



Bytes®

An Annual Publication for Teachers Health Trust Providers

February 2011  Volume 6

Teachers Health Trust Update: 2011 Plan Changes (Effective January 1, 2011)

- ☆ The Teachers Health Trust (TRUST) has launched a new medical weight management program called Safely Taking Off Pounds (S.T.O.P.). This program began for all Diamond and Platinum Medical Plan participants and their eligible dependents in January 2011. The plan is also available to Retiree Health Trust (RHT) participants. If you have patients that need assistance with weight management, you may refer them to the Trust Wellness Department at 702-866-6192 to inquire about the S.T.O.P. Program.
- ☆ Neuropsychological testing and psychosocial therapy require prior authorization through Human Behavior Institute (HBI).
- ☆ The Trust has a new protocol for prior authorization of detoxification medications. The participant must make an appointment with HBI for an assessment. If it is determined by HBI that authorization for a detoxification medication is approved, the Trust will be notified. The participant must then schedule an appointment with their medical physician, who would determine whether a detoxification medication is appropriate. If so, the participant would obtain a prescription from the medical physician. The prescribing physician must fax a copy of the prescription to the Trust at 702-794-2093 so that we can establish prior authorization, which allows the participant to fill the medication using their prescription card. The fax should include the name and dosage of the medication, the patient's name, and date of birth.

Pharmacy Copayment Chart for Diamond, Platinum & Retiree Health Trust Plans

Type of Drug	THT DIAMOND Plan		THT PLATINUM Plan		RHT Plan	
	Participating Retail Pharmacy 34-Day Supply	Medco Mail Order 90-Day Supply	Participating Retail Pharmacy 34-Day Supply	Medco Mail Order 90-Day Supply	Participating Retail Pharmacy 34-Day Supply	Medco Mail Order 90-Day Supply
Generic	\$0	\$0	\$0	\$0	\$0	\$0
Preferred Brand	\$25	\$50	\$30	\$60	\$30	\$60
Non-Preferred Brand	\$40	\$80	\$45	\$90	\$45	\$90

Help increase compliance by prescribing generics: Your Teachers Health Trust patients will pay \$0

Today, few people can overlook financial considerations. In the time it takes to write a prescription, you can help your Trust patients get many of their medications at no cost to them. Trust participants pay a \$0 co-payment when you prescribe generics.

We know physicians appreciate the importance of medication compliance and understand that cost can be a serious deterrent. In fact, 7 out of 10 Trust prescriptions are already written for generics.*

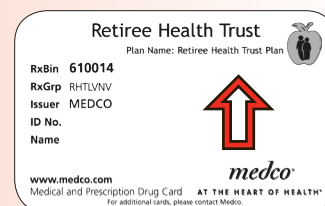
The introduction of the first generic angiotensin II receptor blockers last year and the expected launch of other new generics in 2011 provide even more opportunities for you to help your patients afford the medications they need and to help the Trust control healthcare costs.

*Medco, data on file, 2010.

[Note: This refers to the Teachers Health Trust performance overview with the 71.6% generic dispensing rate figure.]

THT Medical Cards and Copays

The following are examples of the various Trust medical cards. Look for the plan name at the top right-hand corner of the participant's medical card.



BASIC COPAYS

In-Plan Benefits	THT DIAMOND Plan	THT PLATINUM Plan	RHT Plan
All Office Visits (including Mental Health)	\$20 per visit	\$30 per visit	\$30 per visit
Urgent Care	\$20 per visit	\$30 per visit	\$30 per visit
Laboratory	\$0 if performed by an in-network, free-standing laboratory in the service area, \$10 per test if performed by other network physician/lab	\$0 if performed by an in-network, free-standing laboratory in the service area, \$15 per test if performed by other network physician/lab	\$0 if performed by an in-network, free-standing laboratory in the service area, \$15 per test if performed by other network physician/lab
Diagnostic & Radiology Procedures	\$10 per test procedure	\$20 per test procedure	\$20 per test procedure
CAT Scans	\$50 per test procedure	\$75 per test procedure	\$75 per test procedure
MRI	\$50 per test procedure	\$75 per test procedure	\$75 per test procedure
PET Scans	\$200 per test procedure	\$400 per test procedure	\$400 per test procedure
Outpatient Facility	\$150 per surgery	\$200 per surgery	\$200 per surgery
Outpatient Surgeon	\$125 per surgery	\$250 per surgery	\$250 per surgery
Anesthesia	\$100	\$150	\$150
Assistant Surgeon	\$0	\$0	\$0
Hospital Observation	\$100 per day	\$150 per day	\$150 per day
ER - Emergency Services	\$150 per visit	\$300 per visit	\$300 per visit
ER - Non-Emergency Services	\$250 per visit	\$400 per visit	\$400 per visit
Ambulance	20% coinsurance	30% coinsurance	20% coinsurance
Routine OB Care (Physician)	\$150 for all routine office visits and delivery	\$300 for all routine office visits and delivery	\$300 for all routine office visits and delivery
Inpatient Routine Newborn Circumcision	\$20	\$30	\$30
Inpatient Hospital/Facility (including Mental Health)	\$150 per day up to \$450 per admission	\$300 per day up to \$900 per admission	\$300 per day up to \$900 per admission
Inpatient Procedures (Surgeon)	\$125 per surgery	\$250 per surgery	\$250 per surgery
Anesthesia	\$100	\$150	\$150
Assistant Surgeon	\$0	\$0	\$0
Inpatient Visits	\$0	\$0	\$0
Allergy Testing	\$1 per test	\$2 per test	\$2 per test
Allergy Antigen	\$1 per dose	\$2 per dose	\$2 per dose
Allergy Injections	\$5 per injection	\$10 per injection	\$10 per injection
Orthotics & Prosthetics (includes foot orthotics)	Participants are responsible for 20% coinsurance	Participants are responsible for 30% coinsurance	Participants are responsible for 20% coinsurance
Durable Medical Equipment	Participants are responsible for 20% coinsurance	Participants are responsible for 30% coinsurance	Participants are responsible for 20% coinsurance
Inpatient and Outpatient Hospice Services	Participants are responsible for 20% coinsurance	Participants are responsible for 30% coinsurance	Participants are responsible for 20% coinsurance
Home Health Care	Participants are responsible for 20% coinsurance	Participants are responsible for 30% coinsurance	Participants are responsible for 20% coinsurance
Skilled Nursing & Rehabilitation Facilities (This is separate from hospital copays.)	\$150 per day up to \$450 per admission	\$300 per day up to \$900 per admission	\$300 per day up to \$900 per admission
Outpatient Dialysis Facility	\$20 per visit	\$30 per visit	\$30 per visit
Outpatient Dialysis Physician	\$20 per visit	\$30 per visit	\$30 per visit

Services Requiring Prior Authorization

Medical

- MRI, MRA, PET & CT Scans (prior authorization for each service is required)
- Blepharoplasty (eyelid surgery)
- Botox Injections
- Breast Surgery
- Continuous Glucose Monitor
- Cosmetic Surgery
- Dialysis
- Durable Medical Equipment (valued at \$500 or greater)
- Durable Medical Equipment Repairs/Replacements
- Endoscopy
- Extended Network Benefit
- Hernia Repair
- Home Health
- Hospice
- Inpatient Admissions
- Nerve Conduction Study/Electromyography (EMG)
- Oral Appliance for Sleep Apnea
- Pain Management (nerve blocks)
- Sclerotherapy (vein surgery)
- Skilled Nursing Facility
- Transplant and follow-up transplant services
- Virtual Testing (when diagnosis is present)

You can obtain prior authorization in three ways:

- 1.) Call ENCOMPASS at 1-800-779-4158
- 2.) Fax ENCOMPASS at 1-515-273-8780
- 3.) Access the ENCOMPASS website at www.ENCOMPASSonline.com.

The preferred method of obtaining authorization is through the web. This method allows you to start a medical review, add updated clinical information to a case, check the status of a case, or ask a question whenever it is convenient for you 24 hours a day.

Mental Health & Chemical Dependency

- Counselor Visits (*after 24 sessions*)
- Detoxification Medications
- Group Therapy Visits (*after 24 sessions*)
- Inpatient Care
- Mental Health Nurse Practitioner Visits
- Neuropsychological Testing
- Partial Hospitalization
- Psychiatric Visits
- Psychological Rehabilitation
- Residential Treatment
- Therapist Visits (*after 24 sessions*)

You can obtain prior authorization by:

Calling Human Behavior Institute (HBI) at 1-800-441-4483 or 1-702-248-8866

Prior authorization should be obtained at least 48 hours prior to service. In an emergency, contact HBI as soon as possible following the emergency.

Always Refer Trust Participants to In-Network Providers

For an up-to-date list of Trust in-network providers, go to the Trust website at www.teachershealthtrust.org. Click on the "Find a Doctor" option. As an in-network provider, you have agreed to only refer participants to other in-network providers. If you are having difficulty finding an in-network provider who can perform a specific service, our nurse case managers can help. You can contact them via e-mail at casemanager@teachershealthtrust.org or by calling 1-866-585-2273. You must contact them prior to referring a participant to an out-of-network provider.

In-Network Providers Hospitalist Groups

If you utilize a hospitalist group, please verify the group is in-network using the list below. If your hospitalist is not contracted, ask the group to become an in-network provider for the Teachers Health Trust by referring them to the Trust Provider Relations Department via e-mail at providerrelations@teachershealthtrust.org or by calling 1-702-866-6120. If you choose to use hospitalists, you must refer patients only to in-network providers.

- Syed Saqib Ahmad, MD
- Alexander Akhavan, MD
- Children's Acute Care - Nevada
- Dixie Hospitalists
- Afshin Doust, MD
- Fremont Primary Care Hospitalists
- Hadiza E. Hamza, MD
- Stephanie Hansen, MD
- Hospitalist Medicine Physicians of Clark County (UMC only)
- Monsuru Ibraheem, MD
- Inpatient Consultants of Nevada
- Farida Khan-Sewani, MD
- Thomas Land, MD
- Khoa S. Le, DO
- Nevada Hospitalist Group
- Nevada Hospitalists
- Huy Nguyen, MD
- Emmanuel Orwutuebe, MD
- Milan L. Patel, MD
- Sujay Patel, DO
- Daniel Sabry, MD
- Lewis H. Self, MD
- Muhammad Shafique, MD, PC
- Rebecca Sinai, DO
- Emad E. Soumi, MD
- Sean S. Steele, MD
- Muhammed A. Syed, MD
- Joaquim S. Tavares, MD
- Sofia Tselikis, MD
- Muhamid Nasir Turfail, MD
- United Hospitalist Incorporated (UHI)
- University Health System (UMC only)
- Vegas Valley Primary
- Sandeep Vijay, MD
- Zenith Hospitalists
- Poupak Ziaei, MD
- David Zipf, MD

CONTACT INFORMATION

Teachers Health Trust (THT) & Retiree Health Trust (RHT)

Eligibility, Benefits, Claim Information

Website: THT: www.teachershealthtrust.org
RHT: www.rhtlvnv.org

E-mail: THT: serviceteam@teachershealthtrust.org
RHT: serviceteam@rhtlvnv.org

Phone: THT: 702-866-6160
RHT: 702-835-1240

Fax: THT & RHT: 702-794-2093

Mail paper claims to:

Teachers Health Trust	Retiree Health Trust
P.O. Box 96238	P.O. Box 93266
Las Vegas, NV 89193-6238	Las Vegas, NV 89193-3266

Send electronic claims to:

Teachers Health Trust Payor ID 88019
Retiree Health Trust Payor ID 26316

Hours of operation for THT & RHT:

Monday – Thursday: 7:00 a.m. to 5:45 p.m.
Friday: 9:00 a.m. to 11:45 a.m.

Encompass

Medical Authorizations

Website: www.ENCOMPASSonline.com

Phone: 800-779-4158

Fax: 515-273-8780

Human Behavior Institute (HBI)

Behavioral Health Authorizations

Phone: 702-248-8866

Toll-free: 800-441-4483

Medco

Mail Order Pharmacy

Website: www.medcohealth.com

Phone: 800-818-2364

For Instructions on Faxing Prescriptions:

1-888-327-9791

Drugs Requiring Prior Authorization:

800-753-2851



TEACHERS HEALTH TRUST
2950 E. ROCHELLE AVENUE
LAS VEGAS, NV 89121

TRUST TidBITS

Services/Items Not Covered

The Trust regularly receives inquiries as to whether a service is covered by the plan. Below are a few services not covered by the plan that the Trust received multiple inquiries about in 2010.

- *Over the counter nutritional formulas*
- *Over the counter smoking cessation medications*
- *Non-FDA Approved procedures such as bone marrow transplants during foot or back surgery*
- *Orthotripsy*

Trust Holidays/Office Closures

The Trust offices will be closed for the following holidays:

- | | |
|--|---|
| • President's Day: February 21 st | • Veterans Day November: 11 th |
| • Spring Break: April 22 nd | • Thanksgiving Holiday: November 23 rd (office open 8:00 to 10:45 a.m.), Closed November 24 th & 25 th |
| • Memorial Day: May 30 th | |
| • Independence Day: July 4 th | |
| • Labor Day September: 5 th | • Winter Break: December 23 rd through the 30 th |
| • Nevada Day: October 28 th | |

When Chronic is Not Forever

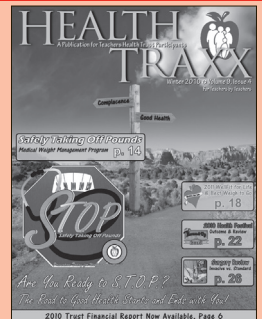
The role of hormone therapy in the management of menopause symptoms...and the associated risks...have been the subject of much research and debate over the course of the past decade. The American College of Obstetricians and Gynecologists, North American Menopause Society, and the Endocrine Society recommend treating menopause symptoms with the lowest effective dose for the shortest duration. This is especially important as the risks associated with hormone therapy increase with age, the time since menopause, and the duration of use. However, recent analysis of drug utilization data suggest that many women are still utilizing some form of hormone drug therapy into their 70's and beyond.

Early in 2011, the Trust will be supporting a communication campaign, in conjunction with the Medco Women's Health Therapeutic Resource Center, encouraging women over the age of 60 to discuss the need for continued therapy with (you) their doctor and work together with you on a plan to decrease or discontinue use if appropriate.

Provider Advertisement Opportunities

The Teachers Health Trust publishes *Health Traxx*, a quarterly publication that enjoys circulation to more than 18,000 educators of the Clark County School District. To review a copy, visit www.teachershealthtrust.org and click the *Health Traxx* link.

For advertising information, details on single and multiple issue rates or logo and design services (such as advertisement/page layouts), contact Brenda Kelley, Director of Public Relations and Health Promotions, at bkelley@teachershealthtrust.org.



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