



News You Can Use!

Important Information for Employees of Oklahoma State University

Human Resources

August 2009

No-Cost Immunizations for Uninsured Children

August is Immunization Month and on Friday, August 14, the BlueCross BlueShield of Oklahoma *Caring Van* will be at the OSU Seretean Wellness Center from 10am to 2pm. Immunizations will be available for uninsured children on a first come, first served basis at no cost. A parent or guardian must be present to complete the required paperwork and provide a current shot record.

A representative from Payne County Health Department will also be available. Payne County Health Department provides immunizations for children at no cost. They will have extended hours for immunizations from August 10-28, Monday through Friday, from 8am to 5pm and no appointment is needed. They are located at 1321 West 7th Avenue, Stillwater.

If you are enrolled in the BlueCross BlueShield BlueChoice Plan, you are provided immunizations at your physician's office as part of the wellness benefit.

BlueCross BlueShield New Step Therapy for Cholesterol Medications

Step therapy is an approach intended to control costs and risks posed by prescription drugs. Step therapy begins with the most cost-effective and safest drug therapy and progresses to other more costly or risky therapies only if necessary.

Effective August 1, 2009, BlueCross BlueShield will implement a step therapy program for cholesterol-lowering medications. Members will need to try a generic cholesterol-lowering drug before progressing to a more costly treatment, if necessary. If the member has already tried a first-line generic drug, the member's prescription drug benefit will cover the drug Crestor, which is a lower-cost brand name drug. After the member has a prescription history for both drugs, coverage will be provided for a more costly, less preferred brand name cholesterol-lowering drug.

The chart below lists some medications that may be used for the treatment of high cholesterol and costs, which are subject to change.

	Generic Alternative 30-Day Supply	Formulary Brand Alternative 30-Day Supply	Non-Formulary Brand 30-Day Supply
Drug Name	Simvastatin* Pravastatin*	Crestor	Lipitor
Average Cost	Simvastatin* \$12.27	\$109.58	\$122.20
Member Cost	Pravastatin* \$15.15	\$50.00	\$100.00

If you are currently taking a brand name cholesterol-lowering drug, you may continue with that drug until January 1, 2010. After this date, all members who are still taking a non-preferred cholesterol-lowering medication will be notified and required to meet the criteria outlined above for continued coverage of a non-preferred cholesterol medication.

Two OSU Employees Win iPods and Other Prizes!

Congratulations to winners Sharon Klingman and Glen Hess for participating in the *Blue Access for Members* (BAM) and *Health Risk Assessment* (HRA) promotion. Klingman registered for BAM online and won a drawing for an iPod Shuffle! Hess completed his HRA online and won a drawing for an iPod Nano, iPod Home speaker system and a \$25 iTunes gift card!

Remember, *Blue Access for Members* allows you to:

- Access your personal health information;
- Check the status of your claims;
- Sign up for e-mail alerts when a claim is received and processed;
- Print a temporary ID card or request a new card.

Also, from *Blue Access for Members*, you can access the *Personal Health Manager*, which provides health and wellness resources to help you manage your health:

- Learn about your health status and potential health risks by completing a confidential *Health Risk Assessment*;
- Adopt healthier behaviors and stay motivated;
- Set up a personal health record;
- Accumulate Blue Points, redeemable for gift cards to retailers.

And more!

Register for BAM at www.bcbsok.com/osu to receive secure online access to health and wellness features including the HRA, an interactive wellness tool used to identify health risks and provide recommendations on healthy life changes.

For more information go to www.bcbsok.com/osu.

Mark Your Calendar! Annual Benefits Enrollment October 1-30, 2009

This year OSU will have only one Annual Benefits Enrollment period for benefit enrollment for calendar year 2010.

Should you decide to switch plans, increase or decrease coverage, you may make those changes online through *Web for Employees*. Enrollment will take place from October 1 through October 30, 2009.

You may wish to review your current coverage on *Web for Employees*, <http://webemp.okstate.edu/>. Health, dental, vision, supplemental life, long term disability insurance and flexible spending accounts will all be available for change through *Web for Employees*. Remember, if you have other group health insurance and want to waive OSU BlueCross BlueShield health insurance for 2010, you must complete the waiver form on *Web for Employees* every year.

Watch for more information coming to you in September by e-mail, Payroll Advice and *News You Can Use*.

Routine Maintenance and Early Detection

Routine maintenance is a part of good health. With BlueCross and BlueShield, we have “wellness benefits” which encourage good health. With BlueCross and BlueShield, most of these routine exams are cost free or only require the co-pay of an office visit.

- **Preventive Care Office Visits** - routine for women and men ages 19 and older, one exam every calendar year;
- **Preventive Care Office Visits** - well child through the age of 18;
- **Well Women** - one gynecological exam per benefit period;
- **Immunizations** - 100% of allowed charges in and out-of-network;
- **Mammograms** - One baseline mammogram between ages 35-39 and one annually for ages 40 and older;
- **PSA Examinations** - routine PSA exam for men ages 40 and older per benefit period.

These wellness opportunities can help keep you at your best. After that wellness exam, you can earn BluePoints by completing the *Health Risk Assessment* on the OSU/A&M website, www.bcbsok.com/osu. Refer to the BlueCross BlueShield of Oklahoma 2009 Benefit Plan Comparison chart for more detailed information at <http://hr.okstate.edu/benefits/health.htm>.

OSU Parking Permits

The Department of Parking and Transit Services began offering online parking permit purchases July 20 for Faculty/Staff and Students. Permits must be purchased online at www.parking.okstate.edu by clicking the “Purchase a Permit” link. Kiosks are also provided at the OSU Parking Office for online purchases.

A few changes this year!

- Motorcycle permits will now be purchased online.
- In order to solve the issue of “Lost in Mail Permits,” purchasers will have the option to print a temporary permit for use during a seven day period; however, if the new permit is not received within the seven day period, the Parking Services Office must be contacted immediately. Failure to contact the Parking Office ten days after the temporary permit has expired will result in a \$10.00 permit replacement fee.
- Beginning June 1st, bicycle registration will be available without charge at the new Multi-Modal Transportation Facility located at the corner of Monroe and Hall of Fame.
- Quick Reference Parking Guides will not be mailed this year to faculty and staff. To obtain a guide, please pick one up at the new Multi-Modal Transportation Facility or view the document online at www.parking.okstate.edu. Students will still receive a guide.

Several types of permits must be purchased in the OSU Parking Office located in the new Multi-Modal Transportation Facility: new faculty/staff, vendor, handicapped, university vehicle, carpooling, emeriti, construction, registration, or special permits.

For more information, contact the Parking Services Office at (405) 744-6525, visit us online at www.parking.okstate.edu, or come by and visit us at our new location in the new Multi-Modal Transportation Facility at the corner of Monroe and Hall of Fame.

Training Opportunities

If you plan to attend training seminars, please pre-register.

August

6	New Employee Orientation
6	Monthly Accounting Reports - FBM
6	Travel Vouchers
7	Introduction to Computing at OSU
10&11	PowerPoint 2007 Level 2 (Day 1&2)
11	FISH! Philosophy: How to Catch a World Famous Attitude
11&12	Excel 2007 Level 1 (Day 1&2)
12	OSU Policies: Attendance and Leave
12	Maximizing Performance: Performance Review
13	Respect for Diversity
13	Safety is no Accident (Exclusive to ALP)
13	Bridging from Office 2003 to 2007
13&14	PowerPoint 2003 Level 1 (Day 1&2)
17	Word 2007 Mail Merge
20	Purchasing Card Training
20	Airfare and Lodging Training
20	Sexual Harassment/Gender Discrimination Policy Training
20	Information Security Awareness
25	Online CVI Training
26&27	Word 2007 Level 2 (Day 1&2)
31	Publisher 2007 (Day 1)News

For a description of the classes, go to <http://hr.okstate.edu> or call Training Services, (405) 744-5374.

TIAA-CREF Financial Education Seminars

TIAA-CREF offers self-paced, online seminars at www.tiaa-cref.org/support/learningcenter/financial-education/index.html

- **Ready, Set, Retire! Five to 10 Years Away from Retirement.** Helps employees 5-10 years from retirement to identify retirement savings gaps and determine how much income they'll need for a comfortable retirement. (Approximately 20 minutes)
- **Retirement Countdown: One Year Until Retirement.** Reviews all of the income options that are available from TIAA-CREF and helps employees close to retirement understand which options may best meet their needs. (Approximately 17 minutes)

Check the website for additional seminars.

Updated List of 403(b) Tax-Deferred Annuity Providers for 2009

403(b) plans, tax-deferred annuities, offer OSU employees an opportunity to set aside additional retirement savings on a voluntary basis. Contributions are deducted from your paycheck on a pre-tax basis (federal and state but not FICA). All employees paid through the OSU payroll system are eligible to participate.

The following are approved providers:

VALIC	Life of the Southwest
American Century	Met Life
American Fidelity	Modern Woodmen
Ameriprise	Security Benefit Life
Ameritas	TIAA-CREF
AXA Equitable	Waddell & Reed
403(b) ASP	

If you are interested in opening an account, there is provider contact information available on the *403(b) Supplemental Tax-Deferred Annuities* information sheet on the Human Resources website, <http://hr.okstate.edu/benefits/infosheets.htm>.