

Benefit News You Need to Know for 2012

It's a new year, a time when many people strive to improve their health by exercising more, eating healthier or reducing stress. This newsletter includes information on your medical and supplemental benefits for 2012 and how your benefits can help you work toward a healthier you.



No Medical Plan Changes for 2012

There are no changes to the medical plans and copayments for 2012. If you did not make a plan change during the open enrollment period in the fall, you will remain in the plan that you were enrolled in during 2011.

Costs for Full-Time Employees Hired on or After August 1, 2003

The buy-up for the Highmark PPO decreased for 2012. If you were hired on or after August 1, 2003, you now pay \$17.45 biweekly for PPO single coverage or \$44.13 for PPO family coverage.



Dental HMO No Longer Offered

The Concordia Plus Dental HMO is no longer offered. Dental HMO enrollees were moved to the Dental PPO effective January 1, 2012. You should have received a new Dental PPO ID card in mid December. Present your new ID card to your dentist at your next appointment. For more information about the Dental PPO, refer to the Summary Plan Description which can be found at www.pebtf.org. You may link to United Concordia's website from the PEBTF website. While you are visiting the United Concordia website, register for "My Dental Benefits," a secure site that gives detailed benefit information and allows you to access your explanation of benefits (EOB) statements. Follow United Concordia's instructions to create an account.

Dependent Enrollment

You may now add an eligible dependent to PEBTF coverage at any time. The effective date cannot be retroactive more than 60 days from the date the form is received by the HR Service Center or your local HR office if your agency is not served by the center.

You must remove a dependent who is no longer eligible for PEBTF coverage at the time of the qualifying life event. Qualifying life events include divorce, death, your dependent age 19 to 26 becoming eligible for other employer coverage, etc. Do not delay in notifying the HR Service Center or your local HR office if your agency is not served by the center. Your dependent must be removed as of the date of the qualifying life event. You will be responsible for any claims incurred after the date of the qualifying life event.

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Important Immunizations Every Adult Should Have

As children, we remember our parents taking us to the doctor for our "shots." These shots were important pediatric immunizations that prevented diseases such as chickenpox, measles and polio, just to name a few. As adults, it's just as important to make sure to keep immunizations up to date.

Here are four important immunizations all adults should have:

Influenza	<p>One shot every year. For anyone over 6 months old.</p>	Protects against the flu, which is a viral infection that usually occurs in the winter months.
Tetanus, Diphtheria, Pertussis (TDAP):	<p>One shot every 10 years. For all adults.</p> 	Combination vaccine that protects you from getting pertussis (whooping cough), diphtheria (a contagious bacterial disease that affects the respiratory system) and tetanus. Tetanus is caused by bacteria found in soil that can enter the body through a wound. When infected, the bacteria produce a toxin in the body that causes serious, painful spasms and stiffness of all muscles in the body. This can lead to "locking" of the jaw so a person cannot open his or her mouth, swallow or breathe.
Human Papillomavirus (HPV)	<p>One-time series of 3 shots. Second dose is administered 1 to 2 months after the first dose; third dose is administered 6 months after the first dose. For females and males to age 26.</p>	Protects against the HPV types that cause cervical cancer. This vaccine is covered for females and males up to age 26.
Hepatitis B	<p>One-time series of 3 shots. Second dose is administered 1 month after first dose; third dose is administered at least 4 months after the first dose. For anyone who is sexually active and not in a monogamous relationship, healthcare workers, people with HIV or liver disease, IV drug users.</p>	Hepatitis B is a viral infection of the liver that may cause gastrointestinal problems, fatigue, joint pain or jaundice. It raises your risk of cirrhosis and liver cancer.

Source: Health, October 2011 and www.cdc.gov

Your Benefit Questions Answered

Do you have a question about your PEBTF benefits that you would like to appear in the newsletter? Submit your question to Communications@pebtf.org, mail it to Communications, PEBTF, 150 S. 43rd Street, Harrisburg, PA 17111-5700 or fax it to Communications, 717-561-1696. Please include your full name, address, agency and daytime phone number. Only your first name will appear in print. If the PEBTF publishes your question in a future newsletter or in the FAQ section of the PEBTF website, you will receive a pedometer to help you walk your way to better health.

I am enrolled in an HMO and recently received some outpatient physical and occupational therapy after knee replacement surgery. Can you tell me more about this benefit?

— Ted

The HMO allows for a combined maximum of 60 visits per calendar year for all authorized outpatient therapies, including physical, respiratory, occupational, speech, cardiac or pulmonary and spinal manipulation. Each type of therapy is counted separately even if it is provided during the same appointment on the same day. For example, if your provider performs physical therapy and occupational therapy on the same day, it counts as two visits toward your 60 visit limit for the year. The HMO keeps track of the visits and applies them toward your 60-visit maximum.

Benefit News *Continued from Page 1*

Preventive Services

PEBTF benefits help you and your family during times of sickness and hospitalizations. But, just as important are the preventive benefits offered for adults and children – such as annual physicals, immunizations, routine tests and lab work. Visit www.pebtf.org, Active Members, Benefit Information for a list of preventive benefits. Also, don't neglect your vision and dental care. You are eligible for an annual eye exam and dental exams every six months.

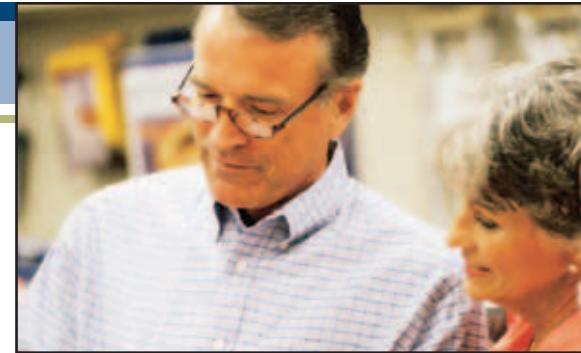
Get Healthy Program

The Get Healthy online and telephonic programs are available any time throughout the year. Take a look at page 4 of this newsletter to see how the Get Healthy Program helped one of our members. January is a great time of year to tackle that New Year's resolution to quit smoking. Get Healthy can help – see page 4 for more information on smoking cessation resources.

Visit www.pebtf.org and click on Get Healthy for a list of available online and telephonic programs.

Prescription Drug Formulary

The prescription drug formulary is a list of medications covered by your prescription drug plan. The medications listed on the formulary may change each year. The 2012 PEBTF Preferred Formulary appears on page 6. This summary includes the most common drug categories. To price a medication, log on to www.medco.com and register for a login and password. To save money, talk to your doctor about prescribing generic drugs or preferred brand-name drugs that appear on the formulary.



PEBTF May Cancel Your Coverage For Fraud, Intentional Misrepresentation or Non Payment

IMPORTANT: If you intentionally provide false or misleading information about eligibility for coverage under the Plan (or about a claim) or you fail to make a required contribution on time, your coverage may be terminated retroactively. This may occur, for example, if you file a false claim, fail to notify us promptly of a divorce or fail to submit timely proof of birth or adoption that verifies your relationship with a new child whom you have added as a dependent.



Healthy Weight Coaching Leads to Healthy Changes

Jake* walked to work every day and exercised three times a week. Yet he weighed almost 250 pounds and also had high blood pressure and high cholesterol. After taking the Get Healthy online Health Assessment, Jake was invited to join the Healthy Weight program offered through OptumHealth as part of the Get Healthy Program. He soon began working with an OptumHealth® wellness coach by phone.

Jake's long-term goal was to lose 50 pounds. His coach said the best way to do that was to find a lifestyle he could enjoy and maintain. The coach explained that based on the foods he eats, Jake would have to exercise more in order to burn calories and lose weight.

Jake really enjoyed his late-night snacks and high-calorie treats, so he decided to focus on his activity level first. He increased his exercise to five days a week for a half hour. As the weeks progressed, he began eating smaller, healthier meals more frequently throughout the day. He was losing

weight and feeling better. He took up a friend's suggestion to train for a 5K race.

After a few months, Jake had shed 25 pounds. His clothes were too big, and people were noticing his weight loss. Still, he worried about regaining the pounds, especially when he traveled for business and vacation. The coach gave him tips for eating healthy at restaurants and maintaining his activity level while traveling.

Knowing he would be checking in with his coach was a good motivator. "It gave me a goal," says Jake. "I wanted to have something good to report to him." Seven months after beginning the program, Jake reached his goal of losing 50 pounds. His blood pressure and cholesterol were within healthy ranges; he had more energy and felt strong. A few weeks later, he successfully completed the 5K race.

*Member name and some details changed to protect member's privacy. Based on actual PEHTF case.

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Reminder To Earn Future Health Care Waivers

If you are classified as Healthy:

- ✓ Complete an annual Health Assessment

If you are classified as At Risk:

- ✓ Complete a telephonic Wellness Coaching Program by March 31, 2012
- ✓ Complete an annual Health Assessment

If you are classified as Chronic:

- ✓ Participate in a telephonic Disease Management Program by March 31, 2012
- ✓ Take all telephone calls to qualify. If you receive an automated call, you must complete the call
- ✓ Complete an annual Health Assessment

Health Assessment Offered April 2012:

All employees and covered spouses/domestic partners must complete the annual Health Assessment to qualify for the Get Healthy Program. Watch your mail and email in late March/early April for the announcement.

Get Help to Quit Smoking

If you are ready to quit smoking, the Get Healthy Program offers online and telephonic tobacco cessation programs to you at no cost, including personalized strategies to help you quit smoking. The telephonic QuitPower Tobacco Cessation Program offers free nicotine replacement therapy.

To enroll: Log on to <http://pebtf.healthatoz.com> or call 1-877-950-5008 and select option #4.

In addition to the Get Healthy online and telephonic programs, there are a number of other resources available to you as a commonwealth employee so you don't have to go it alone.

Do you want to quit smoking?

Enroll in the telephonic QuitPower Tobacco Cessation Program and get help with free nicotine replacement therapy

State Employee Assistance Program:

Smoking cessation information and programs are available through the State Employee Assistance Program (SEAP). They are available online at the United Behavioral Health (UBH) website, www.liveandworkwell.com. Type in Pennsylvania to enter the site using only an Access Code, and enter Smoking as your search term, or choose "Quitting Tobacco" in the Life Stages center. You can also call SEAP toll free at 1-800-692-7459 (TDD 1-800-842-4306).

Pennsylvania Department of Health:

The Department of Health offers resources on smoking cessation. Visit http://www.portal.state.pa.us/portal/server.pt/community/smoke_free/14315



Information about Help in Paying for Your Health Insurance Coverage

Medicaid and the Children's Health Insurance Program (CHIP) Offer Free or Low-Cost Health Coverage to Children and Families

If you are eligible for health coverage from your employer, but are unable to afford the premiums, some states have premium assistance programs that can help pay for coverage. The states use funds from their Medicaid or CHIP programs to help people who are eligible for employer-sponsored health coverage, but need assistance in paying for their health premiums. Pennsylvania uses funds from its Medicaid program to help people who are eligible for employer-sponsored health coverage, but need assistance in paying their health premiums. (Pennsylvania does not have a premium assistance program for its Children's Health Insurance Program (CHIP), but offers CHIP coverage to eligible children on a free, low-cost, or at-cost basis.)

If you or your dependents are already enrolled in Medical Assistance (Medicaid) and you live in Pennsylvania, you may contact your state Medical Assistance office to find out if premium assistance is available.

If you or your dependents are NOT currently enrolled in Medical Assistance, and you think you or any of your dependents might be eligible for either Medical Assistance or CHIP, you can contact your state Medical Assistance or CHIP office or dial **1-877-KIDS NOW** or www.insurekidsnow.gov to find out how to apply. If you qualify, you may ask the state about its program that might help you pay the premiums for an employer-sponsored plan.

Please note that most children of Commonwealth of Pennsylvania employees are not eligible for CHIP.

Children of commonwealth employees who are eligible for health insurance through the Pennsylvania Employees Benefit Trust Fund (PEBTF) are not eligible for the Children's Health Insurance Program (CHIP) administered by the Pennsylvania Insurance Department's Office of

CHIP. There are a few exceptions for children of:

- Employees in their first six months of employment
- Employees who are not eligible to receive PEBTF family full coverage benefits
- Part time employees who are eligible to purchase the PEBTF benefits, but meet the hardship exception (PEBTF premiums and cost-sharing are more than 5% of the family's income during the year the child would be enrolled in CHIP)

Commonwealth employees who have children who are **eligible** for PEBTF coverage and are currently enrolled in CHIP should immediately contact the HR Service Center at 1-866-377-2672 to enroll their children in the PEBTF, then immediately contact their CHIP insurer to end CHIP coverage. Employees of agencies not served by the HR Service Center should contact their local HR office.

If it is determined that you or your dependents are eligible for premium assistance under Medicaid, your employer's health plan is required to permit you and your dependents to enroll in the plan – as long as you and your dependents are eligible, but not already enrolled in the employer's plan. This is called a "special enrollment" opportunity, and **you must request coverage within 60 days of being determined eligible for premium assistance.**

Pennsylvania offers an assistance program only for Medical Assistance (Medicaid). For a list of the other states' assistance information, please visit www.pebtf.org. You can find the information under the *Active Members tab, Benefit Information*.

PENNSYLVANIA – Medical Assistance (Medicaid) Premium Assistance
<http://www.dpw.state.pa.us> 1-800-644-7730

For more information on special enrollment rights, you can contact either:

U.S. Department of Labor
Employee Benefits Security Administration
www.dol.gov/ebsa
1-866-444-EBSA (3272)

U.S. Department of Health & Human Services
Centers for Medicare & Medicaid Services
www.cms.hhs.gov
1-877-267-2323, Ext. 61565

The 2012 PEBTF Preferred Formulary File Sheet

Key Therapeutic Drug Categories

medco®

How to Use This List:

Bring this list to your doctor and discuss cost-saving opportunities. Please ask your doctor to consider prescribing a generic or preferred brand-name drug whenever possible. You'll pay a higher copayment for medications not preferred by the plan. If you are taking a brand-name drug in these categories that is not on this list, ask your doctor if a less expensive generic or preferred brand-name alternative would be right for you. (Please note that this list is subject to change.)

KEY:

G = Formulary generic drug.
F = Formulary brand-name drug.
W = Weigh risk of birth defects or other adverse outcomes.
N = Do not use in pregnancy.

Anti-Infectives (Antibiotics/Antifungals)

Oral Penicillins

GENERIC	BRANDS
Amoxicillin Trihydrate (Amoxil)	
Amoxicillin Trihydrate/Potassium Clavulanate (Augmentin)	G
Amoxicillin Trihydrate/Potassium Clavulanate (Augmentin XR)	G
Ampicillin Trihydrate (Principen)	G
Dichloracillin Sodium (Dynapen)	G
Penicillin V Potassium (Pen-Vee K)	G

BRANDS

Augmentin Chewable Tablets 250mg (Amoxicillin Trihydrate/Potassium Clavulanate)	F
Augmentin Suspension 125mg (Amoxicillin Trihydrate/Potassium Clavulanate)	F

Oral Tetracyclines

GENERIC	BRANDS
Doxycycline Hydrate Capsule (Vibramycin Capsule)	
Doxycycline Hydrate Tablet (Vibra-Tabs Tablet)	G
Doxycycline Monohydrate (Monodox, Vibramycin Suspension)	G
Minocycline HCl (Dynacin, Minocin)	G
Tetracycline HCl (Achromycin V)	G

GENERIC	BRANDS
Adoxa (Doxycycline Monohydrate)	
Adoxa Pak (Doxycycline Monohydrate)	F
Oracea (Doxycycline Monohydrate)	F

Oral Cephalosporins

GENERIC	BRANDS
Cefaclor (Ceclor)	
Cefadroxil Hydrate (Duricef)	G
Cefdinir (Omnicef)	G
Cefpodoxime Proxetil Tablet (Vantin Tablet)	G
Cefuroxime Axetil (Ceftin)	G
Cephalixin Monohydrate (Keflex)	G
Cephradine (Velosef)	G

Oral Erythromycins

GENERIC	BRANDS
Azithromycin (Zithromax)	
Clarithromycin (Biaxin)	G
Clarithromycin ER (Biaxin XL)	G
Erythromycin ER (E-Mycin)	G
Erythromycin Ethylsuccinate (Eryped)	G
Erythromycin Ethylsuccinate/Sulfisoxazole Acetyl (Pedazole)	G
Erythromycin Stearate (Erythrocin Stearate)	G

Oral Quinolones

GENERIC	BRANDS
Ciprofloxacin HCl (Cipro)	
Ciprofloxacin ER (Cipro XR)	G
Ofloxacin (Floxin)	G

BRANDS
Cipro Suspension (Ciprofloxacin)
Levaquin (Levofloxacin)
Norfloxin (Norfloxacin)

Oral Sulfas

GENERIC	BRANDS
Erythromycin Ethylsuccinate/Sulfisoxazole Acetyl (Pedazole)	
Sulfadiazine (Sulfadiazine)	G
Sulfamethoxazole/Trimethoprim (Bactrim DS, Septra DS)	G
Sulfisoxazole (Sulfisoxazole)	G

Oral Urinary Tract Agents

GENERIC	BRANDS
Methenamine Hippurate (Hiprex)	
Methenamine Mandelate (Mandelamine)	G
Nitrofurantoin Macrocrystal (Macroantin)	G
Nitrofurantoin/Nitrofurantoin Macrocrystal (Macrodib)	G
Phenazopyridine HCl (Pyridium)	G
Trimethoprim (Proloprim)	G

BRANDS
Furadantin (Nitrofurantoin)

Oral Antifungal Agents

GENERIC	BRANDS
Clotrimazole (Mycelex Troche)	
Fluconazole (Diflucan)	G
Grisofulvin (Grifulvin V)	G
Grisofulvin Ultramicropellets (Gris-Peg)	G
Itraconazole (Sporanox)	G
Ketoconazole (Nizoral)	G
Nystatin (Mycostatin)	G
Terbinafine HCl (Lamisil)	G

BRANDS
Anacobon (Fluticasone)
Lamisil Oral Granules (Terbinafine HCl)
Noxafil (Posaconazole)
Sporanox Oral Solution (Itraconazole)
Vfend Tablet (Voriconazole)

Oral Miscellaneous Agents

GENERIC	BRANDS
Clindamycin HCl (Cleocin HCl)	
Neomycin Sulfate (Neomycin Sulfate)	G

BRANDS
Dapsone (Dapsone)
Tobi Ampul for Nebulization (Tobramycin/0.25 Normal Saline)
Xifaxan 550 mg (Rifaximin)
Zyvox (Linezolid)

Vaginal Antifungals

GENERIC	BRANDS
Fluconazole (Diflucan 150mg)	
Miconazole Nitrate Vaginal Suppository (Monistat 3)	G
Nystatin (Nystatin)	G
Terconazole (Terazol)	G

Psychotherapeutics (Anxiety/Depression)

Hypnotic Agents

GENERIC	BRANDS
Chloral Hydrate (Chloral Hydrate)	
Eszazolam (ProSom)	G
Flurazepam HCl (Dalmane)	G
Temazepam (Restoril)	G
Triazolam (Halcion)	G
Zaleplon (Sonata)	G
Zolpidem Tartrate (Ambien)	G
Zolpidem Tartrate ER (Ambien CR)	G

Tricyclic Antidepressants

GENERIC	BRANDS
Amitriptyline HCl (Elavil)	
Amoxapine (Asendin)	G
Clomipramine HCl (Anafranil)	G
Desipramine HCl (Norpramin)	G
Doxepin HCl (Sinequan)	G
Imipramine HCl (Tofranil)	G
Imipramine Pamate (Tofranil-PM)	G
Norimipramine HCl (Pamelor)	G
Prutryptyline HCl (Vivactil)	G
Trimipramine Maleate (Surmontil 25mg, 50mg)	G

GENERIC	BRANDS
Surmontil 100mg (Trimipramine Maleate)	F

Miscellaneous Antidepressants

GENERIC	BRANDS
Bupropion HCl Tablet (Wellbutrin Tablet)	
Bupropion HCl Tablet, Sustained Action (Wellbutrin SR)	G
Bupropion HCl Tablet, Sustained Release (Wellbutrin XL)	G
Maprotiline HCl (Ludiomil)	G
Mirtazapine Tablet (Remeron Tablet)	G
Mirtazapine Tablet, Rapid Dissolve (Remeron SolTab)	G
Trazodone HCl (Desyrel)	G
Venlafaxine HCl (Effexor)	G
Venlafaxine HCl (Effexor XR)	G

GENERIC	BRANDS
Cymbalta (Duloxetine)	F
Pristiq (Desvenlafaxine Succinate)	F

Antipsychotics

GENERIC	BRANDS
Chlorpromazine HCl (Thorazine)	
Clozapine (Clozaril)	G
Fluphenazine HCl (Prolixin)	G
Haloperidol (Haldol)	G
Haloperidol Lactate Concentrate, Oral (Haldol Concentrate, Oral)	G
Loxapine Succinate (Loxitane)	G
Perphenazine (Trilafon)	G
Risperidone (Risperdal)	G
Thiothixene (Navane)	G
Trifluoperazine HCl (Stelazine)	G

GENERIC	BRANDS
Geodon (Ziprasidone HCl)	F
Moban (Molindone HCl)	F
Orap (Pimozide)	F
Seroquel (Quetiapine Fumarate)	F
Seroquel XR (Quetiapine Fumarate)	F
Zyprexa, Zyprexa Zydus (Olanzapine)	F

Anxiolytics

GENERIC	BRANDS
Alprazolam (Niravam, Xanax)	
Buspirone HCl (Buspar)	G
Chlordiazepoxide HCl (Librium)	G
Clorazepate Dipotassium (Tranxene T-Tab)	G
Diazepam (Valium)	G
Lorazepam (Ativan)	G
Oxazepam (Serax)	G

MAOI Antidepressants

GENERIC	BRANDS
Tranylcypromine Sulfate (Parnate)	G

GENERIC	BRANDS
Nardil (Phenelzine Sulfate)	F

SSRI Antidepressants

GENERIC	BRANDS
Citalopram HBr (Celexa)	
Fluoxetine HCl (Prozac)	G
Fluvoxamine Maleate (Luvox)	G
Paroxetine HCl (Paxil, Paxil CR)	G
Sertraline HCl (Zoloft)	G

Cardiovascular (Blood Pressure/Heart/Cholesterol)

Beta Blockers

GENERIC	BRANDS
Acebutolol HCl (Sectral)	
Atenolol (Tenormin)	G
Betaxolol HCl (Kerlon)	G
Bisoprolol Fumarate (Zebeta)	G
Carvediol (Coreg)	G
Labetalol HCl (Normodyne, Trandate)	G
Metoprolol Succinate (Toprol XL)	G
Metoprolol Tartrate (Lopressor)	G
Nadolol (Corgard)	G
Pindolol (Visken)	G
Propranolol HCl (Inderal)	G
Propranolol HCl Capsule, Sustained Action 24 hr (Inderal LA)	G
Timolol Maleate (Blocadren)	G

GENERIC	BRANDS

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ACE Inhibitors		Nasal Corticosteroids	
GENERICs		GENERICs	
Benzazepril HCl (Lotensin)	G	Flunisolide (Nasalide)	G
Captopril (Capoten)	G	Fluticasone Propionate (Flonase)	G
Enalapril Maleate (Vasotec)	G	BRANDS	
Fosinopril Sodium (Monopril)	G	Nasacort AQ (Triamcinolone Acetonide)	F
Lisinopril (Prinivil, Zestril)	G	Nasonex (Mometasone Furoate)	F
Mocexipril HCl (Univasc)	G	Rhinocort Aqua (Budesonide)	F
Perindopril Erbumine (Acon)	G	Veramyst (Fluticasone Furoate)	F
Quinapril HCl (Accupril)	G		
Ramipril (Altace)	G	Miscellaneous Pulmonary Agents	
Trandolapril (Mavik)	G	GENERICs	
Combination Antihypertensives		Acetylcysteine Vial (Mucomyst Vial)	
GENERICs		Cromolyn Sodium Ampul for Nebulization	
Amlodipine Besylate/Benzazepril HCl (Lotrel)	G	(Inhal Ampul for Nebulization)	
Atenolol/Chlorothalidone (Tenoretic)	G	Ipratropium Bromide Solution (Atrovent Solution)	
Benzazepril HCl/Hydrochlorothiazide (Lotensin HCT)	G	Ipratropium/Albuterol Sulfate (Duoneb)	
Bisoprolol Fumarate/Hydrochlorothiazide (Ziac)	G		
Captopril/Hydrochlorothiazide (Capozide)	G	BRANDS	
Enalapril Maleate/Hydrochlorothiazide (Vaseretic)	G	Advair Diskus (Fluticasone Propionate/Salmeterol Xinafoate)	F
Fosinopril/HCTZ (Monopril HCT)	G	Advair HFA (Fluticasone/Salmeterol)	F
Hydralazine HCl/Hydrochlorothiazide (Apresazide)	G	Atrovent HFA (Ipratropium Bromide)	F
Lisinopril/Hydrochlorothiazide (Prinize, Zestoretic)	G	Berinert (CI Esterase Inhibitor)	F
Methyldopa/Hydrochlorothiazide (Aldoril)	G	Cinryze (CI Esterase Inhibitor)	F
Metoprolol/Hydrochlorothiazide (Lopresso HCT)	G	Combivent Inhaler (Albuterol Sulfate/Ipratropium Bromide)	F
Mocexipril/Hydrochlorothiazide (Uniretic)	G	Intal Inhaler (Cromolyn Sodium)	F
Propranolol HCl/Hydrochlorothiazide (Inderide)	G		
Quinapril HCl/Hydrochlorothiazide (Accuretic)	G	Letafis (Ambrisentan)	
Trandolapril HCl/Verapamil (Tarka)	G	Pulmoxyme (Dornase Alfa)	
BRANDS		Revatio (Sildenafil Citrate)	
Azor (Amlodipine Besylate/Valsartan Med)	F	Singular (Montelukast Sodium)	
Exforge (Amlodipine/Valsartan)	F	Spiriva (Tiotropium Bromide)	
Exforge HCT (Amlodipine/Valsartan)	F	Symbicort (Budesonide/Formoterol Fumarate)	
Twynsta (Telmisartan/Amlodipine)	F	Tilade (Nedocromil Sodium)	
Endocrine (Diabetes/Hormones/Contraceptives)		Tracleer (Bosentan)	
Insulin Therapy		Tyvaso (Trepostinil)	
BRANDS		Ventavis (Iloprost)	
Apidra (Insulin Glulisine)	F		
Apidra Solstar (Insulin Glulisine)	F	Antihistamine/Decongestant Combinations	
Humalog, Humalog Mix (Insulin Lispro, Human Rec. Anlog)	F	GENERICs	
Humulin (Insulin Human Recombinant)	F	Carbetapentane Tannate/Chlorpheniramine Tannate (Tussi-12)	
Lantus, Lantus Solostar (Insulin Glargine, Human Recombinant Analog)	F	Carbetapentane Tannate/Ephedrine Tannate/Phenylephrine/Chlorpheniramine Suspension (Rynatus)	
Levemir (Insulin Detemir)	F	Carbetapentane Tannate/Phenylephrine Tannate/Chlorpheniramine Suspension (Tussi-12)	
Novolog, Novolog Mix (Insulin Aspart)	F	Phenylephrine HCl/Phenyltoloxamine Citrate/Chlorpheniramine (Nalex-A)	
Non-Insulin Hypoglycemic Agents		Phenylephrine HCl/Promethazine HCl (Phenergan VC)	
GENERICs		Phenylephrine Tannate/Chlorpheniramine Tannate (Rynatan)	
Acarbose (Precose)	G	Phenylephrine Tannate/Diphenhydramine Tannate Suspension (Dytan-D Suspension)	
Chlorpropamide (Diabinese)	G	Phenylephrine Tannate/Pyrilamine Tannate (Ryna-12 S)	
Glimepiride (Amaryl)	G	Phenylephrine Tannate/Pyrilamine Tannate/Chlorpheniramine (Rynatan)	
Glipizide (Glucotrol)	G		
Glipizide Tablet, Sustained Release Osmotic Push (Glucotrol XL)	G	Pseudoephedrine HCl/Brompheniramine Maleate (Bromfed)	
Glipizide/Metformin HCl (Metaglip)	G	Pseudoephedrine HCl/Chlorpheniramine Maleate (Biohist-LA)	
Glyburide (DiaBeta, Micronase)	G	Pseudoephedrine HCl/Chlorpheniramine Maleate Liquid	
Glyburide, Micronized (Glynase)	G	(Histex Liquid)	
Glyburide/Metformin HCl (Glucovance)	G	Pseudoephedrine HCl/Chlorpheniramine Maleate Liquid	
Metformin HCl (Glucophage)	G	(Histex SR)	
Metformin HCl Tablet, Sustained Release 24 hr (Glucophage XR)	G	Pseudoephedrine Tannate/Chlorpheniramine Tannate (Tanafed)	
Nateglinide (Starlix)	G	Pseudoephedrine Tannate/Dexchlorpheniramine Tannate (Tanafed DP)	
Tolazamide (Tolinase)	G		
Tolbutamide (Orinase)	G	BRANDS	
BRANDS		Deconamine	
Acetplus Met (Pioglitazone HCl/Metformin HCl)	F	(Pseudoephedrine HCl/Chlorpheniramine Maleate)	
Actos (Pioglitazone HCl)	F	Deconamine SR	
Avandamet (Rosiglitazone Maleate/Metformin HCl)	F	(Pseudoephedrine HCl/Chlorpheniramine Maleate)	
Avandaryl (Rosiglitazone Maleate/Glimepiride)	F		
Avandia (Rosiglitazone Maleate)	F	Miscellaneous	
Byetta (Exenatide)	F	GENERICs	
Ductact (Pioglitazone/Glimepiride)	F	Alendronate Sodium (Fosamax)	
Janumet (Sitagliptin Phos/Metformin HCl)	F	Calcitonin, Salmon, Synthetic (Miacalcin)	
Januvia (Sitagliptin Phosphate)	F		
Onglyza (Saxagliptin HCl)	F	BRANDS	
Prandin (Repaglinide)	F	Actone 30 (Risedronate Sodium)	
Symlin (Pramlintide)	F	Boniva (Ibandronate Sodium)	
Contraceptive Agents		Boniva (Ibandronate HCl)	
GENERICs		Evista (Raloxifene HCl)	
Desogestrel-Ethinyl Estradiol (Cyclessa)	G	Forteo (Teriparatide)	
Desogestrel-Ethinyl Estradiol (Desogen)	G	Fosamax Oral Solution (Alendronate Sodium)	
Desogestrel-Ethinyl Estradiol (Ortho-Cept)	G	Fosamax Plus D (Alendronate/Vitamin D3)	
Desogestrel-Ethinyl Estradiol/Ethinyl Estradiol (Mircette)	G		
Ethinyl Estradiol/Drospirenone (Yasmin)	G	PRE JULY 1, 2004 RETIREES ONLY	
Ethinyl Estradiol/Drospirenone (Yaz)	G		
Ethyndiol D-Ethynodiol Estradiol (Demulen)	G	Diabetic Supplies	
Levonorgestrel (Plan B)	G	GENERICs	
Levonorgestrel-Ethinyl Estradiol (Alesse)	G	Alcohol Antiseptic Pads (Alcohol Prep)	
Levonorgestrel-Ethinyl Estradiol (Nordestine)	G		
Levonorgestrel-Ethinyl Estradiol (Seasonale)	G	BRANDS	
Levonorgestrel-Ethinyl Estradiol (Tri-Levlen)	G	Accu-Chek Active Test Strips (Blood Sugar Diagnostic)	
Levonorgestrel-Ethinyl Estradiol (Triphasil)	G	Accu-Chek Aviva Test Strips (Blood Sugar Diagnostic)	
Norethindrone (Ortho Micronor)	G	Accu-Chek Comfort Curve Test Strips (Blood Sugar Diagnostic)	
Norethindrone-A-E Estradiol (Loestrin)	G	Accu-Chek Compact Test Strips (Blood Sugar Diagnostic)	
Norethindrone-A-E Estradiol/Ferrous Fumarate (Estracep Fe)	G	Fast Take Test Strips (Blood Sugar Diagnostic)	
Norethindrone-A-E Estradiol/Ferrous Fumarate (Loestrin Fe)	G	One Touch Test Strips (Blood Sugar Diagnostic)	
Norethindrone-Ethinyl Estradiol (Brevicon)	G	One Touch Ultra Test Strips (Blood Sugar Diagnostic)	
Norethindrone-Ethinyl Estradiol (Modicon)	G	Surestep Pro Test Strips (Blood Sugar Diagnostic)	
Norethindrone-Ethyndiol Estradiol (Norinyl)	G	Surestep Test Strips (Blood Sugar Diagnostic)	
Norethindrone-Ethyndiol Estradiol (Ortho-Novum)	G		
Norgestimate-Ethyndiol Estradiol (Ortho Tri-Cyclen)	G		
Norgestimate-Ethyndiol Estradiol (Ortho-Cyclen)	G		
Norgestrel-Ethyndiol Estradiol (Lo/Ovral)	G		
Norgestrel-Ethyndiol Estradiol (Ovral)	G		
Contraceptive Agents		Inhaled Steroids	
GENERICs		GENERICs	
Desogestrel-Ethyndiol Estradiol (Yasmin)	G	Budesonide (Pulmicort 0.25mg/2mL, Pulmicort 0.5mg/2mL)	
Ethyndiol Estradiol/Drospirenone (Yaz)	G		
Ethyndiol D-Ethyndiol Estradiol (Demulen)	G	BRANDS	
Levonorgestrel (Plan B)	G	Accu-Chek Active Test Strips (Blood Sugar Diagnostic)	
Levonorgestrel-Ethyndiol Estradiol (Alesse)	G	Accu-Chek Aviva Test Strips (Blood Sugar Diagnostic)	
Levonorgestrel-Ethyndiol Estradiol (Nordestine)	G	Accu-Chek Comfort Curve Test Strips (Blood Sugar Diagnostic)	
Levonorgestrel-Ethyndiol Estradiol (Seasonale)	G	Accu-Chek Compact Test Strips (Blood Sugar Diagnostic)	
Levonorgestrel-Ethyndiol Estradiol (Tri-Levlen)	G	Accu-Chek Compact Test Strips (Blood Sugar Diagnostic)	
Levonorgestrel-Ethyndiol Estradiol (Triphasil)	G	Fast Take Test Strips (Blood Sugar Diagnostic)	
Norethindrone (Ortho Micronor)	G	One Touch Test Strips (Blood Sugar Diagnostic)	
Norethindrone-Ethyndiol Estradiol (Loestrin)	G	One Touch Ultra Test Strips (Blood Sugar Diagnostic)	
Norethindrone-Ethyndiol Estradiol (Ortho-Novum)	G	Surestep Pro Test Strips (Blood Sugar Diagnostic)	
Norgestimate-Ethyndiol Estradiol (Ortho-Tri-Cyclen)	G	Surestep Test Strips (Blood Sugar Diagnostic)	
Norgestimate-Ethyndiol Estradiol (Ortho-Cyclen)	G		
Norgestrel-Ethyndiol Estradiol (Lo/Ovral)	G		
Norgestrel-Ethyndiol Estradiol (Ovral)	G		

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Highmark PPO, regional HMO plans or the UnitedHealthcare CDHP. Telephone number appears on your medical ID card.

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United Behavioral Health. Telephone number appears on your medical ID card.

Durable Medical Equipment, Prosthetics, Orthotics, Diabetic and Medical Supplies

DMension Benefit Management. Telephone number appears on your medical ID card. Please make your medical provider aware that the benefit is separate from your medical plan and to use a DMension network provider.

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National Vision Administrators – 1-800-672-7723

Dental

United Concordia – 1-888-320-3321

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PEBTF – 1-800-522-7279