

Healthy Tomorrows Information for Managers/Supervisors

Who?

Active employees and non-Medicare retirees in PEIA's self-insured plans (not HMO or Medicare members)

What?

Healthy Tomorrows is a three-year plan to get members to:

1. Develop a relationship with a primary care provider (name one by 5/15/15)
2. Know some basic, easily controlled numbers (between 4/2/15 and 5/15/16);
 - a. blood pressure
 - b. blood sugar
 - c. total cholesterol
 - d. waist circumference
3. Get those numbers into an acceptable range (between 4/1/16 and 5/15/17)
 - a. blood pressure $\leq 140/90$
 - b. blood sugar ≤ 125
 - c. total cholesterol ≤ 245
 - d. or have a physician's statement that the numbers can't be met
4. If members do not meet these requirements by May 15 deadline each year, \$500 added to medical deductible for the next plan year.

When?

1. Between April 2 and May 15 -- during Open Enrollment this year -- POLICYHOLDER must name a PCP.
 - a. Not required to name for spouse or dependent children
 - b. Can be a provider from our listing or can name ANY provider
 - c. PCP won't be a gatekeeper
 - d. Doesn't limit access to other providers – we'd like members to develop a relationship with a primary care provider, but we're not requiring them to use the PCP.

Where?

1. Can name a PCP online by going to PEIA's website at www.wvpeia.com
2. If no internet access, can call PEIA's open enrollment helpline: 1-877-676-5573
 - a. Pick a PCP form
 - b. Transfer form
 - c. Tobacco status reporting

Why?

- Primary Care Provider (PCP) or the "medical home" concept embraced by both the American Academy of Family Physicians and the American Academy of Pediatrics
- One physician to oversee and coordinate all care
- Knowing numbers helps members catch problems early when they are more treatable
 - Treat diabetes before insulin is required
 - Catch high blood pressure before a stroke or kidney problems develop
- Learned from past health screenings that members do not know their numbers. PEIA's primary focus is to increase members' knowledge of their health status

What Else is New?

1. New Online Tools
 - a. *MyPEIA Pathways to Wellness* -- online wellness tool with health risk assessment, online classes, wellness coaching, trackers -- to help members lead healthier lives and avoid healthcare costs
 - b. *Healthcare Blue Book* -- online healthcare cost and quality comparison tool to help members comparison shop for health care as they do for cars, houses and other big purchases.
 - c. Revamped worksite wellness program provides classes and individual wellness coaching