

MBA Newsletter

Winter 2010

Helpful Phone numbers for your 2010 Benefits

MEDICAL - Prescription Drug changes - 1/1/2010 Provider Caremark
800 - 211-6086

MEDICAL BCBS PPO – plan changes 1/1/2011 Provider BCBS
800 - 516-1268

MEDICAL – HMOs – These plans require a primary care physician who make any necessary referrals – if the employee seeks out other Doctors without referral – they are responsible for all expenses

DENTAL PPO plan changes – 1/1/2010 Provider Humana
800 - 233-4013

VISION plan changes - 1/1/2010 Provided by Vision Service Plan
800 - 877-7195

FLEXIBLE SPENDING ACCOUNT – 1/1/2010 Provided by WageWorks
888 - 990-5099 Healthcare, Dependent Care, Commuter

FOCUSED HEALTH PROGRAM - 1/1/2010 Provided by Focused Health Solutions
888 - 352-9355

24 HOUR NURSE HOTLINE – 1/1/2010 Provided by Carewise
888 - 624-3099

EAP VENDORS WORK LIFE WEBSITE 1/1/2010 Provide by OptumHealth Behavioral Solutions 866 - 872-1666

PET INSURANCE - 1/1/2009 Provided by VPI Pet Insurance
888 - 899-4874

Inside This Issue

- 1 **Helpful Numbers**
- 2 **Focused Health**
- 3 **H1N1 Vaccine**

Contact your local MBA representative with any issues you would like brought before the MBA board.

Feel Better. (We'll Help.)

Focused Health Solutions offers Condition Management programs that are completely confidential and FREE to you and your families. Now there's even a better reason to join-**program participants will receive condition-related prescription drugs at a reduced price**-saving you and your family money. Enrolling is just a phone call away!

Condition Management

These programs offer a personalized support system that help you better manage your chronic medical condition(s). Our one-to-one approach empowers you to take control of your health so you can feel your best and lead a healthier lifestyle.

When you enroll, you will be assigned a personal nurse coach who will work with you throughout the program. Calls will be regularly scheduled at a time that's most convenient for you. Your personal nurse coach will be able to assess your condition and provide information and guidance to help minimize symptoms, prevent complications, and address your personal health questions and concerns. Together, you will set meaningful, achievable goals that will improve your overall health and increase your confidence in managing your condition. You can count on your nurse coach to provide friendly support and encouragement throughout the entire process.

No Cost and Confidential

The Condition Management Program is an added benefit to your employer health plan, offered at no cost to you. You actually save money because co-pays for physician office visits related to your condition are reimbursed as long as you actively participate in the program. An annual maximum may apply. Your participation is completely confidential. Personal information will never be shared with your employer or medical plan.

Call today to see if you or a family member is eligible.*

Asthma**

Back and Neck Pain

Diabetes**

Heart Conditions

- Congestive Heart Failure
- Coronary Artery Disease
- Hypertension (high blood pressure)

Behavioral Health

- Anxiety
- Clinical Depression
- Obsessive Compulsive Disorder

**Please check with your employer for coverage and eligibility details.*

***The Asthma and Diabetes programs are available to dependent children less than 18 years of age.*

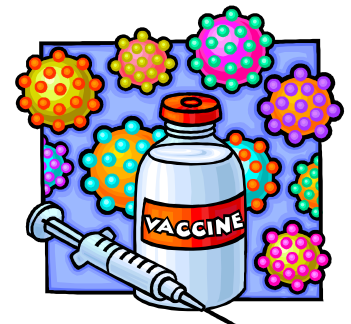
Healthy. (It's just a phone call away.)
Call 1-888-352-9355 anytime.

H1N1 Influenza Vaccine Update

The U.S. Centers for Disease Control and Prevention (CDC) is strongly recommending that everyone become vaccinated against the H1N1 virus, and is predicting an increase in H1N1 illness beginning in mid-February. This flu season is especially uncertain due to seasonal influenza and H1N1 viruses circulating at the same time. The seasonal flu vaccine is unlikely to provide protection against H1N1 influenza, and for that reason the CDC is encouraging people to get the H1N1 vaccine this winter.

Here are some ways you and your dependents can receive H1N1 shots under the Exelon Corporation Health Care Program.

For Exelon Medical Plan Participants who have prescription drug coverage through Caremark: Effective immediately, Exelon employees and their dependents who have prescription drug coverage through Caremark are eligible to receive the H1N1 vaccine at no cost at participating pharmacies. To receive the benefit, you will need to show your Caremark card. CVS, Rite Aid, Osco, Dominicks, Kroger, and K-Mart are among those participating. Be sure to call the pharmacy to find out if and when that location is providing H1N1 flu shots.



For participants in the Blue PPO administered by Blue Cross and Blue Shield of Illinois:

You may contact your primary care physician's office for your immunization. If you have an office visit and receive an immunization and no other services, you should not receive a bill for the office visit. Your immunization will be covered at 100%. Normal office visit co-payments will apply if you see your physician.

For participants in HMO Illinois or UnitedHealthcare Heritage Choice HMO:

Contact your primary care physician's office for your immunization. There will be no co-payment if you schedule your immunization with a nurse or lab in your physician's office and receive no other services other than the immunization. Normal office visit co-payments will apply if you see your physician.

If you have any questions, please contact OHS at 800-558-0039

PLEASE SEND ANY SUBMISSIONS
FOR FUTURE NEWSLETTER TO
EDITORIAL TEAM

Julie Moretti
(Julie.Moretti@exeloncorp.com)
General Secretary

Julie Ruffin
(Julie.Ruffin@comed.com)