



Changes in Your Lab Provider
Effective September 1, 2007, Quest Diagnostics is the New Blue Cross Blue Shield of Florida In-Network Laboratory.
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Weight Management
FDA approved Weight Loss Medicine available Over-the-Counter. Also, new surgical and support services available from Blue Cross Blue Shield.
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Important NEWS!

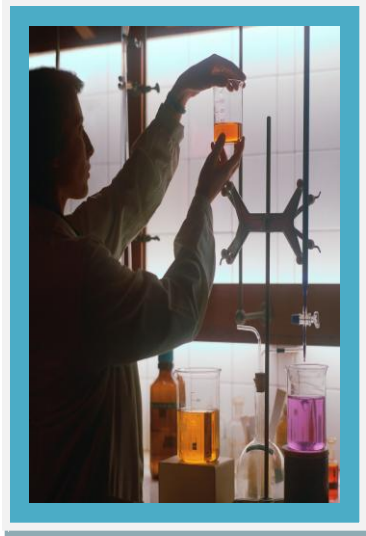
Effective September 1, 2007 **Quest Diagnostics** will serve as **Blue Cross Blue Shield Of Florida's** preferred statewide laboratory. Also, effective September 1, 2007, Lab Corp of America and any other independent laboratory will be considered to be Non-Network providers. That means if you or your doctor use a lab services from providers other than Quest Diagnostics, you may be subject to higher out of pocket expenses. Also, remember that ICUBA's preventative benefits are applicable to In Network providers only.

When you use Quest Diagnostics there is no cost to you for General Health Blood and Lipid Panels. If you have been charged for these services, please call Blue Cross Blue Shield Customer Service (1-866-470-2963) and have your claim adjusted.

To find out where your local Quest Diagnostics Laboratory is located, log on to www.mybenefitshome.com and select: Find a Hospital or Facility

This includes hospitals, labs, imaging, rehabilitation, long-term care, dialysis clinics, mental health, substance abuse facilities, and more.

Step 2: Search by Specialty or Name- Input Quest Diagnostics



Choose Hospital or Facility Type Choose Hospital or Facility Specialty



The FDA Approves Over-The-Counter Weight Loss Drug

The FDA has approved the drug alli™ for Over-the-Counter use as a weight loss product. This means that you can purchase this medication with your ICUBA MasterCard® Health Debit Card using your Health Care Spending Account or Health Reimbursement Account. Wal-mart and Walgreens auto-adjudicate over-the-counter medications, and determine if eligible for Health Care Spending Accounts at point of sale. If you purchase the drug from a retailer that has not yet programmed eligible expenses into their point of sale system, you will be asked to provide the receipt and may be asked for a letter of medical necessity from your doctor to ICUBA once you make your purchase, which will be kept on file for IRS purposes.

After December 31, 2007, all retail pharmacies accepting Health Debit cards will have to auto-adjudicate the purchase at the point of sale, and you will no longer be asked to provide a receipt because you will no longer be able to purchase ineligible products with your MasterCard® Health Debit Card. You will be able to pay in advance and receive reimbursement with a paper claim.



Blue Cross Blue Shield of Florida is now covering Lap Band surgery as well as Gastric by Pass surgery for members who meet the qualifications determined by the Plan. Call Blues On Callsm at 1-888-BLUE- 428 for additional information regarding the required criteria.

You don't have to take drastic measures to improve your health. Simply access Blue Cross Blue Shield of Florida's support by logging on to www.mybenefitshome.com and selecting Your Health. Select the Improve Your Health and take advantage of online programs to help you stop smoking, lose weight, reduce stress, and adopt healthier eating habits provided by MyHealthMedia. There you will find access to virtual guides and be able to talk with a Health Coach about making the right decisions for you!