



Healthy IncentivesSM deadline extended to July 16

The county has extended the deadline for completing WebMD individual action plans to 4 p.m., Friday, July 16, 2010. If you haven't yet taken the wellness assessment, you also have until July 16 to complete it to earn silver for your 2011 medical out-of-pocket expenses.

To be fair, the same extension is being offered to par-

ticipants in the Free and Clear[®] program and Weight Watchers at Work, and adjustments made to the Live Well Challenge.

If you need help or have questions, call Benefits, Payroll and Retirement Operations at 206-684-1556 or e-mail kc.benefits@kingcounty.gov.



Employees save \$1 million by choosing generics



Since the new Progressive Medication Program went into effect January, 2010, KingCareSM members have saved the county \$1 million, increasing by 9 percent the rate at which they fill their prescriptions with generics. The new program was one of the changes to

the KingCareSM plan negotiated with unions. It lowered the cost of a 30 day supply of generic drugs from \$10 to \$7 and increased the share members pay for brand name drugs. A 30 day supply of a preferred brand drug went from \$15 in 2009 to \$30 in 2010, a non-preferred brand, from \$25 in 2009 to \$60 in 2010.

Study shows Group Health patients visit ERs and hospitals less



Scott Eklund / P-I

Dr. Eric Seaver, Group Health Factoria Medical Center was recently featured on CNN.

Two years ago Group Health's Factoria Medical Center launched a pilot program radically changing the way medicine was practiced. Patients were given greater access to their doctors through longer appointments, e-mail, phone visits and directly on the phone. Patients were made true partners in their health care – they were given online access to their medical record and doctors took the time to involve them in critical health care decisions, giving them the information

they would need to understand the options and the potential outcomes.

The results were so promising that as of January 2010 all 26 of Group Health's medical centers have adopted this "medical home" approach. A two year study of the results, published in May 2010 Health Affairs shows:

- The quality of care was higher, patients reported better experiences, clinicians felt less "burned out."
- Patients had 29% fewer ER visits and 6% fewer hospitalizations, a savings of \$10 per patient per month.
- For every dollar Group Health invested, mostly to boost staffing, it recouped \$1.50.

To read more about the medical home study, go online to <http://ghcnews.org/?p=1025>.

Employee resources and tips from June Health Matters

Eat Smart – Berries are an easy way to eat smart during the summer. Find out how to select, store and freeze your berries for a taste of summer all year long. Go to www.kingcounty.gov/HealthMatters, "June Health Matters".

Move More – Whether biking, swimming, hiking or boating, summer is a great time to get outside and be active. Follow these tips to stay safe while you play outdoors. Click on "June Health Matters" from www.kingcounty.gov/HealthMatters for local options.

Stress Less – Stress is one of the most common triggers of migraine and tension headaches. But there are some things you can do head off a headache. Go to www.kingcounty.gov/HealthMatters and click "June Health Matters".

Quit Tobacco – Make June your time to quit. If you're a father, choose Father's Day as your quit date and make your kids proud. We've got tools and resources to help you quit for good. Click "Quit Tobacco" from the **Health Matters** site or call 206-263-6085.

Health screenings can lead to a healthier you

Preventive screenings are based on your age, gender and risk factors like your family history. Health screenings can help identify early signs of health issues. Confused about when to get screened and what's covered? Talk with your health care provider and check out this list.



KingCareSM/Aetna recommended screenings:

	Screening	Suggested frequency	Coverage
Everyone over 18 years old	<ul style="list-style-type: none"> Blood pressure Cholesterol Well-adult visit 	<ul style="list-style-type: none"> Every 2 years Every 5 years starting at age 35 for men, 45 for women Every 2 years for ages 18-64, every year beginning at age 65 	100% covered when administered by an in-network provider (not subject to deductible or co-insurance).
Women 19-24	<ul style="list-style-type: none"> Chlamydia test 	<ul style="list-style-type: none"> Annually if sexually active 	
Women 19 and older	<ul style="list-style-type: none"> Pap test Mammogram Clinical breast exam TSH (thyroid function screening) 	<ul style="list-style-type: none"> At least every 3 years, talk with your provider after age 70 Every 1-2 years beginning at age 40 Annually beginning at age 50 Based on risk factors 	
Women of childbearing age	<ul style="list-style-type: none"> Hemoglobin/hematocrit (iron deficiency test) 	<ul style="list-style-type: none"> Based on risk factors 	
Men and women 45 and older	<ul style="list-style-type: none"> Fasting blood glucose (diabetes screening) Occult blood in stool (colon cancer screening) Sigmoidoscopy (colon cancer screening) Colonoscopy (colon cancer screening) 	<ul style="list-style-type: none"> Every 3 years beginning at age 45 Annually beginning at ages 50 – 75. Talk with your provider about which colon cancer screenings might be right for you Every 3-5 years beginning at age 50 Every 10 years 	
Men 40 and older	<ul style="list-style-type: none"> Prostate cancer screening 	<ul style="list-style-type: none"> Annually, discuss with your doctor 	
Women 65 and older	<ul style="list-style-type: none"> Osteoporosis screening 	<ul style="list-style-type: none"> Based on risk factors, discuss with your provider. 	

Group Health recommended screenings:

	Screening	Suggested frequency	Coverage
Everyone over 22 years old	<ul style="list-style-type: none"> Blood pressure Cholesterol Well-adult visit 	<ul style="list-style-type: none"> Every 2 years Every 5 years starting at age 35 for men and 45 for women Every 4 – 5 years, people under 50, every 2 years at 50 and older 	100% covered when administered by a Group Health provider (no copay)
Women 18 - 25	<ul style="list-style-type: none"> Chlamydia test 	<ul style="list-style-type: none"> Annually if sexually active 	
Women 18 and older	<ul style="list-style-type: none"> Pap test Mammogram 	<ul style="list-style-type: none"> Every 2-3 years Every 1-2 years, based on risk factors, beginning at age 40. After 75, discuss screening schedule with your provider 	
Men and women 50 and older	<ul style="list-style-type: none"> Colon cancer screening 	<ul style="list-style-type: none"> Talk with you provider for the best method for you. At age 75, discuss your screening schedule with your provider. 	
Men 50 and older	<ul style="list-style-type: none"> Prostate cancer screening 	<ul style="list-style-type: none"> Discuss with your doctor 	
Women 60 and older	<ul style="list-style-type: none"> Osteoporosis screening 	<ul style="list-style-type: none"> Based on risk factors, discuss with your provider. 	