

MISSOURI EDUCATORS
UNIFIED HEALTH PLAN, INC.

MEUHP

"UNIFIED FOR STRENGTH,
STABILITY & SERVICE!"



MEUHP Back to School Health & Wellness Update We're all in this together!

August, 2013

Missouri Educators Unified Health Plan, Inc.
Forrest T. Jones & Company, Plan Administrator
800-821-7303, ext. 1179 * info@meuhp.com * www.meuhp.com

Estimate Your Cost Tool

Easy to use and can save YOU money!

Quiz - How much does a ct scan cost?

- A. \$251
- B. \$423
- C. \$1,704
- D. All of the above

If you answered A, B, C or D, you are correct!



- A** is a typical cost from Metro Imaging in St. Peter, MO.
- B** is what Sullivan County Hospital would typically charge in Milan, MO
- C** is a typical cost from Phelps County Regional in Rolla, MO.

As you can see, the cost of medical procedures varies greatly throughout the state - and even within your own area. A few moments with Anthem's Estimate Your Cost Tool BEFORE you have your elective surgery or treatment can help you determine the approximate cost and quality of your anticipated procedure.

It's easy and available 24/7. Just logon to your account (or create one) at www.anthem.com and click on the Estimate Your Cost link.

Video tutorial: [Estimate Your Cost Tool](#)

For those of you reading this as a printed version:

<https://wpvideo.jellyvision-conversation.com/oop/anthembcbs>

KNOW YOUR NUMBERS

We live our lives by the numbers: phone numbers, PIN numbers, Social Security numbers, ... the list goes on.

But do you know the heart health numbers that could literally save your life? There are three key numbers you need - including one surprisingly easy one that could give you a lifesaving preview of your cardiac risk.

1. Your blood pressure
2. Your cholesterol levels
3. Your waist size



Healthy numbers mean a healthy heart. If you follow a healthy lifestyle, eat a balanced diet, get regular exercise, and avoid smoking -- you can even turn bad numbers around. [Read full article from WebMD...](#)

Did you know ...

You can easily compare the cost of prescription drugs through [MoRx Compare?](#)

We took it for a short test drive and found that the cost for a common drug for a thyroid condition varied from \$4.00 to \$21.84 for the exact same drug in Platte county.



LEVOTHYROXINE 0.088 MG TABLET

Pharmacy	Monthly Price
WAL-MART PHARMACY	\$4.00
CVS Pharmacy	\$12.99
Heartland Home Services	\$21.84

Try [it yourself](#) and see! It's worth a few clicks to see how much you may be able to save.



**Toll Free.
24 hours a day.
Peace of mind.**

**24/7 Nurseline:
1-866-647-6117**

As part of the MEUHP Health Program, Anthem provides medical information to you and your family members through the 24/7 NurseLine. If you or a loved one have questions or symptoms and just aren't sure what to do, give the nurseline a call.

Nurses will talk confidentially with you about your symptoms, medications, self care home treatments, and when to go to your doctor. With years of hands on clinical experience, they are there for you!

www.ftj.com/moed – Your MEUHP online resource center.

As an employee of an MEUHP Member School, you can access your benefits, resources forms and account information on line. Simply logon to www.ftj.com/moed and enter your mascot (bears, tigers, etc) as your password. You'll find all of the MEUHP resources and forms and other insurance plans available.

Confused About Medicare Supplement Options?

You are not alone!



"Just what is a donut hole anyway?"

"Why does Company A cost more than Company B when they are the same plan?"

"I'm on six prescriptions - which plan is best for me?"

These are just a few of the thousands of questions we hear from Missouri educators and their families. Whether you're nearing age 65 and considering your options or you know a loved one who is concerned, you can rely on Larry Dean and the Senior Product team at Forrest T. Jones & Company to provide great information and assistance.

Just give us a call at 800-821-7303 ext.1134 or complete the [short on line form](#) and we'll be in touch! Remember, you can receive confidential consultations for your spouse, parents, grandparents and friends. Find out more today!

You are eligible for a \$50 Gift Card...

If you're enrolled in an MEUHP Health Savings Account Plan

If you selected one of the the MEUHP HSA's (Health Savings Accounts) effective July 1, **you are eligible** for a \$50 gift card from Anthem BCBS between now and the end of the year, limited to one per family.

How do you get the gift card? It's easy and will take about 10 minutes. Logon to your account (or create one) at www.anthem.com and select the Health Risk Assessment Link.

The Health Risk Assessment which will help you understand your health status and identify your health risks. You can compare you health status to the national average of your peers and find out how to improve your lifestyle and health.

When you complete the MyHealthAssessment, you will get a personal report that will guide you to improving your health. You'll also receive a gift card in the mail about a week to 10 days after you complete the on line survey. You can use your gift card at amazon.com or a variety of stores and restaurants.

Here are a few quick ideas of how you can spend your \$50:



- Yoga mat from Amazon or Dicks Sporting Goods
- Jewelry from Macy's, Dillard's or TJ Maxx
- Flowers from Lowes
- George Foreman Grill
- Skin Care Lotion / Bath Beauty / Health
- Jeans for the kids from the Gap
- Books from Amazon or Barnes & Noble
- Shoes / Scarves / Accessories from Zappos.com



It's simple, it's quick and it's \$50!



The MEUHP is All About Wellness

Visit www.meuhp.com for Wellness Resources & Ideas



<h2>Time Well Spent Wellness Calendar</h2> <p>* Click on the monthly topics to view the articles</p> <p>January</p> <p>Smoking Cessation Month</p> <p>Related Articles</p> <ul style="list-style-type: none">- Quit Smoking for Good- 36 Reasons- Be a Quitter	 <p>October is National Breast Cancer Awareness Month</p> 
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