

Special issue for all UK
benefits-eligible employees

UK-HMO co-pay changes – Plan Year 2014-15

Outpatient diagnostic testing

(HIGH COST - MRI, MRA, CT, SPECT and PET scans) \$75

Observation Hospital Stay \$100

Music Therapy

(45 visits per plan year for all therapies combined)
(Chiropractic; physical therapy; occupational therapy;
acupuncture; pool therapy/exercise therapy; cardiac
rehabilitation; pulmonary rehabilitation; music therapy.) \$15

UK-HMO Open Enrollment 2014-15

The UK Health Benefit Open Enrollment period that allows UK employees to sign up or switch their health benefits will be held April 28 through May 16, 2014. Changes made during the Open Enrollment period will go into effect July 1, 2014.

If you have any questions regarding your plan, contact:

UK-HMO Customer Service:

855-634-3383 (toll free)

UK Human Resources Benefits Office:

859-257-9519, *Choose option 3, then choose option 1*

Music therapy now available as a benefit

UK-HMO is adding music therapy to our plan as a new therapy benefit. Music therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program (AMTA, 2010).

Who can music therapy benefit?

Children, adolescents, adults and elderly people with: mental health needs, developmental and learning disabilities, Alzheimer's disease and other aging-related conditions, substance abuse problems, brain injuries, physical disabilities, acute and chronic pain (including mothers in labor), or autism.

How is music therapy used in hospitals?

Music is used in hospitals to alleviate pain in conjunction with

anesthesia or pain medication; elevate patients' mood and counteract depression; promote movement for physical rehabilitation; calm or sedate, often to induce sleep; counteract apprehension or fear; and lessen muscle tension for the purpose of relaxation, including the autonomic nervous system.

During music therapy treatment, a board-certified music therapist uses music-based techniques to address individualized goals within a therapeutic relationship. At UK, music therapy addresses the physical and mental health care needs of patients systemwide. Music therapy is used to:

- Promote wellness
- Manage stress
- Alleviate pain
- Express feelings
- Enhance memory
- Improve communication
- Improve coping skills
- Promote physical rehabilitation

In addition to inpatient medical music therapy services, music therapy is offered in Behavioral Health, The Center for Advanced Surgery and the Kentucky Clinic as needed. UK music therapists also partner with other providers such as speech language pathologists to help meet the needs of UK HealthCare patients and their families.



Other opportunities are also available in the Lexington community. UK currently partners with the Child Development Center of the Bluegrass.

For more information on clinical services, please contact the music therapy program at musictherapy@uky.edu or call 859-323-4330.

Medical Services	UK-HMO
Choice of physician	UK-HMO Participating Provider (Go to www.mc.uky.edu/ukhmo and follow link under Participating Provider)
Choice of hospital	UK Albert B. Chandler Hospital, Kentucky Children's Hospital and UK Good Samaritan Hospital
Emergency/accident (or urgent) care	<p>\$100 co-payment per emergency department visit, waived if admitted to hospital as inpatient or observation stay.</p> <p>\$25 co-payment at Lexington Urgent Treatment Centers (Boardwalk, Custer Drive, Dove Run and Sir Barton Way); Nicholasville UTC (Bellaire Drive); Berea Urgent Care (Brenwood Street); Frankfort Urgent Care (Kings Daughters Drive); and Georgetown Urgent Care (Osbourne Way, Suite 1)</p> <p>\$15 co-payment at UK Twilight Children's Clinic</p> <p>\$10 co-payment at UK Health Plans Urgent Care Clinic (830 S. Limestone)</p>
Preventive care – routine Pap smears, mammograms, PSA, screening colonoscopy and sigmoidoscopy	100% covered
Routine child care and immunizations (through age 18)	
Routine adult physical exam (19 years and above)	
Physician (primary care) office visits for diagnosis and treatment	\$10 co-pay (except allergy injections, see below)
Physician (specialist) office visits for diagnosis and treatment	\$30 co-pay
Allergy injections	\$10 co-pay
Maternity care (physician)	100% covered. Inpatient co-pay will apply upon admission.
Prescription drugs	Prescription drugs are covered under a separate plan through Express Scripts and UK employee benefits.
Chiropractic; physical therapy; occupational therapy; acupuncture; pool therapy/ exercise therapy; cardiac rehabilitation; pulmonary rehabilitation; music therapy	<p>\$15 co-pay 45 visits per plan year for all therapies combined</p> <p><i>If a member completes at least 24 cardiac or 24 pulmonary rehab visits, UK-HMO will reimburse them 50% of the co-pays for that specific service.</i></p>
Autism	<p>Maximum of 1,000 hours per benefit period for ages 1-6</p> <p>Maximum of 20 hours per month for ages 7-21</p>
Outpatient mental/nervous care or substance abuse care rendered by licensed psychiatrists and psychologists	\$30 co-pay
Inpatient mental/nervous care or substance abuse care (acute care)	100% covered after \$200 co-pay
Outpatient diagnostic tests, lab and X-ray, and other diagnostic tests (excluding HIGH COST below)	100% covered
Ambulatory hospital	
Ambulance (including Air Ambulance)	\$75 co-pay. Non-emergent ambulance will only be paid when transported to UK Chandler or UK Good Samaritan hospitals.
Outpatient diagnostic testing (HIGH COST - MRI, MRA, CT, SPECT and PET scans)	\$75 co-pay
Outpatient surgery	
Hospital services, including semi-private room and board	\$200 co-pay per admission
Hospital services, observation stay	\$100 co-pay per observation stay
Skilled nursing	100% covered, 30-day limit
Tobacco cessation counseling	100% covered
Durable medical equipment (DME), prosthetics, orthotics	20% co-insurance (\$500 maximum out-of-pocket per plan year for these services combined, then covered in full)

This is a partial listing and summary of benefits and services. For complete details of covered services, exclusions and benefit limitations, refer to the Summary Plan Document booklet, which can be viewed at www.mc.uky.edu/ukhmo.

For the latest Open Enrollment information, including open house dates, times and locations, see the UK Employee Benefits website at www.uky.edu/HR/Benefits.

Are you seeing UK-HMO participating providers?

It is always important to make sure that the providers you are seeing are UK-HMO participating providers. Even though one provider sends you to another provider or suggests that you obtain physical therapy at a certain location, it is the member's responsibility to make sure you are utilizing participating providers. With all of the different insurances that are out there, the providers do not know what providers are participating with every insurance plan.

Please be sure to check the On-line Physician Finder at www.anthem.com. Under Useful Tools on the right of the page you will see "Find a Doctor." You can choose the type of provider you are looking for in "1. What are You Looking For" or "2. About the Provider (optional)" and your ZIP code or city and state in "3. Where are you looking?" In "4. What insurance plan would you like to use?" you can search by using your plan and logging in or entering the first three letters of your plan (for UK-HMO this would be ULS); or by selecting a plan and choosing "Kentucky" under State; "All Other UK Health Plans" under Plan Type/Network; and "UK-HMO" under Plan Name; then choosing SEARCH.

If you are a UK-HMO member and you are out of the area and need to locate an emergency room, there is a number for the "24/7 NurseLine" on the back of your ID card. You can call this number anytime and speak directly with a nurse who can help you decide whether you need to seek emergency care. They can also help you find a provider.

It is better to check in advance and make sure your providers are participating because if they are not, you will be financially responsible for the bills.

You can also call the toll-free Members Services number on the back of your ID card, **855-634-3383**, for assistance in determining whether someone is a participating provider.

Co-pay issues

UK-HMO has always applied a specialty co-pay for any providers working in a specialty clinic, whether medical doctor (MD), physician assistant (PA), nurse practitioner (NP), licensed clinical social worker (LCSW), etc. Until recently, Anthem had struggled to figure out how to apply this co-pay to our claims. During this time, claims were processed with a \$10 co-pay for these practitioners who should have a \$30 co-pay. KMSF is continuing to apply the correct co-pay when payment is being posted, even though you may be receiving an Explanation of Benefit (EOB) from Anthem showing that Anthem applied a \$10 co-pay.

We want to assure you that any provider in a specialty clinic should have a \$30 co-pay. Therefore, if a provider is billing you for a \$30 co-pay for a specialist clinic bill, this is correct. Anthem now knows how to fix this problem and in the near future will be reprocessing all of these claims and sending you another explanation of benefits (EOB) showing your additional \$20 co-pay responsibility.

Please contact Member Services if you have any questions. Their number is on the back of your ID card, **855-634-3383** (toll-free).

FUN FACT: Did you know?

When you register for Future Moms, you receive *Your Pregnancy Week by Week* just for joining. Call **888-279-5378** (toll free).

2014-15 Benefits open house information

Building	Location	Date	Time
Good Samaritan Hospital	Main Conference Room A	Monday, April 28	7 – 9 a.m.
University Health Services	1st Floor	Tuesday, April 29	11 a.m. – 2 p.m.
Peterson Service Building	Loading Dock	Wednesday, April 30	7:30 a.m. – 11 a.m.
Chandler Hospital	Room H133	Thursday, May 1	10 a.m. – 1:30 p.m.
Chandler Hospital	North lobby (in front of Hospital Administration)	Monday, May 5	6:30 – 8:30 a.m. and 10:30 – 11:30 p.m.
Good Samaritan Hospital	Main Conference Room A	Tuesday, May 6	1 – 3 p.m.
College of Agriculture	Gorham Hall in the Good Barn	Wednesday, May 7	11 a.m. – 2 p.m.
University Health Services	1st Floor	Monday, May 12	7:30 – 10 a.m.
Main Administration Building	Lexmark Public Room	Tuesday, May 13	10 a.m. – 1 p.m.
Sterlington – Alumni Park	2317 Alumni Park Plaza	Thursday, May 15	11 a.m. – 1:30 p.m.
Scovell Hall	Outside front lawn (weather permitting) or inside first floor hallway	Friday, May 16	11 a.m. – 2 p.m.

How to enroll

Current member

If you are currently a UK-HMO member, you do not need to re-enroll at open enrollment. Your health coverage will continue automatically. However, if you wish to add or cancel a dependent, you must make your change online through the myUK website at <https://myuk.uky.edu> or complete the 2014-15 health plan form. You may also pick up a form in Lexington at the UK Benefits office in 112 Scovell Hall or 375 Peterson Service Building. You also can download a form online at www.uky.edu/HR/benefits/enrollmentforms. You may enroll or make changes April 23 – May 11 for open enrollment. More information is available in your enrollment material, which you will receive from UK Human Resources.

New member

To enroll online, visit the myUK website at <https://myuk.uky.edu> and follow these simple steps:

1. Enter your Link Blue user ID and password.
2. Click on the “Personal Information” tab and then click on “Family/Related Persons” to add any dependents you wish to cover and/or beneficiaries.
 - a. After entering all dependents’ information, click “Review,” then click “Save.”
3. Click on “Benefits and Payment” tab and then under “Benefits Adjustment Reason Enrollments,” click the “Open Enrollment” tab.
4. Select the plan you want to “Add” or “Edit.” You will then see the plan option. Highlight the plan you want to select and choose the level of coverage.
5. If you need to edit dependents, then click “Select Dependent.”
6. If you have elected no dependents, the next screen will ask you to “Add Plan to Selection.”
7. Once all changes have been made, you will need to “Review Enrollment,” then click “Save.”
8. To view your new and existing plans, click on “Print New Plan Sections” and print.

If you would rather complete a health plan enrollment form, the form is available online at www.uky.edu/HR/benefits/enrollmentforms or at the UK Benefits office in 112 Scovell Hall or 375 Peterson Service Building.

On this form:

- a. You will select a coverage level (i.e., employee only; employee + spouse or sponsored dependent; employee + child(ren); or employee + family).
- b. If you are covering dependents, you need to complete the section under “Additional Enrollment Information” on the form.

For additional questions, please contact the UK Benefits Office at 859-257-9519. Choose option 3, then choose option 1.

UK database offers chance to contribute to clinical research

Many Kentuckians join the crowds of fans at University of Kentucky athletic events. The UK Center for Clinical and Translational Science (CCTS) hopes that just as many people will “Be Part of the CROWD” – the Clinical Research Opportunities Wildcat Database.

CROWD is a secure and confidential tool that helps match people who are interested in participating in clinical research with current and potential future studies at the University of Kentucky. Across UK’s campus, researchers are working toward new cures, treatments and strategies to improve human health, especially for diseases that disproportionately affect Kentuckians. Of course, human research, also known as clinical research, needs human participants.

“Lack of participant enrollment is probably the number one obstacle in clinical research,” said Dr. Peter Sawaya, professor of medicine and director of the CCTS Clinical Services Core. “Participation in studies really moves research forward for all types of conditions, from common diseases to tough and rare disorders.”

Research participants at UK receive several benefits: They are overseen by expert medical scientists at a leading health care facility, they play a more active role in understanding and managing their own health, and most importantly, they have a unique opportunity to contribute to society something that could not have been done without their participation.

“Participating in clinical research is a way to give back to society,” said Sawaya, “It’s a way to improve health care, perhaps not directly to the participant, but certainly to a family member, a friend or just someone stricken with an illness.”

For more information on CROWD and how you can be a part of it, visit <http://ccts.uky.edu/ukclinicalresearch>.

FUN FACT: Did you know?

One-fourth of all of calls into the 24/7 NurseLine are for questions about children’s health. Who are you going to call at 3 a.m. when your child is sick? **888-279-5378** (toll free).

UK HealthCare receives prestigious stroke center designation

UK HealthCare has been designated a Comprehensive Stroke Center by The Joint Commission and the American Heart Association/American Stroke Association.

UK HealthCare is one of 63 U.S. institutions and the only one in Lexington to be awarded this designation, which is the highest honor The Joint Commission awards to stroke centers.

Comprehensive Stroke Center Certification recognizes those hospitals that have state-of-the-art infrastructure, staff and training to receive and treat patients with the most complex strokes, including advanced imaging capabilities, 24/7 availability of specialized treatments, and staff with the unique education and competencies to care for complex stroke patients.

According to Dr. Michael Dobbs, UK HealthCare's associate chief medical officer and chief of neurological services, many institutions set this (earning designation) as a goal, and then accumulate the training and expertise to earn the designation, but UK was the reverse. "We realized we already had all the components to earn Comprehensive Stroke Center accreditation," Dobbs said.

Dr. Justin Fraser emphasizes that CSC designation is not just a reflection of UK HealthCare's surgical expertise. "I stand here today as a member of a team -- a team that is worthy of this designation," he says. "It's not my hands versus another surgeon's hands, or our equipment versus the other institution's equipment, that makes UK HealthCare the first choice for stroke. It's a collaboration from many, many parts of the institution that maximizes a patient's recovery."

"Weakness in an arm, or speech problems -- those are obvious neurological deficits caused by a stroke," Fraser continues. "But our goal is to achieve a more elegant solution -- can the patient balance their checkbook? Can they follow a list at the grocery store? Can they return to work and a normal life? That's why we're here."



**American Heart Association
American Stroke Association
CERTIFICATION**
Meets standards for
Comprehensive Stroke Center



UK HealthCare introduces online access to medical records

UK HealthCare this spring will launch My UKHealthCare, a secure online portal that will allow patients to request prescription refills, appointments or referrals; view lab test results, office visit summaries and hospital discharge instructions; get health maintenance reminders; and much more. Even more great features will be added later this year.

All adult patients seen in UK Albert B. Chandler or UK Good Samaritan hospitals or in one of our outpatient clinics that uses the electronic medical record will be invited to sign up for My UKHealthCare access when it becomes available.

Request an invitation to sign up for the portal the next time you visit your clinic. You'll be asked to provide an email address and other information essential to matching your email with the correct medical record. Once you receive the email invitation, signup is as easy as following simple 1-2-3 instructions.



FUN FACT: Did you know?

If we notice a health issue you should address or ways that you can save money on your prescriptions, we'll send a *MyHealth Note* in the mail? There are as many as 300 messages that could be printed on a *MyHealth Note*. It's one of the many ways we're watching out for your health, your safety and your wallet.



UK Women's Health Obstetrics & Gynecology welcomes oncofertility specialist Leslie A. Appiah, MD

Leslie A. Appiah, MD, joins UK HealthCare as a board-certified gynecologist with expertise in oncofertility and fellowship training in pediatric and adolescent gynecology. Dr. Appiah brings five years of experience from Cincinnati Children's Hospital Medical Center, where she served as director of oncofertility and fellowship director of pediatric and adolescent gynecology.

Dr. Appiah will serve as director of oncofertility at UK, where she will work closely with subspecialists in reproductive endocrinology and infertility. She will also work with specialists at Markey Cancer Center and the pediatric oncology team at Kentucky Children's Hospital. Dr. Appiah and her team will collaborate to preserve the fertility and reproductive health of pediatric, adolescent and adult cancer and blood disorders patients of all genders.

HealthBeat is published by the UK Health Care Plans office. The information is intended to educate members of UK-HMO about subjects pertinent to their health and health coverage, not as a substitute for consultation with a personal physician.

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UK-HMO

Don't forget to update your address when moving

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

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



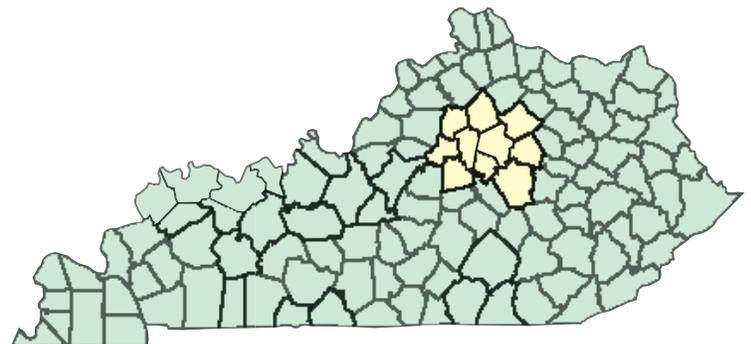
The staff will forward the information to UK-HMO, and this will enable us to ensure that you receive important information during the plan year. The health benefits enrollment form is available to you at www.uky.edu/HR/benefits/enrollmentforms.html. If you are moving outside the UK-HMO service area, 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 2014-15	Coverage levels			
	Employee Only	Employee + Child(ren)	Employee + Spouse	Employee + Family [Spouse & Child(ren)]
Regular full-time employee eligible for university contribution	\$27	\$132	\$258	\$380
Employee NOT eligible for university contribution	\$493	\$738	\$984	\$1,232

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



 UK-HMO  UK Regional Health Plan