



Plan Update

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June 2010

Benefit Changes

Effective July 1, 2010, Monongahela Valley Hospital's Group Medical Plan, a/k/a The Pennsylvania Health Care Plan, will be amended as follows:

- Copayment for in-network office visits will be \$30.00 per visit.
- The copayment for retail prescription drugs will be 30% of cost up to a maximum of \$100.00 per prescription.
- The copayment for mail order prescription drugs will be 30% of cost up to a maximum of \$200 per prescription.

Provider Update

We are pleased to announce the following additions to the Vale-U-Health Panel Provider Network effective 4/14/10:

Govindaraj Mohan, M.D. (Radiology)
Mark Fenemma, D.O. (Emergency Medicine)
Marcellus Boggs, M.D. (Emergency Medicine)

Please be advised the following provider is no longer part of the Vale-U-Health Panel Provider Network effective July 1, 2010:

Robert Chiu, M.D. (Otorhinolaryngology/Plastic Surgery)

Dependent Eligibility Requirement

If you have a dependent child between the ages of 19 and 25 and student verification has not been submitted for the Spring 2010 semester, that dependent's coverage has been suspended, until the student verification is received by Vale-U-Health (VUH). If your dependent has graduated, please notify VUH or MVH's Personnel Department as soon as possible.

Who is Paying Your Medical and Prescription Claims?

The answer is...your employer, Monongahela Valley Hospital (MVH). The Group Medical Plan for MVH's employees is a "self-funded" health plan. That means, MVH deposits funds to an account that is used to pay your medical and prescription drug claims. For calendar year 2009, MVH paid almost **9 million dollars** for your health care expenses. This is just one of the ways MVH values you, their employee.

Preventive Care and Well Baby Care

Your Group Medical Plan provides coverage for services provided for the following "routine/preventive" care and well baby care (until the baby reaches 19-months of age), only when the services are performed by a network provider (Vale-U-Health Network and/or supplemental network). *Enrollees in the Home Host Plan option must utilize the Vale-U-Health Network for these particular services.* Preventive Care and Well Baby Care services include the following:

- ✓ Annual Routine Physical Exam
- ✓ Annual Routine Gynecology Exam
- ✓ Annual Routine Pap Smear
- ✓ Routine Mammogram (annually after age 40)
- ✓ Immunizations (As listed in the PHCP Adult and Pediatric Preventive Guidelines and those required for travel.)
- ✓ Services included in the PHCP Adult and Pediatric Preventive Guidelines
- ✓ Well Baby Care, up to 19-months of age

Please refer to the back of this newsletter for additional preventive information and wellness screenings.

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

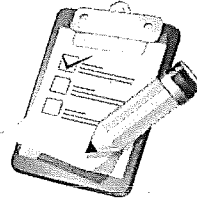
"Healthy Hints provides selected general information as a public service to the employees of Monongahela Valley Hospital and the Panel Providers that serve them. For more specific information, contact us directly."

Standards of Care Update

A recent review of claims for the Monongahela Valley Hospital Employee Group shows that our members are falling short in obtaining the basic standards of care for many disease processes as well as best practices for cancer screenings. With the busy lives that we lead, it's easy to put things off until later; however, we would like to take this time to encourage each and every one of you to take time for your health! Moreover, if you have an existing condition, keep tabs on it by following your doctor's orders and obtaining the necessary testing.

As a reminder, the diabetes management standard requires the following annual tests:

- ✓ HgbA1C
- ✓ LDL
- ✓ Micro Albumin test
- ✓ Foot Exam
- ✓ Retinal Eye Exam



Also, if nephropathy is present, you should have an annual evaluation by a nephrologist.

In addition, please remember to obtain your cancer screenings and keep in mind the importance of early detection and management. Cancer screenings are as follows:

- Mammography for Females 42 and Older
- Cervical Screenings for Females 21 and Older
- PSA Levels for Males 51 and Older

The following is where our members fall in relation to benchmarks:

Test	# Completed	Population	% Complete	CDC/American Cancer Soc	HEDIS Benchmarks
Mammogram	217	577	38%	68% CDC	66.0%
PAP (cervical cancer screening)	418	775	54%	83% Amer. Cancer Soc.	74.0%
PSA (prostate cancer screening)	101	249	41%	54% Amer. Cancer Soc.	None Avail.

We have also taken the opportunity to update the Vale-U-Health participating physicians on these standards so that they may encourage our members in getting these important tests.

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Have a Safe, Happy & Healthy Summer!

