

SoonerCare

Oklahoma Health Care Authority

Companion Fall 2014

Let's Get SoonerFit!



Did you know... in Oklahoma one in three kids between the ages of 10 and 17 are overweight or obese? Oklahoma is predicted to have the highest obesity rate in the country by 2018? Obesity remains high at 32.2 percent of adults; 875,000 adults are obese in Oklahoma?*

These facts are alarming and should be taken seriously. People who are overweight or obese have a higher risk for serious health conditions, including diabetes, heart disease, strokes, and some types of cancer.

The Oklahoma Health Care Authority wants to help... in a fun and exciting way! We want Oklahomans to be SoonerFit!

What is "SoonerFit"? It is living a life where you enjoy making healthier choices with us helping you along the way!

The SoonerFit website, www.soonerfit.org, contains information that SC members and all Oklahomans can use as an aid to leading a fit and healthy lifestyle in a fun, affordable and easy way. The website includes links to local farmers' markets that take SNAP (Supplemental Nutrition Assistance Program) benefits, tobacco cessation resources, healthy recipes, low cost gyms, cooking demos, motivational videos, exercise routines, toolkits for parents to aid in maintaining the health of their children, Tell Us Your Story videos, contests, and lots more!

Check out the website today and while you are there, take the SoonerFit pledge and join other Oklahomans in living a healthier lifestyle and being SoonerFit! (*Source: 2011 to 2012 National Survey of Children's Health)



I'm Melody Bays, and I work for the Oklahoma Health Care Authority creating wellness programs and programs to help SoonerCare members quit using tobacco.

I'm really excited about a new wellness program we're starting, SoonerFit!

As a newly pregnant mom and stepmom to a 10-year-old, it's important for me to find the time in my busy schedule to keep my family active and eating right. I encourage you to visit SoonerFit.org and to read my SoonerFit column which will be in every issue of this newsletter. I'll give you helpful information on staying healthy and ideas on how to make the healthy choice, the easy choice.

Did you know that SoonerCare covers over-the-counter (OTC) head lice products?

Certain OTC head lice products are covered by SoonerCare with a prescription from your doctor. Children all across Oklahoma have returned to school causing the cases of head lice to increase.

As soon as you notice head lice on your child, contact your medical home to schedule an appointment.

The covered OTC products include Nix® products and all products include a nit comb. These products should be used along with other ways of treating lice (washing bedding and clothing in hot water, etc.) to make your lice treatment successful and avoid re-infestation and spreading it to family and friends. Treating head lice also helps to prevent the spread of head lice at school and daycare. Along with treating



your family, there are other things you can do around the house to get rid of lice including washing bedding, stuffed animals, towels, and clothing in hot water. Your doctor will be able to tell you what to do to help with your family's head lice treatment.

What is SoonerPlan?

SoonerPlan is a family planning program for men and women who are not enrolled in SoonerCare. It is not health insurance. The program is limited to family planning services, such as birth control, tubal ligations for women ages 21 and older, vasectomies for men ages 21 and older, etc. To read more about this plan, please visit www.okhca.org/soonerplan.

What is Soon-To-Be-Sooners?

Pregnancy services are offered to qualified Oklahoma women to increase the likelihood of a healthy pregnancy and birth. Some women are eligible for the full-scope of SoonerCare benefits, whereas others qualify for a more limited range of services through the Soon-To-Be-Sooners (STBS) benefit.

The following pregnancy related services are offered through STBS. Services include:

- Routine office visits for prenatal care;
- Pregnancy-related medication;
- Two ultrasounds (one in the first trimester; one in the second or third trimester) and lab services related to the pregnancy;
- Limited medically necessary specialty and high risk obstetrical care with prior authorization; and
- Delivery services.

To read more about this plan and to see qualifications, please visit www.okhca.org/stbs.



Help for the Uninsured

Small business owners can provide quality health insurance for their employees with Insure Oklahoma. Insure Oklahoma (IO) will pay at least 60 percent of the premium for each employee that qualifies.

To qualify a business must:

- Have 99 or fewer employees
- Be located in Oklahoma
- Offer a qualified health plan and contribute at least 25 percent of the premiums for qualified employees

To qualify an employee must:

- Be between the ages of 19-64
- Be an Oklahoma resident and meet citizenship guidelines
- Be at or below 200 percent of the federal poverty level (employee makes below \$53,460 for a family of four in a two worker household)
- Contribute up to 15 percent of monthly premium cost (no more than 3 percent of total income).

To begin the process of applying, please contact your local health insurance agent. For more information on Insure Oklahoma or if you don't know a health insurance agent, please call 1-888-365-3742 or visit www.insureoklahoma.org.



****For individuals who do not qualify for employer-sponsored coverage, Insure Oklahoma offers an Individual Plan.**

Qualifications include:

- A working adult with a disability, a temporarily unemployed adult seeking work, an adult with no access to employee-sponsored insurance, or a qualified spouse or college student; and,
- Between the ages of 19-64; and,
- An Oklahoma resident and meet citizenship guidelines; and,
- At or below 100 percent of the Federal Poverty Level (\$29,610 for a family of four in a two worker household).

Call 1-888-365-3742 or visit www.insureoklahoma.org to find out more.

Do you have insurance besides SoonerCare?

You may work for a business that offers you health insurance coverage, and you also qualify to receive SoonerCare. Sometimes the company that you work for changes insurance plans and starts using a different insurance provider. You must tell a SoonerCare representative when this happens. Additionally, when your private insurance coverage ends, you must tell a SoonerCare representative. We count on you to provide us with your up-to-date insurance information.

Did you know that the doctors you see must file with your private insurance for your health care first, before they file a claim with SoonerCare?

It's important for SoonerCare to have your most current information. If you need to report changes to your private insurance, call the SoonerCare Helpline at 1-800-987-7767 and pick the option for TPL (third party liability). If you have new insurance to report, make sure to have the insurance card with you so you can give the representative the correct information.

Did you know when you have private insurance and SoonerCare, it's important the doctor, hospital, etc. take both insurances?

Before you see a provider for services, ask a staff member if they take your private insurance and SoonerCare. This will save you from getting billed for services you assumed were covered.

FLU IN OKLAHOMA

Between 3,000 and 49,000 deaths occur annually due to the flu in the United States. Many of these deaths could be prevented. Here's how to keep your family safe.

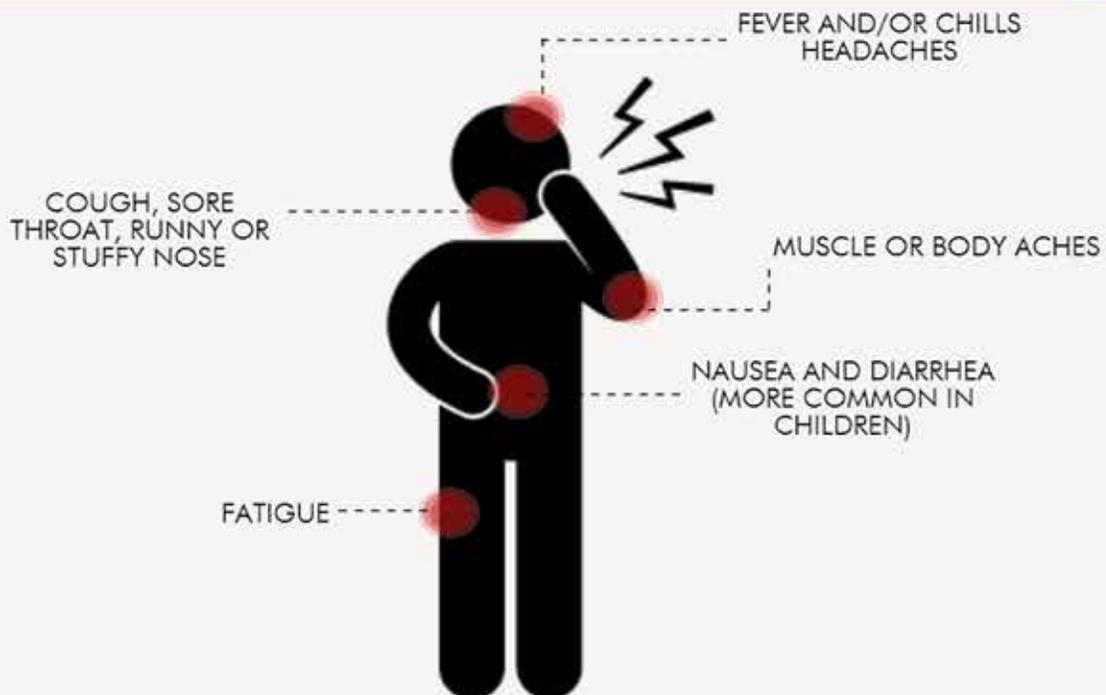
HOW COMMON IS THE FLU?



DURING THE 2013 FLU SEASON, OKLAHOMA ALONE HAD:



KNOW THE SYMPTOMS



THE NUMBER ONE WAY TO PREVENT THE FLU IS TO GET VACCINATED!

The average person with insurance can expect to spend a minimum of \$274 if they get the flu...much more than the cost of a shot!



\$0

FLU SHOT

average cost for many insurances, including SoonerCare.



\$274

COST OF FLU

*including doctors fees, medicine, and time lost at work.

The flu costs the U.S. approximately **\$10.4 billion** dollars each year in direct costs for hospitalizations and outpatient visits for adults.

KNOW THE TRUTH

I'm healthy. Do I really need the shot?

Yes! Not only does getting the shot save you unnecessary risk and illness; you help protect those around you, like children under 6 months who can't yet get the shot.



But can't the flu shot give you the flu?

No. While some people have mild immune reactions the shot cannot give you the flu. There is also no evidence that the shot causes autism or other developmental disorders.

I already got the flu this season. I can't get it again, right?

Yes, you can. There is more than one type of flu, and getting one does not protect you from getting the other!



Is the "stomach flu" really the flu?

No. Many people use the term "stomach flu" to describe illnesses with nausea, vomiting or diarrhea. These symptoms can be caused by many different viruses, bacteria or even parasites. The flu is a respiratory disease and not a stomach or intestinal disease.

Changes to SoonerCare Online Enrollment:

Electronic correspondence:

Members now have the new option of receiving email communication instead of traditional mailed letters. If a member chooses to receive email instead of letters, they will receive an email letting them know when a letter is waiting to be viewed in their Online Enrollment account. If you prefer to receive eligibility information by email, go online to your SoonerCare account, go to the page where you update your contact information and click the drop-down “how do you wish to receive your notices” then choose “email”.

Note: Members will still receive some printed letters. The email letters are just for SC eligibility information.

Coming later this year:

Rebranding/Spanish translation:

The Online Enrollment site will have a new look with OHCA's new branding. As part of this update, Online Enrollment web pages will be available in Spanish.

Security changes:

It will become easier for members to change usernames and passwords to their account online instead of having to call the SC Helpline. If a member is enrolling or renewing online, they will be required to have an active email address. For those being enrolled through an agency or partner, an active email address is not required.



NEW SOONERCARE PREGNANCY SERVICE

Text4Baby sends free text messages on topics such as prenatal care, immunizations, breast feeding, oral health, safe sleep, and nutrition. Messages begin from the date of registration through the baby's first year. With Oklahoma's customized messages, we are able to connect people to statewide specific resources: tobacco cessation and early elective deliveries.

Mother's-to-be can enroll either online at www.text4baby.org or by texting the word “baby” (“bebe” for Spanish) to 511411 from a cell phone.

This newsletter is for SoonerCare Choice members. It will tell you about any changes or updates to your SoonerCare benefits. It will also give you other useful news to help keep you healthy. However, if you have specific questions about your health, please talk to your doctor.

Disclaimer: Clinical, legal and other comments are offered for general information only. Please talk to your doctor about specific health concerns.

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Download additional copies on the OHCA website <http://www.ohca.org> sooner-care-companion SNWENG-COMPAN -Fall 2014

Prescribing Changes Could Help Remedy RX Abuse Problem in State



The Oklahoma Health Care Authority is making two prescribing changes in the SoonerCare program. The changes are part of a continuing effort to tackle the prescription drug abuse problem in Oklahoma.

The abuse of some medicines has become a serious state-wide health concern. Beginning Nov. 10, the amount of pain-killers prescribed for longer than 10 days will be limited to four (4) pills a day. There will be three (3) phases in which SoonerCare will only cover a limited number of pain-killers. Please see the list and timeline on the pain-killers below:

Date of Quantity Limit	Medications Affected
Stage 1 November 2014	Hydromorphone immediate release products Dilaudid® Morphine immediate release products MSIR® Codeine and codeine combination products Tylenol #3®, Tylenol #4®, Oxymorphone immediate release products Opana®
Stage 2 December 2014	Oxycodone immediate release products and Oxycodone combination products Roxicet®, Percocet®, Roxicodone®, OxyIR®, Percodan®,
Stage 3 January 2015	Hydrocodone combination products Norco®, Vicoprofen®, Vicodin®,

Information about the edit has been given to physicians and providers and more information will be provided by OHCA. Questions may be directed to pharmacy@okhca.org or to the Pharmacy Help Desk at 1-800-522-0114—option 4.

SoonerCare Helpful Tips

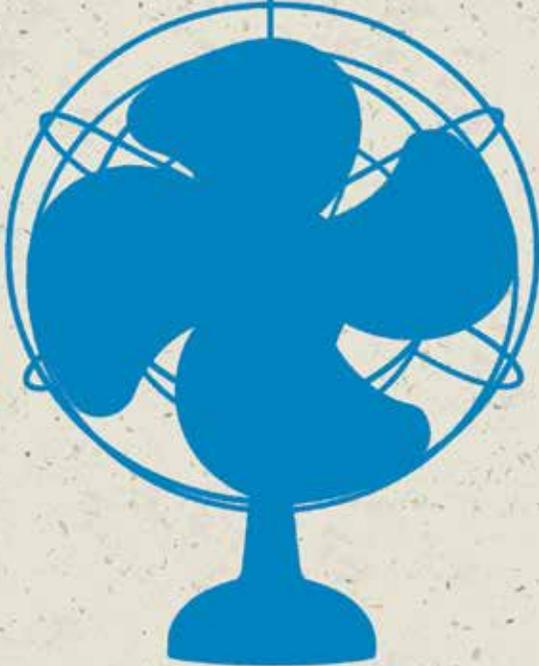
Are you trying to renew your SoonerCare application online and can't find your PIN number? If you can't find your PIN number or need to reset your password, call the SoonerCare Helpline at 1-800-987-7767. Choose the option: "Online Enrollment Helpdesk".

When you fill out the "Employment" section of your application, please make sure to put the name of the company listed on your paystub or on your pay check. Sometimes, the name of the company on your paystub/pay check is different than the actual company you work for.

Oklahoma
HealthCare
Authority

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SoonerCare Companion



ARE YOU A FAN?
get social with SoonerCare!

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