

HealthBeat

NEWS for MEMBERS of UK-HMO

OPEN ENROLLMENT EDITION

Spring 2011



UK-HMO Open Enrollment 2011-12

The UK Health Benefit Open Enrollment period that allows UK employees to sign up or switch their health benefits will be held April 25-May 13, 2011. Changes made during the Open Enrollment period will go into effect July 1, 2011.

If you have any questions regarding your plan, contact:

Lexington Service Area (LSA) Customer Service: **1-800-955-8547** (toll free)
Open Enrollment Customer Service Unit: **1-888-393-6765** (toll free)
UK Human Resources Benefits Office: **859-257-9519**, Choose option 3, then choose option 1

UK-HMO plan changes 2011-12

Cardiac rehabilitation – \$15 co-pay (45 visit limit for all therapies combined). If a member completes at least 24 cardiac rehab visits, UK-HMO will reimburse them 50% of their cardiac rehab co-payments

Pulmonary rehabilitation – \$15 co-pay (45 visit limit for all therapies combined). If a member completes at least 24 pulmonary rehab visits, UK-HMO will reimburse them 50% of their pulmonary rehab co-payments.

Ambulance services (including air ambulance) – \$75 co-pay

Hospital observation stay – \$75 co-pay

Surgery for morbid obesity – no longer a covered benefit by the UK-HMO plan.

2011-12 benefits open house information

Building	Location	Date	Time
Kentucky Clinic	3 rd Floor, Wing D	Tuesday, April 26	11:00 a.m. - 2 p.m.
Peterson Service Building	Loading Dock	Wednesday, April 27	7:30 a.m. – 11 a.m. and 10 p.m. – 10:30 p.m.
Chandler Hospital	Room H133	Thursday, April 28	10 a.m. – 1:30 p.m.
Good Samaritan Hospital	Main Conference Room B	Friday, April 29	7 a.m. – 9 a.m.
North Lobby in Chandler Hospital	(in front of Hospital Administration)	Tuesday, May 3	6:30 a.m. – 8:30 a.m. and 10:30 p.m. – 11:30 p.m.
Good Samaritan Hospital	Main Conference Room B	Thursday, May 5	11 a.m. – 2 p.m.
Main Administration Building	Lexmark Public Room	Friday, May 6	10 a.m. – 1 p.m.
Kentucky Clinic	Hall of Fame/Big Blue Deli	Monday, May 9	7:30 a.m. – 10 a.m.
Scovell Hall	Outside front lawn (weather permitting) or inside first floor hallway	Friday, May 13	11 a.m. – 2 p.m.

Access UK-HMO website

Please visit the UK-HMO website at www.mc.uky.edu/ukhmo to find answers to all of your UK-HMO health plan questions. The UK-HMO website provides access to all of the following information:

- Benefit information, including your Certificate of Coverage (COC)
- A link to the UK-HMO Provider Directory online search, which allows you to locate participating providers
- A link to MyHumana, which allows you to view your claims and authorizations and access health care information
- Frequently asked questions (FAQs) regarding UK-HMO
- Primary care access, which includes information about access to the primary care practice options available at UK HealthCare
- Information about and links to the other health services available at UK HealthCare
- UK-HMO current and past newsletters
- UK-HMO pre-authorization lists
- UK-HMO information updates

Please be sure to visit the UK-HMO website regularly for updated information.



Highlights of UK-HMO Health Plans

Effective July 1, 2011

Medical Services	Lexington Service Area Plan (LSA)
Choice of physician	UK-HMO LSA 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	\$75 co-payment per emergency department visit, waived if admitted to hospital as inpatient or observation stay. \$25 co-payment at Lexington Urgent Treatment Centers (Boardwalk, Custer Drive, Dove Run and Hamburg), Nicholasville UTC (Bellaire Drive), and Georgetown (Oxford Drive). \$15 co-payment at UK Twilight Children's Clinic
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	\$20 co-pay
Allergy injections	\$5 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; speech therapy; pool therapy/exercise therapy; cardiac rehabilitation; pulmonary rehabilitation	\$15 co-pay <i>45 visits per plan year for all therapies combined</i> <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>
Autism	\$500 maximum monthly benefit for children 2 to 21 years of age for therapeutic, respite and rehabilitative care
Outpatient mental/nervous care or substance abuse care rendered by licensed psychiatrists and psychologists	\$20 co-pay
Inpatient mental/nervous care or substance abuse care (acute care)	100% covered after \$150 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)	\$50 co-pay
Outpatient surgery	
Hospital services, including semi-private room and board	\$150 co-pay per admission
Hospital services, observation stay	\$75 co-pay per observation stay
Skilled nursing	100% covered, 30-day limit
Tobacco cessation counseling	100% covered when service provided by the UK tobacco treatment specialist

This is a partial listing and summary of benefits and services. For complete details of covered services, exclusions and benefit limitations, refer to the Certificate of Coverage 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.

Frequently Asked Questions (FAQs)

1. Dermatology: For the Lexington Service Area (LSA) plan, what dermatologists can I use?

There are several dermatology practices available to UK-HMO members in Lexington. These include:

Jennifer Hundley, MD, and Stuart Tobin, MD, in UK Dermatology, 740 S. Limestone, 859-323-1691; Bluegrass Dermatology, 3475 Richmond Road, Suite 200, 859-296-4400; Commonwealth Dermatology, 2351 Huguenard Drive, 859-276-0191; Advanced Clinical Dermatology, 1618 Harrodsburg Road, 859-288-5004; Kentucky Dermatology & Skin Cancer, 177 Burt Road, 859-276-1511; and Dermatology and Skin Cancer Specialists, PSC, 161 N. Eagle Creek Drive, 859-264-0057.

2. Emergency care: How do I know where to go and what is covered?

Benefits are provided for treatment of emergency medical conditions and emergency screening and stabilization services without prior plan approval. The UK-HMO plan defines an emergency medical condition as:

- A. A medical condition manifesting itself by acute symptoms of sufficient severity, including severe pain, that a prudent layperson would reasonably have cause to believe constitutes a condition that in the absence of immediate medical attention could reasonably be expected to result in:
 1. Placing the member's health in serious jeopardy, or in the case of a pregnant woman, placing the health of the woman or her unborn child, in serious jeopardy;
 2. Causing serious impairment to bodily functions; or
 3. Causing serious dysfunction of any body organ or part.
- B. With respect to a pregnant woman who is having contractions:
 1. A situation in which there is inadequate time to effect a safe transfer to another hospital before delivery; or

2. A situation in which transfer may pose a threat to the health or safety of the woman or the unborn child.

If you feel you have an emergency medical condition and you are in the LSA area, you should go to the UK Albert B. Chandler Emergency Department or UK Good Samaritan Emergency Department. If your condition makes travel to the Chandler or Samaritan emergency departments unsafe or if you are out of the service area, go to the nearest emergency medical facility. If necessary, call 911. It is recommended that you notify your personal physician within 24 hours or as soon as reasonably possible. Please remember, followup care is not considered emergency care.

3. Services not available at the University of Kentucky or lack of timely appointments: When my UK-HMO participating physician is referring me to another provider, what can I do if the service is not available at the University of Kentucky or if my UK participating provider feels I need to be seen sooner than I can be scheduled?

If services are not available at the University of Kentucky or if a specific service cannot accommodate a member in a reasonable timeframe for their specific condition, the referring UK participating provider can request an out-of-network referral. All requests must be made in writing and are submitted to the Medical Management Department for review. Your treating physician must submit the following:

- A. The reasons why the treatment for your condition cannot be performed by UK participating providers, and
- B. Sufficient clinical information about your condition to allow Medical Management to determine:
 - i) the medical necessity for your request.
 - ii) the requested service is a covered UK-HMO benefit.
 - iii) services are not available by a UK provider.

Third annual Women, It's About You wellness event

8:30 a.m. – 1:30 p.m. Saturday, June 4
Embassy Suites, Lexington

Women, It's About You is presented by UK HealthCare to educate women with the most up-to-date health care information in a fun, relaxed setting. Hear our extended lineup of speakers address topics such as menopause, breast health, warding off depression, latest advances in plastic surgery and more. Enjoy luncheon entertainment and check out our expanded wellness exhibitor showcase. Registration is only \$10. Visit ukhealthcare.uky.edu to make sure you and your friends don't miss this exciting and informative event.



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 Employee Self-Service at <https://myuk.uky.edu> or complete the 2011-12 Health Plan form. You may also pick up a form at the UK Benefits office in 112 Scovell Hall or 375 Peterson Service Building in Lexington. You may also download a form online at www.uky.edu/HR/benefits/enrollmentforms. You may enroll or make changes April 25-May 13 for open enrollment. More information is available in the enrollment material you will be receiving 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 the 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,” 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’d 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.

Need a primary care physician?

UK Family & Community Medicine is available to see you and all of your family members. The physicians are dedicated to providing comprehensive care including routine preventive, gynecologic and maternity care, general pediatrics, and mental health services. If needed, Family & Community Medicine physicians will also refer and coordinate your care with specialists and oversee your care if you are hospitalized. Their focus is to develop lasting relationships with all patients and family members. To make an appointment, call **859-257-1000**.

Moving!

Georgetown family medicine

UK HealthCare-Georgetown family medicine providers: Gus Bynum, MD; Brian Allen, MD; Kelly Burgess, MD; and Jill Crawford, ARNP, along with OB/GYN physician Joe Haynes, MD, are moving to the Landmark Office Complex, 202 Bevins Lane, Georgetown, KY 40324. By combining these services in one location, we will be able to provide you and your family with a more comprehensive team-based approach to your health care in one convenient location. Patients will be seen at the new location beginning Monday, May 2.

To make an appointment with any of the providers, please call **859-323-9333** or toll free **1-855-761-2145**.

Barbara Fleming-Phillips, MD

Barbara Fleming-Phillips, MD, has moved her medical practice to Kentucky Clinic South. Dr. Fleming-Phillips is a general internist with interests in preventive care/health maintenance and women’s health issues, particularly menopause, and is accepting new patients to her practice. Please call **257-9800** to make appointments.



Dr. Fleming-Phillips

New pavilion opens in May

The countdown is on as the first two patient care floors and many public spaces of the new 1.2 million-square-foot pavilion at UK Albert B. Chandler Hospital will open to patients in May. A formal ceremony marking this milestone for UK HealthCare will be held May 15, and patient care will begin in the facility May 22.

As a visitor entering the new pavilion at UK Chandler Hospital, you should feel a sense of calm and comfort in a place that bridges the art and science of medicine. The goal is for every patient to feel assured he or she is receiving the most advanced care from some of the most highly recruited and well-trained physicians and health care providers in the country.

Opening to patients in May will be 128 beds, including 48 intensive care beds and 80 acute care beds, as well as the lobby, the chapel, a surgical waiting room and a 305-seat auditorium. The auditorium will be a venue for education and will host the Lucille Caudill Little Performing Arts in Healthcare Program, featuring performances by UK music, dance and theatre students, along with renowned performers.

“All Kentuckians should be reassured and proud to have a world-class hospital ready to meet their needs and those of their loved ones,” said Dr. Michael Karpf, UK’s executive vice president for health affairs. “Along with being a technologically advanced hospital, we also want people to feel at home in a healing environment enhanced by unique aspects of Kentucky landscape, art and music.”

The new hospital incorporates art, music and landscaping that reflects the spirit of Kentucky including a spacious, light-filled atrium lobby that will display a stainless steel and mesh fabric sculpture suspended beneath a three-story skylight. The chapel will feature walls decorated with art glass inspired by spring in Kentucky. A health education center will also serve as a gallery for a Kentucky folk art collection, and surgical waiting areas will showcase artwork of some of Kentucky’s most renowned artists. Around the hospital, landscape elements such as native Kentucky trees, flowers and other plants will be incorporated, and there will be an environmentally friendly and energy-efficient “living rooftop.” The facility is expected to be completed in phases over the next six to 10 years, eventually replacing the original UK Chandler Hospital.

“This is an exciting time for all of us as this long-awaited new patient care facility becomes a reality,” said Ann Smith, chief administration officer for UK Chandler Hospital. “Providing the highest quality care to our patients is the most important thing we do, and this facility was conceived, designed and built to support both those who give care and those who receive it.”

The new hospital is paramount in the plan to become a premier regional medical center concentrating on cancer, trauma, neurosciences, organ transplantation and pediatric subspecialties.

“We are committed to building an outstanding hospital that will provide the most complex subspecialty care found anywhere in this region of the United States,” said Karpf. “More importantly, our physicians and our facilities will make it possible for Kentuckians to receive exemplary advanced care close to home, without the need to leave the state.”

“All Kentuckians should be reassured and proud to have a world-class hospital ready to meet their needs and those of their loved ones.”

– Dr. Michael Karpf, UK executive vice president for health affairs

Opening Events

UK Chandler Hospital Pavilion A

- **Dedication**

Saturday, May 15, 1:30 p.m.

- **Community Open House**

Saturday, May 14, 9 a.m. –5 p.m. and

Sunday, May 15, 3–7 p.m.

- **Employee and Student Open House**

Friday, May 13, 8 a.m.–9 p.m. and

Monday, May 16, 6 a.m.–6 p.m.

The new pavilion at UK Albert B. Chandler Hospital opens in May and you’re invited to come see for yourself what a great environment this will be. Mark your calendar now to attend these events, and visit ukhealthcare.uky.edu/new for up-to-the-minute information.



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.

Writing and editing for HealthBeat provided by UK HealthCare Communications & Advertising.



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



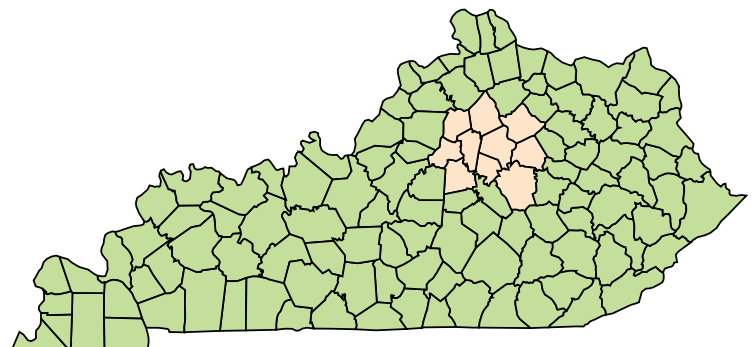
The staff will forward the information to UK-HMO, and this will enable us to ensure that you receive important information during the plan year. The health benefits enrollment form is available to you at www.uky.edu/HR/benefits/enrollmentforms.html. If you are moving outside the UK-HMO service area, 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 Humana.

If you move out of the area and will need to change insurance plans, it is always 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	Coverage Levels			
	Employee Only	Employee + Child(ren)	Employee + Spouse	Employee + Family [Spouse & Child(ren)]
Regular full-time employee eligible for university contribution	\$26	\$130	\$253	\$373
Employee NOT eligible for university contribution	\$453	\$679	\$905	\$1132

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



Lexington Service Area UK Regional Health Plan