



Plan Update

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September 2008

Provider Update

We are pleased to announce the following additions to the Vale-U-Health Panel Provider Network:

Effective 6/13/08 -

- Bernard Geiser, MD – Emergency Medicine
- Mark Hofbauer, DPM – Podiatry
- Mandiga Rao, MD – Anesthesiology
- Rick Sumrok, MD – Emergency Medicine
- Victor Stiebel, MD – Emergency Medicine

Effective 7/08/08 -

- Vipin Gupta, MD – Gastroenterology

Effective 8/13/08 -

- David Hepps, MD – Urology
- Jose Ramirez-DelToro, MD – Physical Medicine and Rehabilitation
- Giridhar Santebennur, MD – Hematology/Oncology

Effective 9/8/08 -

- Elaine Gelb, MD – Occupational Health

The following providers are no longer part of the Vale-U-Health Panel Provider Network:

- Kathleen O'Connell, DPM – Podiatry
- Kraig Pepper, DO – Orthopaedics
- Caroline Poirier, MD – Psychiatry
- Kevin Vrablik, MD – Occupational Health

Student Verification

It's time again to submit student verification (Fall 2008 semester) for your dependent child that is between the ages of 19 and 25, in order for their medical coverage to continue. **Verification must be on the institution's letterhead.**

Failure to provide student verification will result in the denial of claims received for this dependent. If the dependent child is no longer in school, please notify the MVH Personnel Department immediately.

Please refer to the back side of this newsletter for important survey information.

Preventive Reminders

- October is National Breast Cancer Awareness month, and as such, VUH would like to remind all women of the importance of a self breast exam which is a tool in early detection. In addition, women age 40-49 should receive a mammogram every 1-2 years and women age 50 and older should receive a mammogram annually.
- The plan also covers the Gardasil (HPV) Vaccine which is a series of three injections for females ages 9-26 years of age for the prevention of cervical cancer.
- A PAP test (to detect cervical cancer) is also recommended every 1-3 years after the age of 19. In addition, the plan will cover PAPs for ages 13-18 when indicated.
- PSA testing for the detection of prostate cancer is recommended annually for men age 50 and above.

Please refer to the 2008 Preventive Guidelines for more detailed information.

CFC-Free Albuterol Inhaler Mandate Approaching

January 1, 2009 will be here before you know it and on this date, patients requiring albuterol treatments will be required to change to inhalers that do not contain chlorofluorocarbons (CFCs). The federal government has mandated that inhalers containing CFCs cannot be sold after this date because the CFCs that they contain are harmful to the environment. When your doctor prescribes a new inhaler, please be sure to read the administration information in order to assure optimum drug effectiveness because there are some differences in using the new drugs. These differences include:

- ✓Must be primed by pumping four times;
- ✓Have a weaker spray with a warm, soft mist;
- ✓Have a different taste;
- ✓Requires a slower inhale; and
- ✓Need to be washed with warm water and air dried once a week.

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."

2008 PHCP/VUH Member Satisfaction Survey

The 2008 Vale-U-Health Member Satisfaction Survey is now underway. Please take a few moments to complete the survey which will provide useful information to the Vale-U-Health staff regarding both our strengths and areas needing improvement.

Simply click on the “2008 Pennsylvania Health Care Plan/
Vale-U-Health Member Satisfaction” link anytime through
September 30th which can be found in the following places:

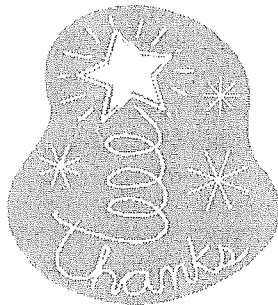


- ***MVH's Employee Only Website***
- ***MVH's Unity Dashboard***
- ***For all other users, it will be located as a favorite in Internet Explorer on your office computer.***

You may also take the survey from your home computer by typing the following link into your web browser:

<http://www.zoomerang.com/Survey/?p=WEB2287A7G6UFJ>

As a token of our appreciation, we will be holding a drawing on October 3, 2008 for several prizes. Upon completing the survey, please be sure to print an entry form and return it via interoffice mail to Vale-U-Health, or place it in the drawing box which is located in the Personnel Department of Monongahela Valley Hospital. Winners will be posted in the MVH Cafeteria and in the Women's Health Center at the Healthplex.



The prizes include:

- (6) - \$25 gas cards for Sheetz;
- (10) - \$10 gift certificates for Subway Restaurant; and
- (1) - Grand Prize \$75 gift certificate for Caporella's Bella Cucina

Thanks, in advance, for your participation. Should you have any questions or need assistance, please call Trina Curcio at 724-379-4011, ext. 2408.