

***In this Issue:***

*Page 1: Immunizations, Hypertension, and Walgreens Rewards Program*

*Page 2: Know Your Numbers  
 Insomnia and Migraine Medications*

**Back to School**



As children get older, the protection provided by some early childhood vaccines can wear off. Plus, once a child becomes a teenager, they become at risk for more diseases. Therefore, older children may need to receive recommended vaccinations. ICUBA pays in-network adult and pediatric immunizations for dependent children at 100%. All you pay is the physician co-pay or co-insurance for the office visit.

For additional information regarding your Plan benefits log on to [www.bcbsfl.com](http://www.bcbsfl.com) or call Blue Cross Blue Shield at 1-800-664-5295.

**HYPERTENSION**



The National Institutes of Health recommends checking your blood pressure every year after age 18, and more frequently if you are at risk for high blood pressure. Risk factors include smoking, diabetes, age, and a family history of high blood pressure. High blood pressure is a major risk factor for heart attacks and organ failure. ICUBA covers several blood pressure medications on its value based generic drug list in which you can get a 90-day supply at retail or mail for only \$10. For additional information, log on to [www.whi.com](http://www.whi.com) or call member services 24 hours a day, 7 days a week at 1-800-207-2568.

**Walgreens Rewards Program**

On September 8, 2008, you will be sent a Walgreens Reward Program card that allows you to receive cash rewards each time you purchase a Walgreens Brand Product at a Walgreens retail store or online at [www.walgreens.com](http://www.walgreens.com). The Walgreens Card® can be used to purchase everything from batteries to cold medicine, as long as it is a Walgreens brand product. For every Walgreens brand product purchased, 5 percent of the pre-tax is instantly credited to your card for use on future eligible purchases! We hope you enjoy and take advantage of the Walgreens Rewards Program.

If you have any questions about the program, please call 866-WCARD-12 (866-922-7312). You may also access information regarding your card at [www.walgreens.com/wcard](http://www.walgreens.com/wcard).

## Important Information to Improve Your Health

### Know Your Numbers

Test	Normal	Needs Improvement
Cancer		
Prostate Specific Antigen (men)	Below 4 ng/mL	More than 10 ng/mL
Diabetes		
Hemoglobin A1C (%)	6%	7% or more
Fasting Plasma glucose level	99 and below	Over 99
High Blood Pressure		
Systolic Blood Pressure	Below 120	Over 120
Diastolic Blood Pressure	Below 80	Over 90
Obesity		
Body Mass Index	18.5 to 24.9	Over 30
Cholesterol	Men	Women
HDL Cholesterol	>40	>50
LDL Cholesterol	<100	>100
Triglycerides	<150	>150

Consult your healthcare provider to determine your risk level. Your ICUBA Plan covers all in-network tests above including PSA, General Health Blood Panel, Glucose Test, Lipid Panel, Cholesterol and ALT/AST at 100%. You pay only the co-pay or co-insurance for the office visit. For additional information logon to <http://icubabenefits.org> to access the ICUBA Plan Document or call Blue Cross Blue Shield at 1-800-664-5295.

### Insomnia and Migraine Medications

As your pharmacy benefit manager for ICUBA, Walgreens Health Initiatives has introduced two new Clinical Prior Authorization programs that will take effect on August 15, 2008 for Insomnia and Migraine Medications.

This program is designed for any insomnia and migraine medication that exceeds its recommended quantity limit to be clinically reviewed for appropriate use and safety. This offers people with insomnia or migraine conditions the flexibility and convenience of receiving prescribed medication up to a defined quantity limit. This quantity limit is based on the medical condition being treated, national guidelines, appropriate utilization, and client authorization. Once this quantity limit is reached, a Clinical Prior Authorization is required in order to receive more medication.

Both of these medication management programs promote safe and effective use of medicines. ICUBA's goal is to ensure that we provide appropriate prescription coverage to our members while maximizing healthcare resources.

For additional information please contact WHI at 1-800-207-2568.