

OMIP **OUTLOOK**

Oregon Medical Insurance Pool • 1-800-848-7280

Save money using OMIP's Half-Tablet Program for prescriptions

The Half-Tablet Program allows you to split high-dose medications in half – giving you a two-month supply of medication for one co-payment. With it, you can save up to six co-pays a year! Additionally, you may save time and money by only having to pick up those medications every other month.

How does the program work?

- ❖ Example: Take Crestor 20 mg, split in half to get 10 mg daily.
- ❖ Ask your doctor to change your current prescription to the higher double-strength tablet so when you split the tablet in half, you receive the dosage strength prescribed by your doctor.
- ❖ The tablets in the Half-Tablet Program should be easy for you to split.
- ❖ We will cover the cost of one tablet splitter each year from your pharmacy. Ask your pharmacist to submit the cost of the tablet splitter as a claim, just like a prescription medication and your co-pay for the tablet-splitter will be \$0.
- ❖ The Half-Tablet Program is not applicable to prescriptions filled under the mail-order benefit or for Medicare Part D beneficiaries.

Covered Medications

Medication Name	(Brand name in parenthesis)
Benicar	
Benicar HCT	
citalopram	(Celexa)
Crestor	
enalapril	(Vasotec)
Lamictal	
leflunomide	(Arava)
Lexapro	
Lipitor	
mirtazapine	(Remeron)

Medication Name	(Brand name in parenthesis)
nefazodone	(Serzone)
paroxetine	(Paxil)
Risperdal	
sertraline	(Zoloft)
simvastatin	(Zocor)
Valtrex	
Zyprexa	

Generic Incentive Program

The voluntary RegenceRx Generic Incentive Program allows members taking certain generic medications (see next page) to receive up to a 30-day supply at no cost.

Previously, members could only sample brand name medications supplied by pharmaceutical manufacturers to their physicians. Now, they can sample a free generic before filling the balance of their brand name prescription.

Talk to your doctor about generic alternatives for the treatment of depression, diabetes, heartburn, and more. If the generic medication is on the incentive program, your first prescription can be filled at your pharmacy at no cost. Now that's savings worth looking into.

The generic advantage:

Generics can provide the same treatment benefits as brand-name medications at lower costs. The facts are clear:

- ❖ The FDA agrees that generics are as safe and effective as brand-name medications
 - ❖ Generics cost 20-60% less than the brand-name versions
 - ❖ Refills on generics are often less expensive
- Through RegenceRx, you can compare medications by cost, safety, and effectiveness. To raise your pharmacy-financial IQ, read frequently asked questions at www.regencerox.com.



RegenceRx Generic Incentive Program

Brand Medications	Generic Alternatives*
Antidepressants (for depression, anxiety, or other conditions)	
Celexa [®] , Cymbalta [®] , Effexor [®] , Effexor XR [®] , Lexapro [®] , Paxil CR [®] , Prozac Weekly [®] , Wellbutrin SR [®] , Wellbutrin XL [®] , Zoloft [®]	bupropion SA (Wellbutrin SR [®]), citalopram (Celexa [®]), fluoxetine (Prozac [®]) paroxetine (Paxil [®]), sertraline (Zoloft [®])
Antidiabetic Agents (to lower blood sugar)	
Actos [®] , Avandia [®] , Amaryl [®] , Glucophage [®] , Glucotrol [®] , Glucotrol XL [®]	glipizide (Glucotrol [®]), glipizide XL (Glucotrol XL [®]), glyburide (Diabeta [®] , Micronase [®]), metformin (Glucophage [®]), or metformin ER (Glucophage XR [®])
Antihypertensives (to lower blood pressure)	
Lopressor [®] , Toprol XL [®]	metoprolol (Lopressor [®])
Aceon [®] , Accupril [®] , Altace [®] , Lotensin [®] , Mavik [®] , Prinivil [®] , Univas [®] , Vasotec [®] , Zestril [®] , Avapro [®] , Benicar [®] , Cozaar [®] , Diovan [®] , Micardis [®] , Teveten [®]	lisinopril (Zestril [®] , Prinivil [®])
Avalide [®] , Atacand HCT [®] , Benicar HCT [®] , Diovan HCT [®] , Hyzaar [®] , Lotensin HCT [®] , Prinzide [®] , Vasoretic [®] , Zestoretic [®]	lisinopril/HCTZ (Prinzide [®] , Zestoretic [®])
Plendil [®] , Norvasc [®]	felodipine ER (Plendil [®])
Anti-inflammatories (to treat pain and inflammation)	
Arthrotec [®] , Celebrex [®] , Mobic [®] , Voltaren [®]	etodolac (Lodine [®]), ibuprofen , nabumetone (Relafen [®]), or naproxen
Antiviral (to treat or suppress herpes simplex virus)	
Famvir [®] , Valtrex [®]	acyclovir (Zovirax [®])
Endocrine/Thyroid (to treat low thyroid)	
Levoxyl [®] , Synthroid [®] , Levothroid [®] , Unithroid [®]	levothyroxine
Gastric Acid Agents (to reduce heartburn or stomach acid)	
Aciphex [®] , Prevacid [®] , Prilosec [®] , Protonix [®] , Nexium [®]	omeprazole , Prilosec OTC[®]
Hormone Replacement Therapy	
Estrace [®] , Premarin [®]	estradiol (Estrace [®])
Hyperlipidemics (to lower cholesterol)	
Crestor ≤ 10mg, Lipitor [®] ≤ 20mg, Pravachol [®] , Vytorin ≤ 10mg/20mg, Zocor [®]	lovastatin (Mevacor [®]), simvastatin (Zocor [®])
Lopid [®] , Tricor [®]	gemfibrozil (Lopid [®]), Lofibra[®]
Neurology (various conditions)	
Neurontin [®] , Depakote [®] , Dilantin [®] , Topamax [®]	gabapentin (Neurontin [®])
Urinary Agents (for urinary incontinence)	
Detrol [®] , Detrol LA [®] , Ditropan [®] , Ditropan XL [®] , Sanctura [®] , Vesicare [®]	oxybutynin (Ditropan [®])

*Generic alternatives may not be the exact equivalent of a listed medication, however they can be used to treat similar health conditions.

What is the Flu? Free flu shots available for OMIP members

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. While most healthy people recover from the flu without complications, some people, such as older people, young children, and people with certain health conditions, are at high risk for serious complications from the flu.

Members of the Oregon Medical Insurance Pool are eligible for a free flu shot at community clinics throughout the state. These flu shot clinics, which include the major chain stores and county health departments, are typically held between October 1, 2007 and December 31, 2007. Please check with the immunization provider (typically the pharmacist) at your local chain store or ask your county health department if they participate in the Regence BlueCross BlueShield of Oregon Flu Shot Program. If so, present your member card and they will bill Regence directly for the cost of the flu shot.

Hand-to-Hand Combat

Remember how you were taught to always cover your mouth when you cough or sneeze? That actually helps spread the infection. Those tiny droplets get on your hands, taking the virus along with them. As a result, you leave the virus behind on everything you touch.

It also means that you can catch a cold from touching things that other people have touched -- like coffee cups, door handles, telephones or drinking fountains.

To help prevent this "catch-and-spread" cycle:

1. Wash your hands often
2. Cover your nose and mouth when coughing or sneezing, preferably with a tissue or arm (not hands)
3. Don't put your hands around your eyes, mouth or nose until you have had a chance to wash them

Adults may be able to infect others **one day before** getting symptoms and up to **seven days after** getting sick. So it is possible to give someone the flu before you know you're sick as well as while you are sick.

Tender Loving Care

Treating the flu or a cold is mostly a matter of relieving your symptoms. There are some things you can do to be more comfortable:

1. Get as much bed rest as possible. How you feel indicates how much rest you need. Once the fever is gone and you feel like being up and about, then go ahead. You're the best judge of how you feel.
2. Take aspirin or ibuprofen every four hours. It's still the best medicine for fever and muscle aches for adults. Children can be given ibuprofen or acetaminophen. (Remember: Never give aspirin to a child unless directed to by your child's doctor.)
3. Drink plenty of fluids, especially water and fruit juices, and eat a proper diet. Fluids help keep the mucus more liquid, and help prevent complications such as bronchitis and ear infections.



Foods That Soothe

Hot tea with a little honey is a tried-and-true remedy for a stuffy nose – but chicken soup works even better! Nobody knows why, but steaming chicken soup does a better job of clearing mucus from your nasal passages, making you feel better while getting rid of a lot of virus. And that can speed up your recovery. For a vigorous effect on your sinuses, try something spicy. Hot, spicy foods unplug your nose and clear your sinuses as well as your lungs. Use lots of horseradish, mustard, cayenne, chili pepper and garlic on your food.

New rates & benefits for 2008

Watch for your new rate and benefits summary notices in late November.

You must be a resident of Oregon to stay in OMIP

You must maintain your Oregon residency to stay in OMIP. A resident is defined as a person who resides permanently in Oregon or a person who maintains a place of residence in Oregon and lives there at least 180 days per calendar year and files personal income taxes in Oregon.

If we receive information that the member is not a resident of Oregon, we will send a letter requesting proof of residency. If we do not receive the information within 10 days, we will then terminate the contract.

Items that can verify residency include:

- ❖ Current Oregon driver's license, front and back
- ❖ Current Oregon voter's registration card

- ❖ A current utility bill with the applicant's name and Oregon address
- ❖ Copy of your FHIAP Certificate of Eligibility



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