



News & Notes

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A P U B L I C A T I O N F O R F L O R I D A H E A L T H C A R E P L A N M E M B E R S

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ATTENTION MEDICARE BENEFICIARIES!

— YOU'RE INVITED! —

TO ATTEND A MEDICARE INFORMATIONAL SEMINAR
PRESENTING FLORIDA HEALTH CARE PLANS 2011

I'm Mikelle Streicher of Florida Health Care Plans and I would like to invite you to one of our Medicare Informational Seminars.

We offer contracts with every hospital in Volusia and Flagler County and a host of options to meet your needs!

Mikelle Streicher
RN, PhD



To review your Medicare options, make plans to attend one of our Medicare Informational Seminars going on now thru the end of December.

A sales person will be present with information & applications. Our HMO/HMO POS will be discussed. For accommodations of persons with special needs at sales meeting call:

800.232.0578

Hearing Impaired Only: **TRS Relay 711**

Or Log Onto Our Website At: **www.fhcp.com**

Hours of Operation: 8am – 8pm • Seven Days Per Week

Medicare approved Medicare Advantage—Prescription Drug Plan Available to anyone entitled to part A and Enrolled in part B of Medicare. Members may enroll in the plan only during specific times of the year.

Contact Florida Health Care Plans for more information.



Florida Health Care Plans



An Independent Licensee of the Blue Cross and Blue Shield Association
A Medicare Advantage Organization with a Medicare Contract



Welcome Members,

A friendly reminder from the Diabetes/Member Education department: We have added a diabetes refresher course to our classes. This course, "Nutrition Game Plan for Diabetes," is designed to reinforce/supplement the nutrition information presented during our Diabetes Self Management classes. The refresher class is for members who do not want to go through the 10 hour ADA program again, but have questions about their diabetes care. If you have been through the program and it has been more than 2-3 years it is recommended that you attend either our 10 hour diabetes course or the 2 hour refresher course. All our Diabetes/Nutrition classes are free for FHCP members. Sign up today. Physician referral is not needed. Registration is required.

Other classes provided free for FHCP members:

Pre-Diabetes- designed to identify risk factors for developing diabetes.

Healthy Heart Eating- designed to identify risk factors for heart disease.

We also have individual appointments available.

For questions concerning diabetes and nutrition classes at FHCP call the Diabetes/Member Education Dept. at (386) 676-7133 or toll free 1-877-229-4518. The hearing impaired may call TRS Relay 711. Hours of Operation: Monday-Friday 7:30 a.m. - 4:00 p.m.



PROVIDER NEWS

Please join us in welcoming the following Primary Care Providers and Specialists to FHCP:

- **Kevin R. Thorpe, D.C.**
Chiropractic
EPN ONLY
Complete Wellness Medical Center
of Orange City
2415 South Volusia Avenue,
Suite A-2
Orange City, FL 32763
- **Maria Vintimilla, M.D.**
Rheumatology
RDC of Volusia, LLC
1055 N. Dixie Freeway,
Suite 1
New Smyrna Beach, FL 32168
and
780 Dunlawton Avenue,
Suite 1
Port Orange, FL 32127
- **Robert J. Kennerley, Ph.D.**
Psychiatry/ Behavioral Health
264 N. Causeway
New Smyrna Beach, FL 32169
- **Kelly Hensgen, D.O.**
Family Practice
Wellness Family Practice, P.A.
500 Memorial Circle, Ste. C
Ormond Beach, FL 32174
- **Christine Moorhead, M.D.**
Dermatology
Leavitt Medical Associates
of Florida, Inc.
- **Michael Petker, D.C.**
Chiropractic
220 Mason Ave.
Holly Hill, FL 32117
- **James T. Shoukas, M.D.**
Plastic Surgery
934 Williston Park Point,
Ste. 1028
Lake Mary, FL 32746
- **Anthony DeBonis, ARNP**
Dermatology
Leavitt Medical Associates
of Florida, Inc.
- **Steven Goldwasser, M.D.**
*Urogynecology & Reconstructive
Pelvic Surgery Services*
6885 Belfort Oaks Place, Suite 210
Jacksonville, FL 32216
- **Dennis Diaz, M.D.**
North Orlando Surgical Group
1053 Medical Center Dr., Suite 242
Orange City, FL 32763
- **Johnny Gurgun, D.O.**
Dermatology
Leavitt Medical Associates
of Florida, Inc
- **Merni Stringfellow, ARNP**
Nephrology
Medical Specialists, P.A.
4869 Palm Coast Pkwy., Ste 2
Palm Coast, FL 32137
- **Sara Easterling, ARNP-C**
Perinatology
Regional Obstetric Consultants, P.A.
303 N. Clyde Morris Blvd.
Perinatal Unit- HMC
Daytona Beach, FL 32114

EAST COAST BARIATRICS RECOGNIZED FOR HIGH-QUALITY CARE IN BARIATRIC SURGERY

Program designated as Center of Excellence

East Coast Bariatrics announced that it has been named by the American Society for Metabolic and Bariatric Surgery (ASMBS) a Bariatric Surgery Center of Excellence®. This designation recognizes surgical programs with a demonstrated track record of favorable outcomes in bariatric surgery.

"We have a team of professionals dedicated to providing the best care and resources for our patients," said Joel Sebastien, MD, Director, East Coast Bariatrics. "These are life-changing procedures that require long term support. Our community has a tremendous asset in the team here at East Coast Bariatrics."

Dr. Sebastien has performed more than 400 laparoscopic bariatric procedures including gastric bypass, sleeve gastrectomy and LapBand®. East Coast Bariatrics' long term comprehensive approach to successful weight loss includes multidisciplinary support from physicians, dietitian, exercise physiologist, behavioral health professionals and support groups. "Helping people change their habits for life is crucial to their success," said Tami Salyerds, Program Coordinator at East Coast Bariatrics. "Surgery is a tool to help people get where they need to be to become healthy. It's a daily struggle and getting through it long term depends on using what you've learned and lifestyle changes you choose to make."

To earn a Bariatric Surgery Center of Excellence designation, East Coast Bariatrics underwent a series of site inspections during which all aspects of the program's surgical processes were closely examined and data on health outcomes was collected. Faced with clinical evidence that the most experienced and best-run bariatric surgery programs have by far the lowest rates of complications, the ASMBS Bariatric Surgery Centers of Excellence program was created to recognize bariatric surgery centers that perform well and to help surgeons and hospitals continue to improve the quality and safety of care provided.

If you or someone you know could benefit from weight loss surgery, please call the East Coast Bariatrics office at [386.238.3205](tel:386.238.3205), Hearing Impaired Only: TRS Relay 711 or visit their website at eastcoastbariatrics.com. Hours of Operation: Monday - Friday 8:00 a.m. - 5:00 p.m.



Center of
Excellence
BARIATRIC SURGERY

Do You Have Type 2 Diabetes?

We are enrolling adult volunteers now

Help us explore pathways to diabetes management



If you have type 2 diabetes, find out if you qualify for a clinical research study of an investigational oral diabetes medication.

You may be eligible if you have type 2 diabetes (also called adult onset diabetes) and:

- You are 55-80 years of age
- Your blood sugar is not at target levels after:
 - At least three months of diet & exercise
 - OR
 - At least three months of treatment with one or more anti-diabetes medications

If eligible to participate, you will be seen by a study doctor and will receive study-related testing and study medication at no cost.

If enrolled, you may be reimbursed for parking and travel expenses.

For more information, please contact:

Name: JODY

Phone number: 386-238-3241 Hearing Impaired Only: TRS Relay 711

E-mail address: jwheeler@fhcp.com

Thank you. Volunteers are critical to diabetes research.

Hours of Operation: Monday - Thursday 7:00 a.m. - 5:00 p.m. • Friday 7:00 a.m. - 4:30 p.m.

ATLANTIC INSTITUTE OF CLINICAL RESEARCH

IS CURRENTLY ENROLLING THE FOLLOWING CLINICAL TRIALS:

ANKLE SPRAIN (*Injury not more than 48 hours old*)

ATRIAL FIBRILLATION

BIRTH CONTROL PILL / PATCH

OSTEO ARTHRITIS or RHEUMATOID ARTHRITIS

OVERACTIVE BLADDER (*for people 65 or older*)

SHOULDER TENDONITIS / BURSITIS (*Onset > 5 days and < 15 days*)

TYPE 2 DIABETES (*for people 18 years old*)

You don't have to be a FHCP member to participate in most of these studies.

FOR MORE INFORMATION ABOUT THESE STUDIES, PLEASE CALL: **386-238-3220**

Hearing Impaired Only: TRS Relay 711

Hours of Operation: Monday - Thursday 7:00 a.m. - 5:00 p.m. • Friday 7:00 a.m. - 4:30 p.m.

DANGER DANGER DANGER

How dangerous is your perfume or after shave?

Just ask anyone with Asthma, COPD, Allergies or someone who uses an Inhaler.




I love perfumes – they smell so good! However, once it is on I do not smell it any more so I give myself a second spray before leaving the house. I get to work and I do not smell the wonderful perfume I just bought yesterday and want everyone to enjoy the smell – so

I spray once more for pleasure.

You guessed it perfume over kill! Once a cologne or perfume is applied our sense of smell adapts to the fragrance and we no longer notice it.



No one likes to tell anyone their favorite smell has kicked off someone's Asthma or given someone an instant migraine. Your fragrance affects the person sitting next to you in the lobby, the staff this includes the Doctor going from room to room. Yes, Doctors – get migraines too, especially when the blend of your perfume and the next person's perfume is over bearing.

The best thing to do is come to your Doctor Appointment after a shower and deodorant and apply your lotion and perfumes later. We are here to serve you the best we can and would appreciate your help. 



Members Now Have Direct Access To GYN Providers

In the coming months, you will be informed of various changes that FHCP will be making to comply with Health Care Reform legislation. One initiative that FHCP employees, providers and members will be experiencing beginning August 1, 2010 is how female members can access Gynecology services.

Under Health Care Reform (specifically Patient Protections - Section 2719a of the Public Health Service Act as amended by Section 10101 of the Patient Protection and Affordable Care Act), group health plans like FHCP that offer group or individual health insurance coverage are now required to permit female enrollees to obtain obstetrical/gynecological services without first seeking a referral from a primary care provider. Such OB/GYN professional must agree to otherwise adhere to FHCP's policies and procedures, including procedures regarding referrals and obtaining prior authorization and providing services pursuant to a treatment plan (if any) approved by FHCP.

Historically, members have been able to call the GYN office directly to schedule their Well Woman or obstetrical visit only. This is called "Direct Access". However, in order to be seen for a GYN problem, the member had to be referred by their PCP or another referring physician to the GYN provider. To be compliant with the new law noted above, beginning August 1, 2010, FHCP will no longer require any FHCP member to obtain a referral from their PCP or any other referring provider in order to access any GYN service. All FHCP members (Commercial, Medicare, etc.) will have Direct Access to GYN providers.

While initial access to GYN care is now considered to be Direct Access, the law does require that in order for GYN services to be covered, members and providers must comply with the following:

Female members can obtain obstetrical/gynecological services without first seeking a referral from a primary care provider (Direct Access). The Provider Directory will have GYN providers listed under the Direct Access category beginning 8/1/2010.

- 1 Female members covered under a FHCP HMO benefit plan must use a participating GYN provider in order for FHCP to cover the visit.
- 2 For members covered under a FHCP HMO benefit plan, there is no automatic out of network benefit for GYN care, unless it is for emergency/urgent care or pre-authorized by FHCP's Referral Department.
- 3 Point of Service or Triple Option members will continue to access to GYN care without a referral. These are open access plans and their in or out of network benefit levels and related out of pocket expense will not change.
- 4 GYN providers must continue to follow established FHCP policies and procedures regarding referrals and obtaining prior authorization for covered services. ↘



Florida Health Care Plans Receives Additional Ultrasound Accreditation

Florida Health Care Plans has received an additional

accreditation in gynecologic (GYN) ultrasound from the American College of Radiology (ACR) which is a national organization focused on the quality practice of medical imaging and comprehensive health care services. GYN ultrasound is the application of medical ultrasonography to the female pelvic organs. FHCP is proud to add GYN Accreditation to our current Accreditations

in General and Vascular Ultrasound, which FHCP has been held for the past 13 years.

Accreditation is awarded only to organizations achieving the highest standards of practice. Accreditation provides FHCP Members with confidence that the highest quality of care is being provided and that FHCP's ultrasound equipment has successfully passed rigorous evaluation. ↘

FHCP Community Resource Program



Gloria J. Preston,
Community Resource
Coordinator

Did you know that FHCP has a Community Resource Service available to you?

At Florida Health Care Plans, the Community Resource Service is provided under the coordination of Ms. Gloria J. Preston. Having lived and worked in the local community for over 35 years, Ms. Preston brings to you a wealth of knowledge and experience gained through her contact with local community agencies. She is a strong advocate and active partner with a large network of professionals who work to ensure accessibility of available community resources provided by local agencies for both our commercial and Medicare Advantage members.

Through the efforts of Ms. Preston, many of our Medicare Advantage members have discovered they are eligible for *Medicare Savings” programs. These programs can reduce your out of pocket medical expenses.

Whether you are a Commercial or Medicare Advantage member. Preston can review your individualized needs and provide you with detailed information about resources in the community that may benefit you, as well as assist you in accessing the resources.

Don't hesitate to give Ms. Preston a call if you are interested in obtaining more information or scheduling a consult. Community Resource services are free and available to all FHCP members.

Ms. Preston can be reached at (386) 676-7100; ext. 7214. Hearing Impaired Only: TRS Relay 711. Hours of Operation: Monday - Friday 8:00 a.m. - 5:00 p.m. 🐦

SSI-Related Programs -- Financial Eligibility Standards: January 2010						
Program and Type of Coverage	INCOME LIMIT		ASSET LIMIT		Diversion/ Maintenance Need Standard	
	Individual	Couple	Individual	Couple		
PROGRAMS MANAGED BY SOCIAL SECURITY						
*Supplemental Security Income (SSI) (Cash payment of SSI from SSA; Includes Full Medicaid)	\$674 (FBR)	\$1011 (FBR)	\$2000	\$3000	Child Allocation: \$337 (difference between Couple and Single FBR) SGA for DMRT: \$1,000 Student Earned Income Disregard: \$1640 per month; \$6600 annual cap ICP/ICP/Hospice, ALW, LTC, CF and PACE	
+ *Low Income Subsidy (LIS) or Extra Help (helps with costs associated with Medicare Prescription Drug Plans. 150% FPL) Automatic with full Medicaid or Medicare Savings Programs (QMB, SLMB, QI1) Income limits change yearly.	\$1354	\$1822	\$11,010	\$22,010	Community Spouse Allowances: Maximum Income Allowance: \$2739 MMMIA: \$1822 Excess Shelter: \$ 547	
PROGRAMS FOR PEOPLE 65+ OR DISABLED (Community Medicaid Programs)						
*MEDS-AD Full Community Medicaid (88% FPL)	\$ 795	\$ 1069	\$5000	\$6000	Family Members Allowance: (MMMIA minus income) divided by 3 Other Dependents: Use CNS chart Maximum Resource Allowance: Community Spouse: \$109,560 Community Hospice Spouse Allowance Spouse only: use FBR W/ Dependents (or dependents only) use CNS	
*Medically Needy No Income Limit. Full Community Medicaid when Share of Cost is met.	Subtract \$180 from gross income	Subtract \$241 from gross income				
PROGRAMS FOR PEOPLE with MEDICARE (Medicare Part B Premium \$96.40, new participants \$110.50; Part A free for most)						
*QMB Pays Medicare premium, coinsurance & deductibles only (100% FPL)	\$903	\$1215	\$6600	\$9910		
*SLMB Pays Medicare premium only (120% FPL)	\$1083	\$1457				
*QI1 Pays Medicare premium only (135% FPL)	\$1219	\$1640				
*WD (QDWI) Working Disabled Program; only Pays Medicare premium; Must have lost SSDI due to employment (200% FPL)	\$1806	\$2429	\$5000	\$6000		
PROGRAMS BASED ON INSTITUTIONAL POLICY- Possible Patient Responsibility and Income Trust						
Institutional Care (ICP) Pays Nursing Home room, board & care (and Pays Medicare premium, coinsurance & deductibles)	\$2022	\$4044	\$2000	\$3000	Individual PNA+ \$35	Couple PNA+ \$70
Hospice Pays for Hospice services related terminal illness (and Pays Medicare premium, coinsurance & deductibles)	\$2022	\$4044	(\$5000 if MEDS-AD eligible)	(\$6000 if MEDS-AD eligible)	FPL-\$903 (ICP= \$35)	FPL-\$1215 (ICP = \$70)
HCBS Home and Community Based Services (Waivers) (and Pays Medicare premium, coinsurance & deductibles)	\$2022	\$4044	\$2000	\$3000	ALW only: \$752.40 PACE/LTC in ALF :R&B + \$ 181 PACE/LTC at home: \$2022 PACE/LTC in NH: \$35 Cystic Fibrosis: \$2022	ALW only: \$1504.80 PACE/LTC in ALF:R&B + \$ 362 PACE/LTC at home: \$4044 PACE/LTC in NH: \$70 Cystic Fibrosis: \$4044
STATE FUNDED PROGRAMS						
OSS Redesign (Optional State Supplementation) Assists with paying room & board at Adult Living Facilities (ALF) State rate = \$698.40 single / \$1396.80 couple Maximum payment = \$78.40 single / \$156.80 couple	\$752.40	\$1504.80	\$2000	\$3000	Individual PNA+ \$54	Couple PNA+ \$108
OSS Protected (Optional State Supplementation) Assists with paying room & board at Adult Living Facilities (ALF) State rate = \$822 single / \$1644 couple Maximum payment = \$239 single / \$478 couple	\$859	\$1718				
HCDA (Home Care For Disabled Adults) Pays small stipend to caregivers of disabled	\$2022	\$4044				
					+ PNA = Personal Need Allowance	

* A \$20 General Income Disregard is granted in these programs. \$20 will be subtracted from the total of all income not based on need before comparing the income to the income limit. In addition \$65 is subtracted from the total of all earned income, and ½ the remainder is subtracted before comparing the income to the income limit.
+ An additional \$1500 in assets is allowed for each individual for burial purposes.



HEALTH CARE REFORM

What Is It? And How Will It Benefit Me?

On March 23, 2010 President Obama signed the Affordable Care Act which is also known as “Health Care Reform”. Changes under this act have already begun to take place and others will take place over the course of next 4 years. Florida Health Care Plans will be making necessary changes to comply with the new law. Florida Health Care Plans’ benefit schedules have been re-designed and the Member Handbooks are being re-written to comply and address the changes mandated by the new law. There are several provisions that have or will take place during the course of 2010.

MED – ADVANTAGE PLAN MEMBERS:

- Under Medicare Part D program, many plans (including Florida Health Care Plans) have a coverage gap. This gap, or “donut hole,” requires many individuals to go out-of-pocket for drug costs. To reduce these out-of-pocket costs, a \$250 one-time payment has been sent to qualified Medicare beneficiaries who fall into this “donut-hole” during 2010.
- Next year, if you reach the coverage gap, you will receive a 50% discount when buying Part-D brand-name prescription drugs. This discount will increase every year, until 2020.
- Next year you can get free preventative care services like colorectal cancer screenings and mammograms. You will also get a free annual physical.
- The new law also includes new tools to help fight criminals seeking to scam seniors and steal taxpayer money.

COMMERCIAL EMPLOYER GROUP MEMBERS:

- Group and Individual plans that were in effect on 3/22/2010 are considered to be “Grandfathered.” Grandfathered plans will continue with only minor changes to benefits
- All new plans issued after 3/23/10 or renewed after 9/23/10 (6 months after enactment of the law) will need to include new provisions of the law unless “Grandfathered”.
- Changes for 2010 will be applied to all new plans and existing plans after 10/01/10
- Plans will include coverage for dependent children up to age 26
- Children under the age of 19 will be guarantee issue. No pre-existing exclusions will apply. This will also apply to adults in 2014.
- Lifetime Maximum Benefits will be prohibited. All lifetime maximums will be removed. Visit limits may still apply.
- Certain Preventative Care Services must be covered at 100%. This applies to new plans; existing plans will change in 2014.

This is just a quick snapshot of the most sweeping legislative changes since Medicare in 1965. Florida Health Care Plans is working on your behalf to be sure you receive up to date benefits at the right time. We look forward to continuing to meet your health care needs in the future.

STAY TUNED FOR MORE UPDATES FROM FLORIDA HEALTH CARE PLANS



**Florida
Health Care
Plans**



An Independent Licensee of the Blue Cross and Blue Shield Association

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Holly Hill, FL 32117

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Health or Wellness or Prevention Information

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December 1, 2010
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Registered Nurse

- 7 days a week
- 24 hours a day

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1.866.548.0727

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TRS Relay 711

Se habla español

