



News You Can Use!

Important Information for Employees of Oklahoma State University

Human Resources

July 2012

Air Ambulance Update

We are pleased to announce that EagleMed and AirEvac (the most common air ambulance service providers in Stillwater) are now network providers through BlueCross BlueShield of Oklahoma (BCBSOK). A special thanks to Anne Matoy for facilitating meetings with these organizations to form an agreement benefiting the University and Stillwater Community.

Employees with BlueOptions or BlueChoice medical plan should not incur out-of-pocket expenses if transported by EagleMed or AirEvac. Medically necessary air transport is covered at 100% of the allowable with no copay, co-insurance, or deductible.

Employees with BlueEdge, the high deductible plan, may have out-of-pocket expenses, as the deductible applies and co-insurance is 80%. For example, an employee would be required to pay 20% of the negotiated air ambulance cost (\$4,000 on a \$20,000 charge) if the out-of-pocket max has not been met. Only if the maximum out-of-pocket has already been satisfied, would all costs be covered by BCBSOK.

Employees with BlueEdge may want to consider joining the AirMedCare network, which includes memberships for EagleMed and AirEvac, to have the benefit of no out-of-pocket flight expenses. Annual single membership is \$50; two person membership is \$55; household of three or more is \$60. For more information, visit www.flyeaglemed.com.

B.A.L.A.N.C.E. Program - Building a Lifestyle on Activity, Nutrition, Confidence, and Energy - Information Session

July 24, Noon and 5:30 p.m.

Seretean Wellness Center Lecture Hall

Join the professional staff of the Department of Campus Recreation and Wellness (CRW) to learn about the upcoming BALANCE* Program. The 14-week program is designed to help you develop and maintain a healthy lifestyle and achieve your optimal level of health and fitness. Components of the program will include: physical activity, nutrition counseling, goal setting, and lifestyle modification sessions. The program is highly individualized; exact components will be determined by CRW professional staff after evaluating the applicants accepted into the program.

This program is limited to OSU-Stillwater benefits-eligible employees. The successful applicant must be available from August 20 - November 21, 2012, and agree to commit a minimum of four (4) hours per week for physical activity, nutrition counseling, group sessions, or other services deemed appropriate by the CRW staff.

Class size is limited and applications are due August 3. Selections will be announced by August 10. An application is available at <http://wellness.okstate.edu/>.

No pre-registration for the information session is necessary and lunch/dinner will not be provided. However, you may bring your own meal. Questions? Contact Tabi Deal, (405) 744-2354 or tabi.deal@okstate.edu.
**formerly the Metabolic Syndrome Program*

OSU Wins BlueCross BlueShield Wellness Award



Left to right: Linza Jones, BlueCross BlueShield of Oklahoma; Jamie Payne, Assistant Vice President and Chief Human Resources Officer, OSU Human Resources; Anne Matoy, Assistant Vice President, OSU; and Kerrie Cook, BlueCross BlueShield of Oklahoma

BlueCross and BlueShield of Oklahoma has recognized OSU with the Wellness Shark award for outstanding health and wellness achievement and as the overall winner in the statewide Workplace Wellness Awards.

BCBS listed the following as reasons that OSU was again selected for the honor:

- Conducted aggressive Health Risk Assessment campaign to increase completion rate by 20%.
- Conducted Metabolic Syndrome Program for 2011 and 2012, which was free to qualifying OSU benefits employees.
- Participated in the Healthy Interactions Pilot.
- Ongoing Wellness Wednesdays campaign for employees, featuring a different health topic each month.
- Conducted a health fair and picnic for employees.
- Participated in National Walk@Lunch Day.
- Participated in Walking FUNdamentals Program.
- Implemented Diabetes Prevention and Awareness Program.
- Increased enforcement of a tobacco-free campus.

Eat What You Love Author to Visit Stillwater Campus

Dr. Michelle May, author of *Eat What You Love*, will visit the Stillwater campus this fall! Dr. May, a mindful eating expert and author who writes, speaks and teaches about ending senseless yo-yo dieting and resolving mindless and emotional eating, will show you how to make healthy lifestyle changes that nourish your body and fuel the fulfilling life you deserve.

Dr. May's presentation will be held on Thursday, September 13, from noon to 1pm, at the Seretean Wellness Center. A heart-healthy lunch will be provided. There is no cost but "no-shows" will be billed \$6 to their OSU Bursar account.

Reservations are required. Contact the OSU Wellness Center, (405) 744-9355, wellness@okstate.edu.

2012 - 2013 Parking Permits

It is almost time to purchase 2012-2013 parking permits. Permits may be purchased through payroll deduction or charged to your Bursar account. If you have a past due account, you will not be able to purchase a parking permit. OSU faculty/staff may participate in the payroll deduction program to pay their Bursar account. If a payroll deduction is elected, it will be applied directly to your Bursar account and appear on your payroll advice. The form is located at <http://bursar.okstate.edu/forms.html>, click on *Electronic Payroll Deduction form*.

Adderall XR and Symbyax Available as \$4 Generic Prescriptions

The Food and Drug Administration has approved Actavis' generic version of Shire's Adderall XR for the treatment of attention deficit hyperactivity disorder (ADHD), and Teva's generic version of Lilly's Symbyax for the acute treatment of treatment-resistant depression and bipolar I depression in adults.

Generic prescriptions have a \$4 copayment for each 34-day supply for members enrolled in BlueOptions or BlueChoice. If you receive a 90-day supply from an extended day supplier or mail order, the copayment is \$10.00 (2.5 times the one month supply).

Members with prescriptions for Adderall or Symbyax will not need to return to their doctor for the generic prescription. Pharmacists will be able to automatically substitute the generic medication, if asked.

Prescription drugs on the BlueEdge plan are subject to the calendar year deductible, coinsurance, and out of pocket maximum. The participating pharmacy will submit the claim electronically and the member pays the discounted amount at the time of purchase. Once the deductible has been met, the member will pay 20% of the discount amount at the time of purchase.

Improved WageWorks Participant Site Coming Soon!

On September 1, 2012, WageWorks (OSU's flexible spending account provider) will launch an improved participant site, complete with a fresh look and new tools to make it easier for employees to manage their flexible spending accounts and access helpful health and wellness information. At a glance, participants will see a snapshot of their five most recent transactions and be able to view related details with the click of a button. The new messaging system provides the ability to control how and when messages are received and highlights time-sensitive matters that require participant action.

The updated participant site will include the following new pages:

- **Account Statement Page** Providing transaction processing dates, remaining account balance and claim status at a glance.
- **Claims and Activity Page** Providing a comprehensive view of all claims and payments, including transaction status, for each plan.
- **Submit Receipt or Claim Page** Providing a simple, straightforward approach to file a claim or verify a card use transaction for any of your available plans.
- **Health and Wellness Page** Providing 24/7 online access to health and wellness tools, resources and information for healthy living.

For the month of September, participants will be able to access the old site. A navigation button will allow you to choose which site you use.

Attend Training Classes for Free!

Employee training and development is changing at OSU! Human Resources/Training Services will now be offering all classes at no charge to the department or employee. In addition, many new classes will be introduced, existing programs will be reformed and new programs introduced in coming months. Computer training classes begin in late August and continue through December.

Training Opportunities

July

23	Advanced JOOMLA Computer Training
24	Monthly Accounting Reports
25	Non-Verbal Communication
26	Disability Etiquette
30	Beginners JOOMLA Computer Training
31	Violence Prevention in the Workplace

August

2	New Employee Orientation
7	Dealing with Difficult People
8	Fraud and Internal Control Issues
9	FERPA Training
14	Maximizing Performance Reviews
15	Creating an Injury Free Environment

For a description of classes or to register, go to <http://hr.okstate.edu>, or call Training Services, (405) 744-5374. Also, find us on Facebook, Twitter, and LinkedIn.

Summer 2012 Wellness Works Newsletter

BlueCross BlueShield has released the Summer 2012 Wellness works newsletter. Read it online at <http://hr.okstate.edu/benefits/health.php>.

Special Student/Faculty/Staff Discount from Dell!

Dell has a limited time offer for students, faculty and staff of OSU! Buy a select Dell PC and get a \$200 Dell eGift Card with it!

This is a Dell University exclusive offer, valid through September, and will not be available to the general public.

The offer can be found at www.Dell.com/OKState or by calling in to 1-800-695-8262 and using your member ID US24185382.

Notary Service – Free of Charge

Employee Services offers notary services to the campus free of charge from 8:00 a.m. to 5:00 p.m., Monday through Friday. If you need notary service, visit Employee Services at 106 Whitehurst.

Please bring a photo ID with you, and we will be glad to verify your signature in our presence.

TIAA-CREF Visits

TIAA-CREF representatives will be on the Stillwater campus for financial planning and retirement advice to meet one-on-one with employees:

- August 21, 22, 23

To make an appointment, schedule online at www.tiaa-cref.org/schedulenow or call TIAA-CREF at 1-800-732-8353.