



Please keep this with your other benefits information

Plan Update

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Mandatory Insurer Reporting Law

A *new* "Mandatory Insurer Reporting Law" requires group health plan insurers to report information that the Secretary of the Department of Health requires for purposes of Coordination of Benefits (COB). As a member of Monongahela Valley Hospital's Group Medical Plan, Vale-U-Health (VUH) may be contacting you to request the social security number and/or Medicare Health Insurance Claim Number (HICN) for you and any covered dependents, if this information is not already on file. To confirm this mandatory reporting requirement under this law, please go to the Centers for Medicare & Medicaid Services website: www.cms.hhs.gov/MandatoryInsRep.

Going on Vacation?

If you are going on vacation outside the United States and require medical attention, you will probably be required to pay the provider for their services. Hospitals and physicians in other countries generally do not honor health care insurance cards. Be sure to obtain itemized receipts detailing the date, type of service performed and the charges incurred. These receipts should then be submitted for reimbursement consideration by the Plan.

Notice to New Enrollees

If you are a new enrollee of Monongahela Valley Hospital's (MVH) Group Medical Plan and you, along with any covered dependents, had prior health care coverage, please obtain from the previous carrier a "Certificate of Coverage" for each covered person and submit it to Vale-U-Health. The pre-existing condition limitation under MVH's Plan *may* not apply, if proof of prior creditable coverage is received.

"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."

Provider Update

We are pleased to announce the following additions to the Vale-U-Health Panel Provider Network effective March 19, 2009:

Natalie Furgiuele, MD – Breast Surgery

Michael Scheel, MD – Orthopaedics

David Welker, MD – Orthopaedics

Appointment Reminder

It has been brought to our attention (by provider offices) that some health plan members are approaching doctors at MVH, in person or by pager while they are rounding, to ask personal medical questions. Please be considerate of your doctor's time and remember he or she is at the hospital making rounds on their "inpatients."

If you have a personal medical question or health care need, please call your doctor's office to schedule an appointment. (*You should be using the regular office number and not the "backline" number*). This way, your doctor will have access to your medical record and will be able to maintain confidentiality while giving you the attention that you deserve. Additionally, provider offices follow triage protocol when scheduling appointments; please keep this in mind as you will be scheduled accordingly. As a final note, the co-payment for office visits under PHCP is currently \$20.00. If you have any questions regarding your benefit, please call Member Services at 724-379-4011, option 1.

Have a Safe and Happy Summer!

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

H1N1 Virus

In April of this year, the H1N1 virus was first detected in the United States. It was originally detected in other countries and referred to as the swine flu because many of the genes in this virus were similar to the influenza virus that pigs can get. Further research has shown that the H1N1 virus has a mix of genes from viruses of pigs, avian, and human genes.

The virus is spread in the usual way any seasonal influenza is spread - person to person. The symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headaches, chills and fatigue. According to the CDC, diarrhea and vomiting have also been reported. Anyone can become infected, but as with any virus, there are some people that are considered to be at higher risk. People that are 65 years and older, young children, pregnant women, and people with chronic medical conditions tend to be at higher risk.

While there is no vaccine at this time, there are some things that can be done to help prevent the spread:

- Use tissues and not a handkerchief. Throw the tissues away after each use. Cover your nose/mouth when sneezing and coughing (preferably with the crook of your arm).
- Avoid touching your mouth, eyes, and nose as you can transfer the germs from dirty hands.
- Wash your hands with soap and water. Teach kids to sing the alphabet while lathering up, this will give ample time to wash the germs away.
- Eat right and get plenty of rest.
- If you notice any symptoms, contact your doctor and follow his or her directions.

Summer Sun Safety Tip

Summer is on the way and that means more outside activities with an increased risk for UV exposure and skin cancer. The following are some simple things that can help reduce your risk:

- ✓ Use sunscreens that contain UVA/UVB protection
- ✓ Wear a hat
- ✓ Wear sunglasses
- ✓ Cover up
- ✓ Avoid artificial tanning
- ✓ Check skin regularly for irregular moles, etc.

Skin cancer, if caught early, has a very good prognosis. It is a good idea to know what to look for and report it to your doctor. Any lesion, moles, or marks that are new or seem to change should be reported as well as any skin problem with the following:

A= Asymmetry (unequal)

B=Border (uneven or irregular)

C=Color (changes in color)

D=Diameter (lesions that are increasing in size).

As always, if you have any questions regarding either of the above topics, please do not hesitate contact us!