



Plan Update

VOL. TWENTY-ONE

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June 2008

Healthy Hints...

MedExpress

Effective July 1, 2008, MedExpress Urgent Care (all locations) and MinuteClinic, Inc. (all locations) will become out-of-network providers for enrollees in MVH's Group Medical Plans.

Provider Update

We are pleased to announce the following additions to the Vale-U-Health Panel Provider Network effective April 9, 2008:
Neerja Kaul, M.D. – Internal Medicine
Uzma Khan, M.D. – Internal Medicine

Notice of Privacy Practices

The HIPAA Privacy Rule requires health plans to remind enrollees every three years of the availability of its Notice of Privacy Practices, as well as how to obtain a copy of the notice. The Notice was last issued to all enrollees on July 1, 2005 and to each newly-enrolled member thereafter. To obtain a copy of the Notice, enrollees can contact Vale-U-Health Member Services Department at 724-379-4011, Option 1.

Obesity Disease State Management Survey

Thanks to all who participated in the survey; your responses are appreciated. We will be reviewing them so that we can make improvements to better serve the needs of the participants. If you have any suggestions or ideas, please contact Trina Curcio at 724-379-4011 ext. 2408. Congratulations to our \$25.00 Sheetz gas card winner!

PHCP/Amendment No: WBC060108

Effective: June 1, 2008

The Pennsylvania Health Care Plan (the "Plan") is hereby amended to add the following change:

The Plan will cover expenses for *Well Baby Care, up to 19-months of age*, subject to any limits as described in the Schedule of Benefits section of the Plan Document / Summary Plan Description for all Monongahela Valley Hospital Group Medical Plan types (Exclusive, Home Host, Preferred).

The Plan Documents and Summary Plan Descriptions will be amended to reflect this change. All other terms and conditions of the Plan which are not affected by this Amendment are unchanged.

Pharmacy Co-Payment Increase

Effective July 1, 2008, the following co-payments will be in effect:

Retail Panel Providers – Up to a 30-Day Supply

Generic	\$12
Brand / Formulary	\$30
Brand / Non-Formulary	\$67

Mail Order – Up to a 90-Day Supply

Generic	\$24
Brand / Formulary	\$60
Brand / Non-Formulary	\$134



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

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

"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."

Rights and Responsibilities

Enrollees' Rights

- Enrollees have the right to be treated with respect and receive recognition of their dignity and need for privacy.
- Enrollees have the right to choose their own doctors from the list of Vale-U-Health network doctors and to receive timely care in an emergency.
- Enrollees have the right to have their medical records kept confidential.
- Enrollees have the right to see their medical records and to request copies for themselves, upon submission of written consent to the provider.
- Enrollees have the right to a candid discussion of appropriate or medically necessary treatment options for their conditions, regardless of cost or benefit coverage.
- Enrollees have the right to know about Vale-U-Health, its programs and services, and its providers' and members' rights and responsibilities.
- Enrollees have the right to receive clear and complete information from their doctors about their health conditions and treatments.
- Enrollees have the right to file a grievance or appeal about Vale-U-Health or its providers.
- Enrollees have the right to request restriction on private health information.
- Enrollees have the right to request confidential communication of private health information.
- Enrollees have the right to request to amend private health information on file.
- Enrollees have the right to receive an accounting of private health information disclosure.

Enrollees' Responsibilities

- Enrollees have the responsibility to treat their doctors and other health care workers with dignity and respect. This includes being on time for appointments and calling ahead if they need to cancel appointments.
- Enrollees have the responsibility to tell their doctors as much about their medical history as they know.
- Enrollees have the responsibility to understand and ask questions about how to access health care services appropriately.
- Enrollees have the responsibility to follow their doctors' plans and instructions for care that they have agreed upon.

Contact Information:	
Member Service Department	724-379-4011 option #1
Utilization Review/Case Management	724-379-4011 option #2
US Mail	WillowPointe Plaza, 800 Plaza Drive, Suite 230 Belle Vernon, PA 15012