PEBB Board of Directors
September 15, 2015

AllCare PEBB Health and Wellness Programs

Freddy Sennhauser, VP of Marketing & Communications
Cami San Marco, Health & Wellness Outreach Coordinator
Cynthia Ackerman, RN, Chief Quality Officer

Changing healthcare to work for you.

Your Personal Health Report Card

Member Name:	Member ID:	DOB:	Report Period:
Jane Doe	P0000000000-00	10/20/1960	Jan 1, 2015 to Jun 30, 2015

We are pleased to provide you with your Personal Health Report Card. This report provides important information on the medications you are taking. This information may help you or your doctor identify opportunities for improvement in your medication therapy. Your report card is based on your pharmacy claims information. You may be taking additional medications and herbal preparations that may not be listed. Talk to your doctor if you have any questions about your medical condition or the medications you are taking.

Medication Name	Adherence Rating	# of Fills	Generic	Total Cost of Medication	You Paid
ACYCLOVIR 200 MG CAPSULE	★★★★	4	Y	$16.00	$16.00
CEFUROXIME AXETIL 250 MG TAB	NC	1	Y	$40.93	$40.93
CITALOPRAM HBR 40 MG TABLET	★★★★	2	Y	$9.00	$0.00
LISINOPRIL 10 MG TABLET	★★★★	4	Y	$10.56	$0.00
PRAVASTATIN SODIUM 20 MG TAB	★★★★	6	Y	$78.72	$0.00
QUETIAPINE FUMARATE 50 MG TAB	★★★	1	Y	$24.66	$24.66
			Total	**$179.87**	**$81.59**

Saved YOU: 54.6% or $98.28

This letter may contain confidential individually identifiable health information protected under the Health Insurance Portability and Accountability Act of 1996 ("HIPAA") and other statutes.

allcarehealth

Your Personal Health Report Card

Adherence Rating:

★★★★	Great job! Your refill history indicates you are refilling your medications regularly.
★★★	Good. Based on refill history, you are taking your medications with some regularity.
★★	Your refill history shows you may not be taking your medications regularly as prescribed. Discuss with your physician at your next office visit.
★	Your refill history shows you may not be taking your medications consistently. Contact your physician to discuss options.
NC	Not calculated. Adherence rating is not calculated on medications that are taken as needed or one time basis.

How to Save with Generics: Please consult with your doctor to see if there is a lower cost generic alternative medication to any Brand medications you may be taking.

Flu season is coming. Please get a flu shot. It's your best shot for avoiding the flu.

Did you know that adults and children with asthma are strongly recommended to get a flu shot every year? People with asthma are at an increased risk for getting the flu and having a flare-up of their asthma symptoms when they get the flu. The best way to protect yourself or your child is to get a flu shot. The Center for Disease Control and Prevention recommends that you get your flu shot in October or November so that the vaccination will be effective when the flu season begins in December. The flu is a respiratory illness that is typically spread through the air when an infected person coughs or sneezes. A few ways to help prevent getting the flu include: Washing your hands often with soap and water. Not touching your eyes, nose or mouth. Staying away from people who are sick.

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Your Personal Health Report Card

Member Name:	Member ID:	DOB:	Report Period:
Jack Doe	P0000000000-00	01/05/1975	Jan 1, 2015 to Jun 30, 2015

We are pleased to provide you with your Personal Health Report Card. This report provides important information on the medications you are taking. This information may help you or your doctor identify opportunities for improvement in your medication therapy. Your report card is based on your pharmacy claims information. You may be taking additional medications and herbal preparations that may not be listed. Talk to your doctor if you have any questions about your medical condition or the medications you are taking.

Medication Name	Adherence Rating	# of Fills	Generic	Total Cost of Medication	You Paid
ATORVASTATIN 40 MG TABLET	★★	2	Y	$42.84	$0.00
GLIMEPIRIDE 4 MG TABLET	★★★★	2	Y	$166.51	$0.00
JANUVIA 100 MG TABLET	★★	2	N	$1,904.42	$170.00
LANTUS SOLOSTAR 100 UNITS/ML	★★★★	2	N	$751.24	$0.00
LEVOCETIRIZINE 5 MG TABLET	★★	2	Y	$49.32	$40.00
LISINOPRIL 2.5 MG TABLET	★★	2	Y	$3.96	$0.00
LORAZEPAM 1 MG TABLET	NC	1	Y	$1.75	$1.75
METFORMIN HCL 500 MG TABLET	★★	2	Y	$11.52	$0.00
MONTELUKAST SOD 10 MG TABLET	★	1	Y	$8.03	$8.03
TIMOLOL 0.5% EYE DROPS	★★★	1	Y	$6.08	$6.08

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Your Personal Health Report Card

Medication Name	Adherence Rating	# of Fills	Generic	Total Cost of Medication	You Paid
ZALEPLON 10 MG CAPSULE	NC	1	Y	$52.20	$20.00
			Total	**$2,997.87**	**$245.86**

Saved YOU: 91.8% or $2,752.01

Adherence Rating:

★★★★	Great job! Your refill history indicates you are refilling your medications regularly.
★★★	Good. Based on refill history, you are taking your medications with some regularity.
★★	Your refill history shows you may not be taking your medications regularly as prescribed. Discuss with your physician at your next office visit.
★	Your refill history shows you may not be taking your medications consistently. Contact your physician to discuss options.
NC	Not calculated. Adherence rating is not calculated on medications that are taken as needed or one time basis.

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PEBB 2015 Incentive Programs

- Personal Health Assessment – annual
- PCPCH Initial Enrollment – one time
- Decreasing BMI – annual
- Tobacco Cessation (non-smoking for 12 months or participating in tobacco cessation program) – annual
- Prevention and Wellness (participation in two or more of the following) – annual

PEBB 2015 Incentive Programs

Prevention and Wellness Incentives

- Chronic condition self management –
- Nutrition counseling
- Well baby care
- Mammogram
- Colon cancer screening
- Prostate cancer screening
- Routine physicals
- Immunizations (including worksite flu shots)

Health Engagement Model (HEM)

- Weight Watchers
- ExerciseRewards
- Healthy Team Healthy U

AllCare Health
Health and Wellness Outreach

Tobacco Cessation

- Telephonic counseling sessions
- One-on-one personal counseling sessions
- Referrals to community classes

AllCare Health
Care Coordination

- Case Management Program – for members with one or more healthcare needs or challenges
- Chronic Disease Self-Management Program – Asthma, Depression, Congestive Heart Disease, Hypertension, COPD
- Diabetes Self-Management Education Program
- 24-Hour Nurse Help Line – 866-234-0637
- Self management Tools

2016 Program Development

- Living Well with Chronic Pain
- Living Well with Diabetes
- Living Well with Chronic Conditions
- On site tobacco cessation classes
- Work site wellness programs – pending PEBB approval
- Portal Communications to Members
- Predictive Modeling
- Mindfulness Based Resilience Training (MBRT)
- CDC Recognized Diabetes Prevention Programs

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