



HealthWatch

Spring 2016 Newsletter

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Now Available: Free Identity Theft Protection

David Hilyer, Chief Legal Counsel



The SEIB and the SEHIP's claims administrator, Blue Cross Blue Shield of Alabama, are committed to the protection of SEHIP members' protected health information and other personally identifiable information. Now, in an effort to assist SEHIP members in that area, BCBSAL is offering identity protection services to individuals who are members of plans that BCBSAL administers.

Members can log in or register to *myBlueCross* at **AlabamaBlue.com/IDProtection** to take advantage of this great benefit.

This service is offered directly through Experian® and includes:

- **Credit Monitoring**- monitors for activity that may affect a member's credit.

- **Fraud Detection**- Identifies potentially fraudulent use of a member's identity or credit.
- **Fraud Resolution Support**- Assists members in addressing issues that arise in relation to credit monitoring and fraud detection.

Experian® offers two services that are available to you:

- **ProtectMyID** is coverage for any member covered on the contract and over the age of 18. ProtectMyID only provides individual coverage and each member must sign up individually.
- **Family Secure** is coverage for the contract holder and all the covered dependents on the contract under the age of 18.

Please note: for Family Secure, only the contract holder will be able to enroll themselves and their dependents under the age of 18. Spouses and dependents over the age of 18 will be able to take advantage of this benefit by enrolling in ProtectMyID individually.

Dependents over the age of 18 who do not have a credit history will not be able to sign up for this benefit. Once a SEHIP member has enrolled in this service, it will continue at no cost to the member as long as they remain an active member of a health plan administered or covered by BCBSAL. If you have any questions concerning this free service, please contact BCBSAL at 800-327-3994.

Healthwatch is published by:
State Employees' Insurance Board
201 South Union Street, Suite 200
PO Box 304900
Montgomery, AL 36130-4900
(334) 263.8341 • 1.866.836.9737
Fax: (334) 263.8541

Chief Executive Officer

William Ashmore

Editor

Michelle Walden

Newsletter Comments

healthwatch@alseib.org

WWW.ALSEIB.ORG

Toll-Free Numbers

State Enrollments:	1.866.836.9737
Wellness:	1.866.838.3059
Flexible Benefits:	1.866.833.3378
Blue Cross Blue Shield:	1.800.824.0435

Your Wellness Screenings are Online

Tal Kelley, Information Technology

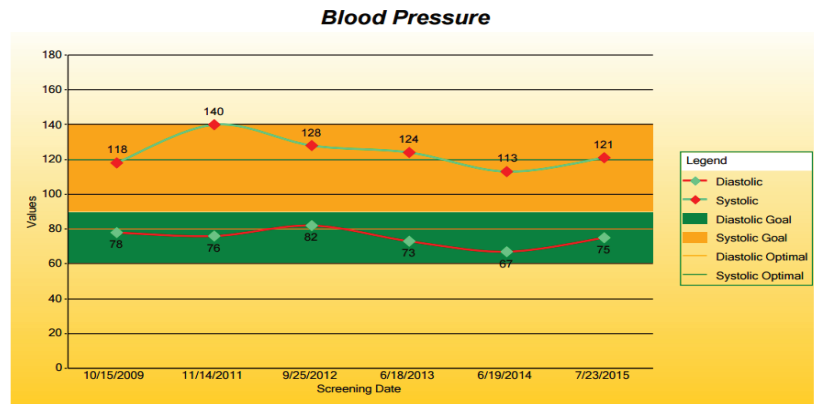
Did you know that you can access your screening history and trend charts online at the mySEIB Website, my.alseib.org? Invaluable information is available in your screening history that could provide insight at your next doctor's visit or healthcare checkup. You can check out your results as far back as 2009 in the screening history section of our Website, and view point charts over time to indicate trends in your overall wellness. Check out the information below to see what else is available in this section:

- **Blood Pressure**
- **BMI**
- **Height/Weight**
- **Total Cholesterol**
- **HDL and LDL Cholesterol**
- **Triglycerides**
- **Blood Glucose**

Interested in how our state is doing as a whole? Visit our Website at www.alseib.org, or open.alseib.org, and

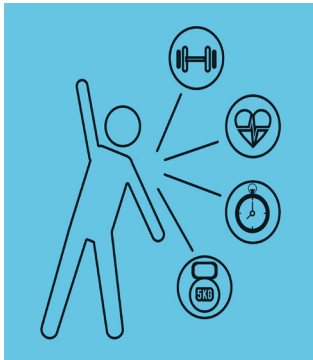
view the Wellness Results document. This indicates how our health has improved, which allows

for our medical costs to decrease.



Our Wellness Screenings are for Your Well-Being

Deborah Taylor, RN, Clinical Director



It seems like we are always discussing wellness, but it's mainly because we care about your health. The SEIB has several programs in place to promote healthier lifestyles and reduce health risks. We encourage you to take advantage of all that the SEIB has to offer and improve your health at the same time. Below are some ways you can get involved in taking charge of your health.

- Participate in a wellness screening at your worksite, county health department, participating pharmacy, or your personal healthcare provider.
- Make sure you are current on all vaccinations.
- Stay up-to-date on all your recommended preventive care services.
- Work out at an SEIB contracted fitness center at a reduced rate.
- Participate in a physician supervised weight management or nutritional counseling program.
- If you are a tobacco user, participate in a tobacco cessation program.
- Develop walking or fitness programs at your worksite. It is always easier to become motivated or exercise when you have a partner.
- Make healthier meal choices for you and your family.

Budget Update

Sally Corley, Director of Government Affairs

The General Fund budget took an unusual path this year. The Legislature sent the Governor a budget that reflected an \$85 million shortfall for Medicaid, which he vetoed. The legislature promptly overrode his veto and enacted the budget with the same shortfall for Medicaid. As of this writing, it is unclear how they plan to handle the Medicaid issue. However, there are rumors that we may be facing another special session later this year.



There was one bright spot for state employees in the FY17 general fund budget: an increase in the funding rate per employee per month from \$825 to \$850. The budget also included language encouraging our Board to not increase out of pocket expenses for employees in 2017. While we cannot guarantee out of pocket expenses will remain the same, it certainly is a noble goal for our Board to consider later this summer when they meet to set rates. In the meantime, be sure to thank your legislators for increasing your health insurance funding.

The Good, Bad and Ugly Cholesterol

Deborah Taylor, RN, Clinical Director



Cholesterol is a white, waxy fat found naturally in the body. In order to be in the normal range, your total cholesterol should be 200 or lower. However, if your cholesterol is 240 or higher, you're considered to be at risk. Improving your cholesterol can be done by making dietary changes such as avoiding or limiting deep fried foods, red meats, saturated fats, and large portions of cheese.

HDL cholesterol is the "good" cholesterol that helps clean out the bad cholesterol from your body. Normal HDL for men is 40 or higher, and 45 or higher for women. You can increase your good cholesterol by consuming foods high in omega-3s, such as walnuts and salmon, or by exercising on a regular basis.

LDL cholesterol is the "bad" cholesterol, which is most likely to stick to the walls of your arteries. Normal LDL cholesterol is 100 or less. You are considered to be at risk if your LDL is above 129. You can lower your LDL by eating foods high in soluble fiber, such as oatmeal, beans, fruits and barley.

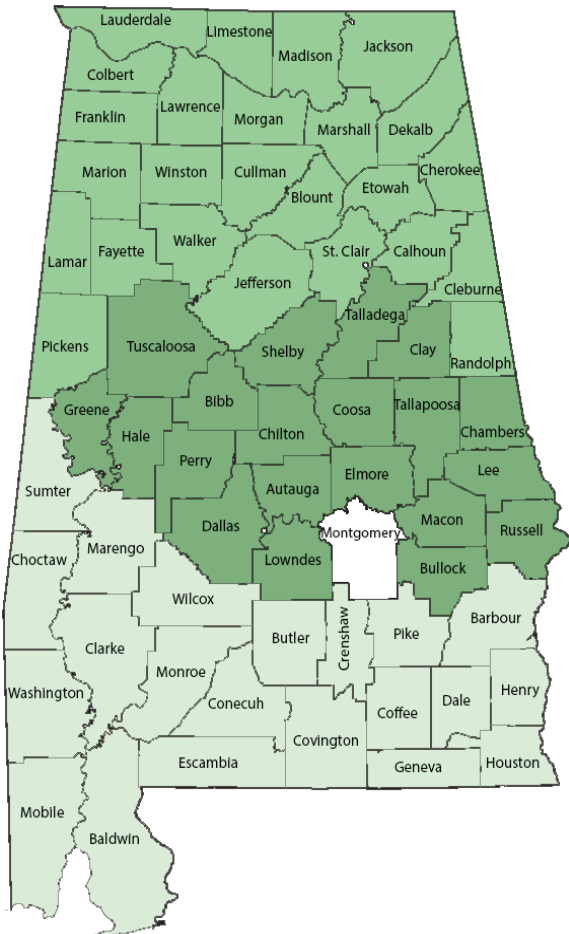
Triglycerides are known as the "ugly" cholesterol. Triglycerides are associated with sugars that cause the fat to loosen from the artery walls and cause blockages. Ideally, your triglycerides should be below 150. You can decrease your triglyceride levels by exercising and eating more foods rich in fiber and omega-3s, while also eliminating sweets, alcohol, saturated fats and fried foods.



STATE EMPLOYEES' INSURANCE BOARD

PO Box 304900
Montgomery, AL 36130-4900
www.alseib.org

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Field Benefit Advisors are Available for Your Service

Our health insurance benefit advisors are located throughout the state to answer 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.

Kerry Schlenker
Toll-Free: 1.866.838.5027
kschlenker@alseib.org

Marsha Abbett
Toll-Free: 1.866.841.9489
mabbett@alseib.org

Rick Wages
Toll-Free: 1.866.841.0980
rwages@alseib.org

Connie Grier
Toll-Free: 1.877.500.0581
cgrier@alseib.org

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