



HealthWatch

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STATE EMPLOYEES' INSURANCE BOARD

EMPLOYEE OF THE YEAR

BY SALLY CORLEY

We are pleased to announce that the SEIB's nominee for State Employee of the Year, Patricia Taylor, was selected as one of the finalists for this year's title. Patricia currently serves as a health insurance specialist for the SEIB, and she was overwhelmingly chosen by her coworkers as SEIB's nominee for Employee of the Year.

We have a lot of hard working employees here at the SEIB that deserve recognition. However, Patricia demonstrated exemplary dedication to her job and to the members of the State Employees' Health Insurance Plan (SEHIP) as she patiently explained the extensive changes that were made to our plan this year. The recent changes to the SEHIP resulted in over \$21 million in savings to the State, and Patricia had the difficult task of being the direct point of contact for explaining and implementing these changes which included: co-pay changes, premium adjustments, and implementation of the spousal surcharge. During our recent open enrollment period, she worked most weekends and frequently stayed late. Through all of this, the smile never left her face. She goes above and beyond to



SEIB CEO William Ashmore and Patricia Taylor

ensure that the job always gets done and that it is done well.

Patricia exemplifies the person we all should be both personally and professionally. She is a great representation of the SEIB, and we are proud to call her our coworker and our friend. Congratulations Patricia!!



How people treat you is their karma; how you react is yours.

— WAYNE DYER

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How well are you sleeping?

KEITH COX

Are you suffering from daytime sleepiness? Falling asleep in meetings or behind the wheel? Our lives are so hectic now that we forget just how important sleep is to our overall health and wellness. The CDC states that most adults need 7-9 hours of sleep every night. Do you sleep 7-9 hours every night?

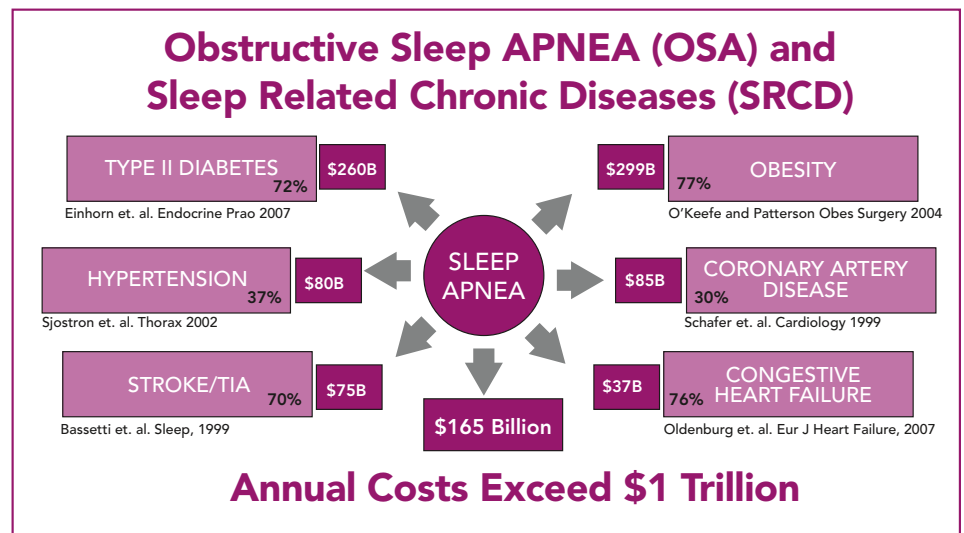
During the 2013 fiscal year, nearly 2,000 state employees and non-Medicare retirees and over 750 spouses were diagnosed with sleep apnea. The financial impact of sleep apnea related services during fiscal year 2013 was over \$2.5 million. That calculates to approximately \$65.00 per contract per year for all active employees and non-Medicare retirees.

If you have been diagnosed with sleep apnea, the very best thing you can do is to adhere to the treatment regimen that your physician has given you. Just like any other prescription that a physician gives you, if you neglect the treatment, you will not receive

the benefits as quickly as you would like. Following the treatment set forth will allow you to sleep better during the night, therefore providing you a chance to be much more productive and alert the following day. Better sleep also leads to better overall health which will help keep our health care costs low. The following chart shows the likelihood of individuals with sleep apnea having another chronic disease

and the cost associated with those conditions nationwide.

So, what steps can you take to sleep better? Avoid large meals before bedtime and turn off the television a little earlier? Go to bed and get up at the same time every day? Sure you can! Life is full of choices. Start today and make the choices necessary to live a healthier life.



Wellness Discount Network Expanded

TONYA CAMPBELL, MARKETING DIRECTOR

Beginning January 1, 2015, the wellness discount will be expanded to include retirees and covered spouses who do not use Medicare as their primary insurance. And getting the discount could not be easier!

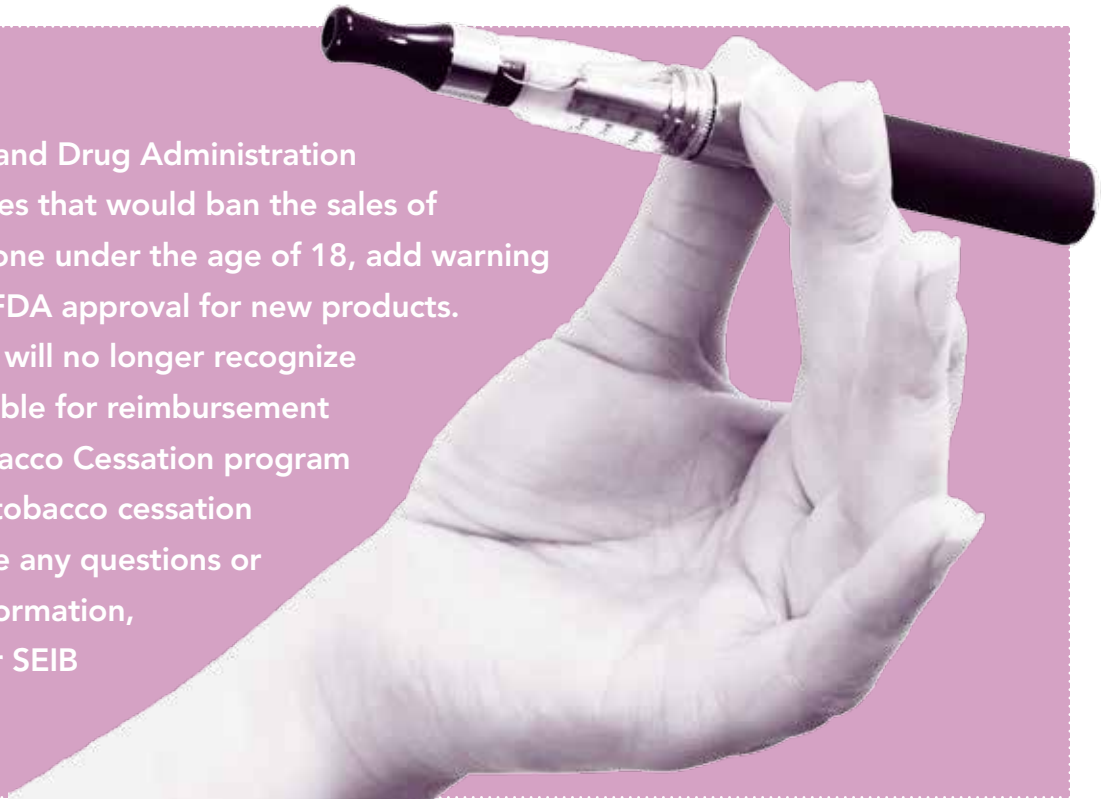
First, be sure to submit your wellness participation information to the SEIB office before October 31, 2014. Here are a few easy and convenient ways to ensure you get the discount.

- Participate in a SEIB Worksite Wellness screening or a screening at your local County Health Department;
- Visit a physician and have the provider screening form completed and returned to the SEIB;
- Visit an SEIB participating pharmacy wellness screening location. (For the latest schedule of wellness screening dates and

locations, visit the SEIB website at www.alseib.org)

We will continue to work to ensure that you, our members, are aware of the many cost-saving options available. Anytime you have questions, concerns, comments, etc., call your personal SEIB advisor listed on the back page.

Recently the Food and Drug Administration (FDA) proposed rules that would ban the sales of e-cigarettes to anyone under the age of 18, add warning labels and require FDA approval for new products. With that, the SEIB will no longer recognize e-cigarettes as eligible for reimbursement under the SEIB Tobacco Cessation program or as an approved tobacco cessation product. If you have any questions or need additional information, please contact your SEIB advisor.



Access Your Wellness Information Online

TAL KELLEY

When you login to mySEIB at <http://my.alseib.org/> you have access to your wellness information. You can:

- Check your Wellness Subscriber Discount Status.
- Check your Wellness Spousal Discount Status.
- Schedule Screening Appointments, then save your appointment to Microsoft Outlook.
- View your complete Wellness history.
- View trend charts that show up and down trends for all of your biometric data.

On our public web site, <http://www.alseib.org/>, you have access to the following Wellness specific information:

- Information regarding the State Wellness Center and Pharmacy (location, hours, contact information, etc.)
- Participating Wellness screening pharmacy locations.
- The monthly pharmacy feature which is a detailed newsletter with different topic each month.

UPDATE YOUR MYSEIB PROFILE

We routinely send out important information and letters that are either required by law or related to your SEIB healthcare account; therefore, keeping your profile up to date is extremely important.

A screenshot of the mySEIB login page. The page has a white background with a grey border. At the top, it says "WELCOME TO MYSEIB". Below that, it says "Please login to access mySEIB." There are two input fields: "User ID:" with a small eye icon and a "Password:" field. Below the password field is a "Sign In" button. At the bottom, there are links for "mySEIB Home", "Register Now", "Forgot User ID", and "Forgot Password".

Things to remember when keeping your profile up to date:

- Change your password on a regular basis – the security of your account password should be your top priority. SEIB will never ask for your password.
- If you move or change mailing addresses, please let us know.
- Keep your email address updated so you will receive valuable updates and information. When a change is made to your account online an email is sent to the email account we have on record notifying you of the change.
- Update your Security Questions – these are used when recovering a forgotten password.

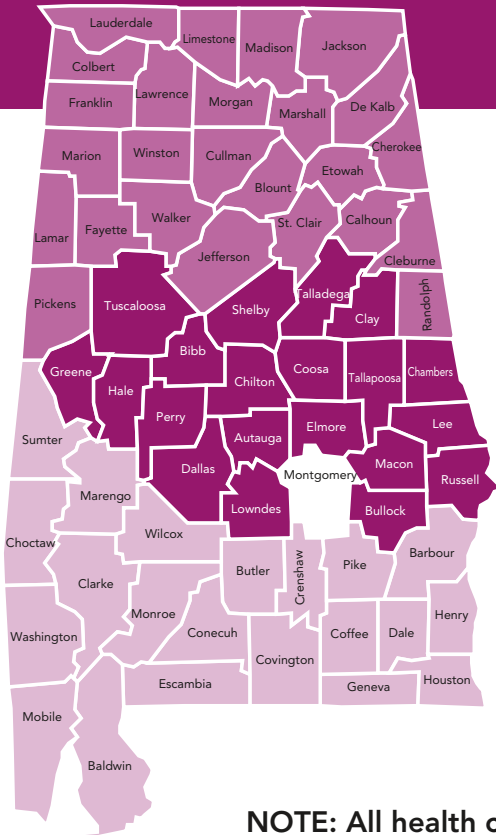


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Don't forget to call our health insurance benefit advisors, located conveniently throughout the state, for all your questions on enrollment, benefits and plan options. Listed here are the advisors, their territories and ways to contact them. You should contact the advisor assigned to your county of employment.

NOTE: All health care claims inquiries must be directed to Blue Cross Blue Shield.