



Newsletter - September 2011

6-month Plan Year enrollment benefits explained

Due to changes made by the Office of Group Benefits, LSU First will be changing to a calendar year (January 1 - December 31) effective January 1, 2012.

For July 1, 2011 through December 31, 2011, LSU First will have a 6-month prorated plan.

Elections you made in April 2011 will only be reflected during the 6-month Plan Year. Annual Enrollment will be held in October 2011, allowing you to make changes for the January 1, 2012 Plan Year.

All Health Reimbursement Accounts, Remaining Deductibles,

and Out-of-Pocket Maximums have been reduced by half for the July 1 – December 31, 2011, Plan Year and will be reset to full amounts effective January 1, 2012. Please visit <http://www.lsufirst.org/proratedBenefits2011.asp> to see your prorated benefit amounts for July 1 - December 31, 2011.

Stay healthy with personal health teams

Staying healthy and preventing disease is the goal of CIGNA's Personal Health Teams. Recently, you may have received phone calls or letters from CIGNA about this service that is part of your LSU First health plan. The teams of health care professionals include nurses, pharmacists, behavioral clinicians and health educators. Their ultimate goal is to give you personalized attention in helping you become healthier through lifestyle improvements that, in turn, lower medical costs to you. One call to a personal health team member will guide you to whatever type help you need, ranging from one-on-one nutrition counseling to cancer prevention and stress management or dealing with a major illness.

Among the first three programs being offered to LSU First members are weight management, quitting smoking, and stress management. The new CIGNA Healthy Pregnancies, Healthy Babies

program also is a comprehensive maternity program designed to improve the health of mothers and their newborns. The program provides prenatal education, as

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well as care management, for LSU First members who are pregnant or considering pregnancy. Enrolled members, after being initially screened by a CIGNA maternity specialist, are given tailored health management plans designed for each Mom-to-be.

Health Team coaches are available by phone or online to help members develop and maintain personalized programs. Make only



The new CIGNA Healthy Pregnancies, Healthy Babies program is a new offering for LSU First members.

one call to connect with the CIGNA Personal Health Team Monday through Saturday by calling 1-866-929-LSU1 (1-866-929-5781).

For more information about your LSU First benefits, visit www.lsufirst.org or call 1-866-929-LSU1 (5781) or email lsufirstinfo@lsu.edu

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LSU First preventive care coverage a great deal



The LSU First Plan covers preventive care services and wellness benefits at 100 percent when you use a First Choice Provider/Facility, In-Network Provider/Facility or Out-of-Network Provider/Facility, — with no remaining deductible (your portion of the deductible) to satisfy and no need to use your HRA.

These fully covered services include routine exams, office visits, and certain screenings and immunizations for both well-child care and well-adult care. For more information, please refer to Page 52 of the Summary Plan Description found on lsufirst.org/documents/SPD%202011.pdf.

Interested in saving money?

You may save money by taking advantage of home delivery for prescriptions. The Express Scripts website can show you what your savings might be by switching to home delivery. It's easy to convert an existing prescription to home delivery. Express Scripts will contact your doctor and obtain all necessary information.

You can request home delivery by calling 1-866-929-LSU1 (1-866-929-5781) or mailing to Express Scripts a home delivery mail order with your prescription.

Refills can be delivered automatically until your prescription



expires. You also can order refills online at www.express-scripts.com or by calling 1-866-929-LSU1 (1-866-929-5781). You must, however, send Express Scripts a new prescription from your doctor once your current prescription expires.

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-- Your LSU First Team