

Pharmacy Changes for Medicaid SSI Members

MEDICAID SSI MEMBERS LEARN OF PHARMACY CHANGES FOR 2008

If you have iCare Medicaid SSI, you should have recently received a notice from BadgerCare Plus and Medicaid SSI. This notice talked about changes to your prescription drug coverage. In February, the Medicaid fee-for-service program began handling pharmacy coverage for all HMOs. Your pharmacy coverage will not be handled by iCare. This means you will have co-pays for your drugs.

The co-pays are \$3.00 for brand name drugs, \$1.00 for generic drugs, and \$.50 for over-the-counter drugs. If you get all your drugs at the same pharmacy, the most you will have to pay for prescription drugs is \$12.00 per-month per-person. You still have to pay the \$.50 co-pay for over-the-counter drugs. You can get your drugs from any pharmacy that will take your Forward or ForwardHealth ID Card.

If you cannot pay your co-pay, the pharmacy must still give you the drug. The pharmacy may bill you later for the co-payment. You may want to call your pharmacy to see how much the co-pay will cost before picking up your drugs.

The drugs covered by Medicaid fee-for-service may be different than those covered by iCare Medicaid

SSI. Starting April 2, 2008, you might need to get prior approval for the drugs you take. Please talk to your doctor or pharmacist for prior approval. They may also be able to help you change to a similar drug that does not require prior approval.

Drugs for Mental Illness:

If you are currently taking a non-preferred mental health drug, you will not need to get prior approval beginning April 2, 2008. If you are taking a brand-name mental health drug that has a generic version, you need to get prior approval to continue taking the drug.

BUT, any new medications you begin taking for mental illness after April 2, will require prior approval.

We encourage you to ask your doctor or pharmacist now, if the drugs you are taking will require approval.

If you have a problem getting your prescriptions, please call Member Services at 1-800-362-3002.

Member Services is open Monday through Friday from 7:30 a.m. to 5:00 p.m. If you need help getting your drugs after hours, please ask your pharmacy about a 14-day emergency supply.





A Note: From Our President & CEO

Let's put the record winter snow storms behind us and turn over a new leaf for spring by checking on your risk for developing heart disease. While you are at it, you can also learn all about heart healthy eating on page 3.

Become an active partner in your health care needs. We at iCare are your friend and partner. In addition, I encourage you to be an involved partner with your doctors and care coordinator. Read the back page to learn how to take responsibility for your health in 2008.

We are always interested in serving anyone who has a special need, and are on both Medicaid SSI and Medicare. Please refer anyone who is interested in becoming an iCare member to 1-800-777-4376 and ask for the Medicare Information department.

Patricia Jerominski
President & CEO

Take Steps to Keep Your Heart Healthy

Heart disease is the leading cause of death in the United States. The most common heart disease in the United States is coronary heart disease, which sometimes appears as a heart attack.

You can reduce your chance of developing heart disease by taking steps to prevent and control factors that put you at risk.

Conditions that affect your heart or increase your risk of disability include:

- ◆ Arrhythmia
- ◆ High Cholesterol
- ◆ Obesity
- ◆ Tobacco & Secondhand Smoke
- ◆ Peripheral Artery Disease (PAD)
- ◆ Heart Failure
- ◆ High Blood Pressure
- ◆ Diabetes

Know Your Signs and Symptoms

Most heart attacks start slowly with mild pain or discomfort. Here are signs that can mean a heart attack is happening:

- ◆ Chest discomfort in the center of the chest that lasts more than a few minutes or that goes away and comes back. It might feel like uncomfortable pressure, squeezing, fullness, or pain.



About every 26 seconds, an American will have a coronary event.

- ◆ Discomfort in other areas of the upper body, such as pain in one or both arms, the back, neck, jaw, or stomach.
- ◆ Shortness of breath. It may occur with or without chest discomfort.
- ◆ Other signs, like breaking out in a cold sweat, nausea, or feeling light-headed.



A Healthy Diet and Lifestyle are the Best Weapons You Have to Fight Heart Disease

- ◆ Choose lean meats and poultry without skin. Prepare them without added saturated or trans fats. Saturated fat can be found in whole milk, butter, meat, poultry skin, lard, cocoa oil, palm oil and coconut oil.
- ◆ The best heart-healthy oil for cooking is olive oil.
- ◆ Omega-3 oils are also heart-healthy and can be found in fish, like salmon and mackerel.
- ◆ Select fat free, 1% fat, or low-fat dairy products.
- ◆ Cut back on foods high in dietary cholesterol. Eat fewer than 300 mg of cholesterol each day.
- ◆ Cut back on beverages and foods with added sugars.
- ◆ Choose and prepare foods with little or no salt. Eat fewer than 2300 mg of sodium per day or 1500 mg if you are in a high-risk group for high blood pressure.

SOURCE: Centers for Disease Control

iCare News & Notes



Meet iCare's NEW Member Advocate - Sue Schlieve!

Sue has worked at iCare for three years as a Care Coordinator and Care Manager. She has experience working closely

with iCare members and believes in the quality care that iCare provides. "I am very passionate about continuing to provide quality care to iCare members," says Sue, "and will work to eliminate any barriers to accessing care."

Prior to iCare, Sue worked as a supervisor for 211, a 24-hour community information line for social services. She is very knowledgeable about community resources and programs and shares

that information with iCare members.

In her spare time, Sue stays active chasing her one-year old puppy!

FESTA ITALIANA 2008

As you know, iCare has been a sponsor of Festa Italiana VIP day in the past. Unfortunately, we will **not** be able to participate in Festa for 2008. This means we will not be able to send out free tickets to our members.

We still encourage you to attend and have a great time!

Festa Italiana runs from Thursday, July 17 through Sunday, July 20



Independent Care Contacts

Member Services: 414-223-4847

TTY: 1-800-947-3529 or 7-1-1

Voice: 1-800-947-6644 or 7-1-1

www.icare-wi.org

Doctors, nurses and other health care staff review the stories in each iCare newsletter. However, this information should never take the place of your doctor's advice and opinions. Always talk with your doctor first when deciding the best course of action to take for your health.

We want to hear from you!

Do you have a success story you want to share, or a comment about iCare?

Write or call us at:

Independent Care Health Plan

Derrick C. Lewis, Editor

1555 N. RiverCenter Drive, Ste 202A

Milwaukee, WI 53212

414-223-4847

Be a Partner in your Healthcare in 2008!

It is important to play an active role in your health care. This means working as a **partner** with your doctor and iCare care coordinator to make sure you get the best health advice and treatment. Here are some things you can do to become a **partner** in your health care.



Take responsibility for your health

- ◆ Follow your doctor's advice for taking care of yourself.
- ◆ Build a relationship with your doctor and work with him/her in making decisions about your health.

Know your medical history

- ◆ Tell your doctor about your past illness, diseases, and treatments, including any from your childhood.
- ◆ Know if and when you had immunizations and shots.
- ◆ Know your family history.
- ◆ Tell your doctor about all medications you are taking.

Participate in your doctor visit

- ◆ Take notes about your doctor's advice or ask a friend to do so.
- ◆ Talk to your doctor if you don't agree or don't understand what he or she tells you.
- ◆ Tell your doctor if a treatment or medicine isn't working for you.
- ◆ Bring all your medicines or a list of the medicines that you take with you to an appointment.
- ◆ Take care of your teeth, schedule a dental exam, practice proper oral hygiene.