



Annual Enrollment for Benefits

August 2009

Annual Enrollment Election Period Over

Don't Forget to Submit Your Evidence of Insurability Forms!

During Annual Enrollment (July 1 – July 31, 2009), if you made an insurance election on “My UT Benefits” that required completion of an evidence of insurability (EOI) form, the EOI form must be electronically submitted (through “My UT Benefits”) or postmarked by August 15, 2009.

Insurance Identification Cards

Separate New ID Cards to be Issued for UT SELECT Medical (BCBSTX) and UT SELECT Prescription Drug (Medco) Plans

New State requirements for insurance identification (ID) cards were passed during the Texas Legislative Session earlier this year. The result is that beginning with plan year 2009-2010, UT employees and retirees will receive separate ID cards for the UT SELECT Medical plan (administered by Blue Cross and Blue Shield of Texas) and the UT SELECT Prescription Drug plan (administered by Medco Health Solutions).

What to know about your new UT SELECT Medical ID Card

Before September 1, 2009, you will receive your new UT SELECT Medical ID Card from BCBSTX. This new Medical ID Card will feature the same information you are accustomed to seeing on your current ID card including your name and Benefit ID (BID) number, the UT System Group Number, copayment information for Family Care office visits, Specialist office visits, ER copayment information, telephone numbers for Customer Service and more. The UT SELECT Medical ID card will no longer contain any prescription drug information.

Please do not discard your current UT SELECT ID card until you receive your replacement ID cards. Even though the office visit copayment amounts are changing on the new ID card, you can still access your benefits with the old ID card.

After you receive your Medical ID cards in the mail, you can contact Blue Cross Blue Shield of Texas Customer Service at 1-866-882-2034 to request additional ID cards for your covered dependents.

What to know about your new UT SELECT Prescription Drug ID Card

Before September 1, 2009, you will receive your new UT SELECT Prescription Drug ID card from Medco. The new Prescription Drug ID card will feature information specific to your prescription drug benefits (no UT SELECT Medical benefits will be listed). Included on the ID card will be the member's name, Benefit ID number (BID), UT System group



number, new deductible and copayment information (for both retail and mail order), information regarding Medco Member Services, and other Medco resources.

Until you receive your new UT SELECT Prescription Drug ID card, you should continue to use your current UT SELECT ID card to obtain prescription benefits. While the copayment amounts will differ on the new Prescription Drug ID card, your prescription benefits can be accessed through the information printed on the current UT SELECT ID card.

After you receive your Prescription Drug ID cards in the mail, you can contact Medco Member Services at 1-800-818-0155 to request additional ID cards for your covered dependents.

Superior Vision ID Cards

Beginning September 1, 2009, Superior Vision will revise its ID Card to show the new Contact Lens Fitting Fee. Current UT enrollees in the vision plan will not be mailed revised ID Cards (unless they make a change in coverage during this Annual Enrollment to be effective September 1, 2009); however, current enrollees can log into the secure online portal on Superior Vision's website at www.superiorvision.com/ut to print an updated card. New enrollees effective September 1, 2009 and later will be mailed the revised ID Card.

PayFlex Debit Card

New UT FLEX Medical enrollees who selected the PayFlex Debit Card for plan year 2009-2010 can expect to receive their debit card in the mail prior to September 1, 2009. Current debit card users who made a UT FLEX election for 2009-2010 should check their current debit card for the expiration date. If the card is set to expire in August 2009, you will receive a new PayFlex Debit Card prior to September 1, 2009 as well. If the card does not expire in August 2009, you should retain the card and the new election will be loaded onto the current card effective September 1, 2009.

Wellness and Preventive Health Benefits

UT SELECT members have inquired, and the Office of Employee Benefits is pleased to announce that the Wellness and Preventive Health Benefits expanded under UT SELECT in September 2008 will continue during plan year 2009-2010 including colonoscopy benefits paid at 100%* (if performed by a network physician at a network facility). The colonoscopy benefit covers the cost of the procedure and associated charges such as member copayment, member coinsurance, outpatient facility charges, and physician fees. In addition, the colonoscopy benefit will not be subject to the plan year \$250 individual network deductible. With this enhanced colonoscopy benefit, UT SELECT members can have the procedure with no out-of-pocket cost under most circumstances.

*The 100% colonoscopy benefit is based on receiving treatment from a BCBSTX network physician. If treatment is received from a non-network physician, members will be subject to the lower non-network benefit that requires an out-of-pocket cost including

a \$500 plan year deductible per individual and 40% coinsurance of the allowable amount for the procedure. Any charges over the allowable amount are the member's/patient's responsibility.

The following link includes a table that illustrates the comprehensive list of Preventive Care benefits available either with no out-of-pocket cost or at the office copayment <http://www.utsystem.edu/benefits/pubs/news/WellnessandPreventionCoverage.pdf>

MEDCO-Get prescription reminders right on your desktop: Download the Medco Refill Reminder widget today!

UT SELECT members can participate in a Medco Pilot project known as the Medco Refill Reminder program. **The Medco Refill Reminder widget** is a small downloadable tool that lives on your desktop and reminds you when it's time to refill. As this program is still in the pilot phase, there is limited enrollment at this time. Based upon feedback and results, all UT SELECT enrollees may one day soon be able to enroll in the program as full participants.

Three reasons the Medco Refill Reminder widget could help you

1. It keeps track of your prescription activity, displaying the number of days' supply remaining on each of the prescriptions you have chosen to include.
2. It alerts you when it's time to refill your retail or mail-order prescriptions.
3. One click on the "go to medco.com" button will take you straight to www.medco.com when you want to refill or renew a mail-order prescription.





It's easy to get started: Just log on to www.medco.com and go to the Download center. Follow the instructions to install the Yahoo! Widgets platform and launch the Medco Refill Reminder widget.

That's it! Your widget is now on your screen, linked to your prescriptions.

The Medco Refill Reminder widget will run on a PC or Mac with any of these operating systems: Windows XP (Service Pack 2), Windows 2000 (Service Pack 4), Windows Vista, or Macintosh OS 10.3.9 or higher.

Medco appreciates your participation in the Medco Refill Reminder widget pilot program! Should you experience any issues with the widget or have suggestions on how the widget can be improved, please use the "Contact us" feature through www.medco.com.

Keeping track of your prescriptions is important to your health. Download the Medco Refill Reminder widget today.

For more information go to the
UT System Benefits Programs Website: <http://www.utsystem.edu/benefits/>



Retirement Corner

August 2009

Retirement Program Education Videos

The University of Texas System is pleased to present a series of new education presentations to assist you in your retirement and financial planning. The presentations are just a click away and can be viewed on your computer at any time.

The five presentations are:

1. **Staying The Course**—What is happening in the financial world? Find out in this informative presentation and also learn tips for staying focused on long term retirement goals, while at the same time avoiding common retirement mistakes.
2. **Is TRS Enough?**—The Teacher Retirement System offers eligible retirees a fixed amount of retirement income, but will that amount be enough to fund your retirement years? Learn about the basic TRS benefits and how you can use your UTSaver Voluntary retirement plans to fill the retirement income gap.
3. **On the Plus Side – Managing Debt**—Learn useful tips for managing debt. While it is important to start saving for retirement, it is equally important to stay out of debt to maximize that saving.
4. **Are you on Target?** –The focus of this presentation is on long term financial security and goals, and how you can use budget and saving tips to reach those goals.
5. **Retirement Strategies for Life**—This presentation discusses the changing income and expense requirements that new retirees face and provides tips for inflation protection and different possible distribution methods following retirement.

These presentations and a wealth of other information can be found at the UT System website at: www.utretirement.utsystem.edu in the spotlight section.



Wellness Wise

August 2009

NEW!!! Living Well Health Manager, powered by WebMD.

The Living Well Health Manager, powered by WebMD, is a new online resource available to all UT SELECT members (you, your spouse and dependent over the age of 18) that gives you the tools; information and support to help you – and your family – live a healthier lifestyle.

Start by registering for a private Living Well Health Manager account, available online at www.webmdhealth.com/ut. Once you register, the next step is to complete the confidential WebMD HealthQuotientSM (HQ) questionnaire to find how healthy you really are and to reduce your risk of illness.

DON'T WAIT - Complete your HQ by August 14, 2009 and WebMD will automatically send you a cool eco-friendly stainless steel 'Living Well Health Manager, powered by WebMD' water bottle. Your dependents are also eligible to receive a free water bottle, while supplies last, when they complete the HQ. Forward this email to your covered dependents and have them complete their HQ by August 14. ***Important Note About HQ*** – If you do **NOT** have your most recent biometric data, including preventive screenings and exams, you can still complete the HQ and receive your free WebMD water bottle. Fill in as much about your health as you can today – you can always come back and update the questionnaire later. At the end of the HQ, you must click the button '**SUBMIT**' to fully complete your HQ.

Start Living Well – register online at www.webmdhealth.com/ut and complete your HQ now!

KEY FEATURES

- WebMD HealthQuotient (HQ) helps you identify your personal health risks, provides recommendations for improving those risks, and informs you of the easy-to-use tools to help make healthy lifestyle changes.
- Symptom Checker helps you determine if and when you should seek medical treatment.
- WebMD Health Topics gives you current, reliable information about specific health conditions you may be interested in.
- WebMD Lifestyle Improvement Programs gives you the support and tools you need to stop smoking, eat healthier, manage your weight, improve your fitness, and even manage stress.
- Tracking tools allow you to chart your progress toward achieving specific health goals.



The Living Well Health Manager, powered by WebMD will be available starting July 1, 2009, exclusively through the "Living Well Make it a Priority" web site at:

www.webmdhealth.com/ut.

Learn what you and your dependents* need to do to complete the new WebMD HealthQuotient-Health Risk Assessment and get the FREE eco-friendly stainless steel water bottle.

*(over the age of 18)

Get To Know Yourself. The WebMD HealthQuotient (HQ) is one of the most powerful tools available to you through the new **'Living Well Health Manager, powered by WebMD'** online program. Just answer a few simple questions, and you'll receive detailed information about your personal health risk factors – along with a customized plan to help reduce or eliminate them. With HQ, your health isn't left up to fate. It's up to you.

HealthQuotient is available to you at no additional cost and is accessible within your 'Living Well Health Manager, powered by WebMD' web site. HQ gives you the information you need to stay one step ahead of potentially serious or chronic health problems.

Here's what you can expect when you complete your WebMD HQ:

- Receive a personalized health risk assessment, including a confidential report with "at-a-glance" summary and prioritized results.
- Delivers personalized recommendations to help reduce or eliminate your risk factors.
- Explore compelling "what if" scenarios to see the impact of changing certain lifestyle behaviors.
- Results can help you determine if you need intervention before a more serious condition may develop. Complete your HQ today!

To complete the WebMD HQ, go to www.webmdhealth.com/ut.

Living Well Health Manager—Health Coaching

Some individuals may be eligible to receive support from a personal Health Coach. Through a series of convenient phone conversations, your Health Coach can help you establish your health goals — and create a personalized program to meet your needs. Your coach will help you focus on the lifestyle behaviors that can help maximize your health. Some of the topics you discuss may include:

- Exercise
- Nutrition
- Strength training



- Weight management
- Stress management
- Smoking cessation
- Depression
- Alcohol

To see if you're eligible for a personal Health Coach, you must first complete your HQ located in your Living Well Health Manager. While it's up to you to take the first step toward better health by completing the HQ, support is just around the corner to help you achieve your big dreams of better health.

To complete the WebMD HQ, go to www.webmdhealth.com/ut.

IMPORTANT:

- Be assured that the information you provide in the WebMD HQ is completely confidential and will not be released to your employer.
- Water bottle provided by WebMD (while supplies last).
- [Print flyer and share with your dependents and co-workers.](#)
- Security Q&A:
 - **Q:** Who will have access to personal health information entered into the Living Well Health Manager?
A: All participant's health information entered into the Living Well Health Manager will be stored into each members personal page. The employer will not have access to individual data.
 - **Q:** What is the process with the security, the recording, and the distribution of personal information answered on the website with the HealthQuotient.
A: WebMD treats information at the highest security level. Any information sent back to UT System will be on an aggregate level, not on an individual level which means that the data will not provide names. The Request for Proposal process used by UT contains rigorous security measures that WebMD had to meet before being selected as the vendor for these services. These rigorous security measures are applied to all employee benefit contracts due to the sensitivity of the information and HIPAA requirements. WebMD's privacy policy is available on all pages of the Living Well Health Manager for viewing. For more details go to https://www.webmdhealth.com/main/hi_ethics/hi_ethics_privacy.aspx
 - **Q:** How will information be used in the future?
A: UT System will use this aggregate information to have a clear understanding on how to better support our UT SELECT members based on the overall health risks that are identified from the completion of the Health Quotient. UT System OEB will work with each institution providing aggregate reports for them to evolve their wellness initiatives along with



OEB and UT System as a whole. All self-funded plan information is owned by UT System; therefore, WebMD is the administrator of the health manager program and the vendor who processes and de-identifies the data.

This information is provided by The University of Texas System, Office of Employee Benefits and is not intended to replace the medical advice of your doctor or health care provider. Please consult your health care provider for advice about a specific medical condition.



Healthy Recipe of the Month

August 2009

How to Stretch Your Food Budget

Feed your family with less without sacrificing taste, freshness, quality, or nutrition using our money-saving tips. Out-of-season produce is costly and lacks flavor. Skip it; instead choose fruits and vegetables that are in season. When produce is at its peak, there's an abundance of it—and you can find it for a bargain. In the summer, enjoy tomatoes, cucumbers, fresh herbs, bell peppers, and more. During fall and winter, look to winter squashes; dark, leafy greens; citrus; and sweet potatoes. And in spring, try berries, asparagus, artichokes, and fresh peas.

For a delicious and also highly nutritious summer dish, try the following recipe.

Pita Salad with Tomatoes, Cucumber, and Herbs

Yield:

8 servings (serving size: 1 1/4 cups)

Ingredients:

- 3 (7-inch) pitas
- 4 cups coarsely chopped romaine lettuce
- 2 cups diced English cucumber
- 2 cups halved cherry tomatoes
- 2/3 cup (3 ounces) crumbled feta cheese
- 1/2 cup finely chopped red onion
- 1/2 cup chopped fresh mint
- 1/4 cup thinly sliced green onions
- 1/4 cup finely chopped fresh flat-leaf parsley
- 6 tablespoons fresh lemon juice
- 1 teaspoon sugar
- 1 teaspoon freshly ground black pepper
- 1/2 teaspoon kosher salt
- 1/4 cup extra-virgin olive oil

Preparation:

1. Preheat oven to 375°.
2. Arrange pitas on a baking sheet. Bake at 375° for 14 minutes or until dry and crisp, turning after 7 minutes. Set aside; cool.
3. Combine lettuce and next 7 ingredients (through parsley) in a large bowl. Break pitas into bite-sized pieces. Add pitas to salad; toss gently to combine.



4. Combine juice, sugar, pepper, and salt in a bowl; gradually add oil, stirring constantly with a whisk. Drizzle dressing over salad; toss well to coat. Let stand 30 minutes; serve at room temperature.

Nutritional Information:

- Calories: 183
- Fat: 10g (sat 2.9g, mono 5.6g, poly 1g)
- Protein: 4.9g
- Carbohydrate: 19.6g
- Fiber: 2.3g
- Cholesterol: 11mg
- Iron: 1.5mg
- Sodium: 386mg
- Calcium: 107mg

Source:

Diane Morgan, Cooking Light, JULY 2009

Resources:

- **NEW!!! Living Well Health Manager, powered by WebMD.**

Get your free eco-friendly stainless steel water bottle.
Simply complete your HealthQuotient by August 14, 2009.

We know good health is important to you and your family. That's why effective July 1, 2009, the University of Texas System will offer you a great new resource called the '**Living Well Health Manager, powered by WebMD.**' This personalized health information resource gives you and your family* free and easy access to the information you need to make smart choices about your health. From providing critical information about preventing or managing serious disease – to developing a personalized health improvement plan – you'll find a variety of powerful and easy-to-use tools from one of the most trusted sources of health and medical information – WebMD!

**Program available to all UT SELECT members (Employees, Retirees, Dependents (over the age of 18), Surviving Spouses and COBRA participants).*

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Featured Resources

July 2009

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Top Questions to Ask Your Doctor

We believe that an understanding of the relationship between health and cost of care and better communication with your doctor will ultimately increased use of self care practices. Below we have listed several top modifiable/preventable conditions with questions to ask your doctor:

- [Blood Pressure](#)
- [Cholesterol](#)
- [Diabetes](#)
- [Depression](#)
- [Metabolic Syndrome](#)

To view and print these top questions go to
<http://www.livingwell.utsystem.edu/myhealth.htm#drQ>