu. If you have not received your shot and are interested, it's not too late! The Employee Health Office still has doses available. Any interested employee may call x1224 to schedule his or her shot.

Precertification Reminder

Precertification is needed for the following care:

- Planned inpatient admissions
- Any outpatient surgery
- Durable Medical Equipment
- Home Care/ Home Infusion Visits
- Physical Therapy, Occupational Therapy, Speech Therapy, and Chiropractic Care
- MRI, MRA, PET, and CT Scans
- Home Host out of network services

Please call the Vale-U-Health precertification department at 724-379-4011 option #2 to precertify services or if you have any questions.

Preventive Screenings

As the old adage goes... "An apple a day helps keep the doctor away" and so does keeping up to date with important immunizations and screenings. On an annual basis, Vale-U-Health provides to the enrollees Preventive Guidelines, which are based off general standards of care as well as the Center for Disease Control suggestions.

According to the recent Enrollee Satisfaction Survey and our paid claims data, our members may be falling behind in receiving certain preventive screenings. Please pay particular attention to the following categories, and if you have not received your screening, please speak with your physician.

- Women age 42 and older should have a mammogram (breast cancer) once every 1 to 2 years
- Women age 21 and older should have a PAP test (cervical cancer) once every 1 to 3 years
- Men age 51 and older should have a PSA test (prostate cancer) annually

A little preventive maintenance can go a long way and also aid in the process of early detection and treatment.