Employees now get half off prescription copays at UK retail pharmacies

Employees can now save 50 percent on all copays for prescriptions ordered by a UK HealthCare provider and filled at a UK retail pharmacy. The discount is good up to $60 per prescription per month.

This new program, which started July 1, is made possible through a collaboration with UK HealthCare. This is an exciting opportunity for a copay reduction for patients with UK insurance.

Nothing is required on your part other than having your prescription sent to one of the five UK retail pharmacy locations.

Your doctor can send new prescriptions directly to those pharmacies by submitting an electronic prescription or with a verbal order.

Existing prescriptions with valid refills remaining that are being filled at other pharmacies can be transferred to a UK pharmacy over the phone. You can contact the UK retail pharmacy of your choice to begin the transfer. The UK pharmacy will then contact your current pharmacy to complete the transfer.

If you have additional questions about this program, please contact the UK Prescription Benefits office at 859-218-5979.

UK Retail Pharmacy locations

Chandler Retail Pharmacy
800 Rose St., Pavilion A
1st floor (across from Don and Myra Ball Surgery Waiting Area)
859-218-3340

Good Samaritan Retail Pharmacy
310 S. Limestone, Room C-017
(off the Good Samaritan Hospital main lobby)
859-218-4777

Kentucky Clinic Pharmacy
740 S. Limestone, 1st floor Wing D
(near the main entrance of the Kentucky Clinic building)
859-323-5855

Turfland Pharmacy
UK HealthCare at Turfland
2195 Harrodsburg Road
859-257-5899

University Health Service Pharmacy
830 S. Limestone, Room 129
(UHS Building first floor, across from Employee Health)
859-257-6451

Introducing the new Pediatric Endocrinology team at Kentucky Children’s Hospital

The Pediatric Endocrinology team at Kentucky Children’s Hospital is made up of four outstanding fellowship-trained physicians. These specialists evaluate and treat disorders of a child’s endocrine system that may result in growth problems, thyroid disorders or diabetes. Our team is prepared to treat diabetes mellitus, adrenal gland disorders, problems of calcium metabolism and thyroid disorders. We are here to help children and their families get through their illness.

For more information about the Pediatric Endocrinology team or to make an appointment, call 859-257-1000 or 800-333-8874.
UK-HMO parking validation information

When attending an appointment for a UK HealthCare-insured employee or dependent at the Kentucky Clinic or Albert B. Chandler Hospital, you may have your parking ticket validated with the UK-HMO parking stamp. This will cover four hours of parking in either the Kentucky Clinic garage or the UK Chandler Hospital parking garage. However, if you are bringing someone who does not have UK HealthCare insurance to their appointment at the Kentucky Clinic or UK Chandler Hospital, the clinic and hospital staff will not stamp your parking ticket. They can, however, stamp the parking ticket with the Patient Parking Stamp, which offers a discounted parking rate.

We apologize for any inconvenience this policy has caused.

UK-HMO changes for plan year 2015-16

There will be no copay or benefits changes to the UK-HMO plan this year. The UK-HMO plan added coverage for 3D mammograms and for low-density CT scans for lung cancer screening, both of which were not covered in the past.

New Kentucky booster seat law goes into effect

The new state booster seat law went into effect on June 24, requiring that children younger than 8 years and between 40 and 57 inches tall be secured in a booster seat. The bill requires law enforcement officers to issue citations with a $30 fine with no court costs. In addition, violators will have the option to purchase a booster seat instead of paying the fine.

Booster seats lift the child up off the vehicle seat to improve the fit of the adult lap and shoulder seatbelt. The lap portion of the belt should fit low on the hips or high on the thighs, and the shoulder portion of the belt should be snug across the collarbone. An improper fit of the adult safety belt can cause the lap belt to ride up over the stomach and the shoulder belt to cut across the neck, potentially exposing the child to serious abdominal or neck injury.

According to Partners for Child Passenger Safety, more than 90 percent of 4- to 8-year-old children who are seriously injured in a crash are not restrained in a booster seat.

Kentucky’s child seat laws:
- Children under 40 inches tall must be in a child and/or infant seat.
- Children younger than 8 and between 40 and 57 inches tall be secured in a booster seat.
- Children older than 8 or over 57 inches tall must be secured with a seat belt.

UK Family & Community Medicine earns national recognition for quality and patient-centered approach

A year of intense efforts to increase same-day appointments, streamline operations and establish multidisciplinary care teams has helped earn UK Family & Community Medicine a coveted designation as a patient-centered medical home.

“Earning the NCQA recognition shows the leaping strides that we are making in excellent patient-centered care.”
– Jonathan Ballard, MD

This summer, the clinic received recognition as a Level III Patient-Centered Medical Home, given by the National Committee of Quality Assurance (NCQA). The designation elevates the practice to an elite status nationally.

Jonathan Ballard, MD, ambulatory services medical director for the department, said the clinic distinguished itself by emphasizing same-day appointments for returning patients, mapping and redesigning clinic processes, and coordinating care through a team approach.

“Earning the NCQA recognition shows the leaping strides that we are making in excellent patient-centered care,” Ballard said.

Level III is the NCQA’s highest rating, a mark Family & Community Medicine achieved on its first try. The designation is effective until July 2018.

UK Family & Community Medicine earns national recognition for quality and patient-centered approach

A year of intense efforts to increase same-day appointments, streamline operations and establish multidisciplinary care teams has helped earn UK Family & Community Medicine a coveted designation as a patient-centered medical home.

“Earning the NCQA recognition shows the leaping strides that we are making in excellent patient-centered care.”
– Jonathan Ballard, MD

This summer, the clinic received recognition as a Level III Patient-Centered Medical Home, given by the National Committee of Quality Assurance (NCQA). The designation elevates the practice to an elite status nationally.

Jonathan Ballard, MD, ambulatory services medical director for the department, said the clinic distinguished itself by emphasizing same-day appointments for returning patients, mapping and redesigning clinic processes, and coordinating care through a team approach.

“Earning the NCQA recognition shows the leaping strides that we are making in excellent patient-centered care,” Ballard said.

Level III is the NCQA’s highest rating, a mark Family & Community Medicine achieved on its first try. The designation is effective until July 2018.

UK-HMO parking validation information

When attending an appointment for a UK HealthCare-insured employee or dependent at the Kentucky Clinic or Albert B. Chandler Hospital, you may have your parking ticket validated with the UK-HMO parking stamp. This will cover four hours of parking in either the Kentucky Clinic garage or the UK Chandler Hospital parking garage.

However, if you are bringing someone who does not have UK HealthCare insurance to their appointment at the Kentucky Clinic or UK Chandler Hospital, the clinic and hospital staff will not stamp your parking ticket. They can, however, stamp the parking ticket with the Patient Parking Stamp, which offers a discounted parking rate.

We apologize for any inconvenience this policy has caused.

UK-HMO changes for plan year 2015-16

There will be no copay or benefits changes to the UK-HMO plan this year. The UK-HMO plan added coverage for 3D mammograms and for low-density CT scans for lung cancer screening, both of which were not covered in the past.

New Kentucky booster seat law goes into effect

The new state booster seat law went into effect on June 24, requiring that children younger than 8 years and between 40 and 57 inches tall be secured in a booster seat.

The bill requires law enforcement officers to issue citations with a $30 fine with no court costs. In addition, violators will have the option to purchase a booster seat instead of paying the fine.

Booster seats lift the child up off the vehicle seat to improve the fit of the adult lap and shoulder seatbelt. The lap portion of the belt should fit low on the hips or high on the thighs, and the shoulder portion of the belt should be snug across the collarbone. An improper fit of the adult safety belt can cause the lap belt to ride up over the stomach and the shoulder belt to cut across the neck, potentially exposing the child to serious abdominal or neck injury.

According to Partners for Child Passenger Safety, more than 90 percent of 4- to 8-year-old children who are seriously injured in a crash are not restrained in a booster seat.

Kentucky’s child seat laws:
- Children under 40 inches tall must be in a child and/or infant seat.
- Children younger than 8 and between 40 and 57 inches tall be secured in a booster seat.
- Children older than 8 or over 57 inches tall must be secured with a seat belt.
Choosing the best sunscreen

With all the options available, choosing a sunscreen for your kids can be challenging. The most important factor when picking sunscreen is the degree of protection it provides from UV rays. Look for SPF numbers on the labels of sunscreens. Select an SPF of 30 or higher to prevent sunburn and tanning, both of which are signs of skin damage. Choose a sunscreen that protects against UVA and UVB rays (usually labeled as a "broad-spectrum" sunscreen).

Treating sunburn

A sunburn can sneak up on kids, especially after a long day at the beach or park. Often, they seem fine during the day but then gradually develop an "after-burn" later that can be painful, hot and even make them feel sick.

When kids get sunburned, they usually experience pain and a sensation of heat – symptoms that tend to get worse several hours after sun exposure. Some also get chills. Because the sun has dried their skin, it can become itchy and tight. Sunburned skin begins to peel about a week after the sunburn. Encourage your child not to scratch or peel off loose skin because skin underneath the sunburn is vulnerable to infection.

If the sunburn is severe and blisters develop, call your doctor. Until you can see your doctor, tell your child not to scratch, pop or squeeze the blisters, which can get infected and cause scarring. Keep your child out of the sun until the sunburn is healed. Any further sun exposure will only make the burn worse and increase pain.

Be sun safe yourself

Don’t forget: Be a good role model by consistently using sunscreen of SPF 30 or greater, wearing sunglasses and limiting your time in the sun. Doing so not only reduces your risk of sun damage – it also teaches your kids good sun sense.

UK HealthCare earns prestigious Baby-Friendly USA designation

UK HealthCare recently achieved the “gold standard” in mother-baby care.

In June, UK HealthCare became Lexington’s first Baby-Friendly USA® hospital, a prestigious acknowledgment of excellence in the care provided to newborn babies and their mothers. The designation is extremely difficult to earn and capped nearly two years of focused efforts by UK Birthing Center staff and leadership.

Baby-Friendly USA is a global initiative sponsored by the World Health Organization and the United Nations Children’s Fund (UNICEF). The initiative encourages hospitals to provide breastfeeding mothers with information, confidence, support and skills necessary to initiate and continue breastfeeding.

UK HealthCare is the first academic medical center in Kentucky and the second hospital in the state to gain the Baby-Friendly USA accreditation, which is based on a hospital’s adherence to the Ten Steps to Successful Breastfeeding, an initiative developed by a global team of health care professionals.

The 10 steps include routine communication about a breastfeeding policy, informing mothers about the benefits of breastfeeding, helping mothers initiate breastfeeding and in-room practice, keeping mothers in-room with their babies 24 hours a day, eliminating the use of artificial nipples or pacifiers for breastfeeding infants, and providing follow-up support after mother and baby are discharged from the hospital.

Gwen Moreland, assistant chief nursing executive for Kentucky Children’s Hospital, led the effort to transition the UK Birthing Center to a Baby-Friendly USA facility. The stringent accreditation, which took two years and several on-site evaluations to obtain, required the entire staff to adopt a new mindset in how to approach maternal bonding and feeding.

Moreland applauded collaborative effort of the departmental team in implementing the highest standards of maternal care and infant nutrition.

“Our staff is consistently focused on how to support new mothers and babies,” Moreland said. “The goal is to help mothers be successful in providing the best start for their babies.”

Diana Frankenburger, UK HealthCare’s childbirth education coordinator, said that although the process to become a Baby-Friendly hospital was challenging, mothers and their newborns are benefiting from it already.

“It is a culture change we are proud of, and worked hard for,” Frankenburger said. “We are committed to helping babies get the best possible start, while providing moms and families with all the support they need.”
Don't forget to update your address when moving

When you move, it is important that you fill out an updated employee benefits enrollment form with your new address and forward it to:

University of Kentucky
Employee Benefits Office
115 Scovell Hall
Lexington KY 40506-0064

The staff will forward the information to UK-HMO, and this will enable us to ensure that you receive important information during the plan year. The employee benefits enrollment form is available to you at www.uky.edu/hr/forms/benefits. If you are moving outside the UK-HMO service area, you must notify the UK Employee Benefits office and make arrangements for health insurance coverage within 30 days of your move date. Otherwise, you may find yourself with an unnecessary lapse in health insurance coverage and at financial risk for all of your health care expenses.

You can also change your address by going to http://myUK.uky.edu and logging in using your Link Blue username and password. Choose your “Personal Information” and change your address. This will transfer this change of address information to the UK Benefits office and then on to Anthem.

If you move out of the area and will need to change insurance plans, it is a good idea to contact the UK Benefits office at 257-9519, option 3 and option 1 to discuss this with them.

### UK-HMO Monthly rates 2015-16

<table>
<thead>
<tr>
<th>Coverage levels</th>
<th>Employee Only</th>
<th>Employee + Child(ren)</th>
<th>Employee + Spouse</th>
<th>Employee + Family [Spouse &amp; Child(ren)]</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employee eligible for university contribution</td>
<td>$28</td>
<td>$134</td>
<td>$261</td>
<td>$385</td>
</tr>
<tr>
<td>Employee NOT eligible for university contribution</td>
<td>$499</td>
<td>$747</td>
<td>$996</td>
<td>$1,247</td>
</tr>
</tbody>
</table>

(See UK Benefits website for retiree rates at www.uky.edu/hr/benefits.)