

# NewsfromBlue

Important updates for benefit administrators

Q2 2016

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# Managing your company's plan

**Our Mission:**  
*Helping people and communities achieve better health is our reason for existence. It sets us apart from our competitors—we are committed to making a difference for all of Florida's communities.*



## Dental benefits focused on overall health

Florida Blue dental plans include an Oral Health for Overall Health program that provides extra dental coverage for people with health conditions that are better managed with proper dental care.

The mouth is the doorway to your entire body. Research shows that problems in your mouth can affect the rest of your body, leading to increased health care costs and decreased productivity. Our Oral Health for Overall Health enhanced dental program is for members who have health conditions such as diabetes, oral cancer and coronary artery disease (CAD) as well as pregnant women. It's no extra cost to you or your employees when visiting a participating provider and includes:

- Personalized benefits beyond your dental plan paid at 100%:
  - › No copay
  - › No deductible
  - › Covered outside the annual maximum
- Outreach to members who may not be actively managing their oral health.
- Dental education for your company and the provider community to help build awareness of dental health and your overall health

For more information about dental plans for your company, please contact your agent or sales representative. If you already have a dental plan through Florida Blue, please visit [floridabluedental.com](https://floridabluedental.com) to learn more about our [Oral Health for Overall Health program](#).



\* A two-year study by the Columbia University College of Dental Medicine found that early periodontal treatment reduced overall annual medical costs by 9 percent for patients with diabetes and 16 percent with patients with heart disease.

*Periodontal maintenance and scaling are available in plans that offer periodontal benefits. Enhanced benefits are paid at 100 percent and are not subject to deductibles, coinsurance or calendar year maximums when performed by a participating or preferred dental provider.*

*Oral cancer benefit available for members that have had a previous diagnosis of oral cancer.*

**Early periodontal treatment can help to reduce overall annual medical costs for heart disease by 16%\***

# A new health care provider in Miami-Dade County!

Good news! If you are located in Miami-Dade County, CliniSanitas is a new Florida Blue health care provider with locations in Doral, Kendall and Miami Lakes—and may be convenient to where your employees live and work.

CliniSanitas centers offer highly trained primary care doctors and specialists who speak English and Spanish, with easy access to appointments. Centers are open seven days a week with extended hours. CliniSanitas' personalized and coordinated services include:

- Primary care
- Specialty care
- Lab and diagnostic services
- Urgent care
- Medications and vaccinations
- Care programs

For more information, this [CliniSanitas](#) flyer can be distributed to your employees or simply visit [clinisanitas.com](http://clinisanitas.com).



## Educating your employees



## Your health information travels with you

Summer is a perfect time for family vacations, weekend trips and outdoor activities. To make vacationing a little easier, Florida Blue packs all your health information without taking up any space. In an emergency, you can quickly access your health records, plus benefits, ID cards and participating doctors from your online account 24/7

Before vacation, it's easy to create a **Personal Health Record** for everyone in the family. You can set your claims information so that it's automatically uploaded, plus you can easily add personal health information such as allergies, medications and more. Simply log in to [floridablue.com](http://floridablue.com), select Health and Wellness and then My Health from WebMD.

## Reminder: Prior authorization for certain health care services

The prior authorization program for your health plan was updated on May 1, 2016 to include radiation oncology services. This program helps ensure that health care services are medically appropriate and provided in an approved, cost-effective and safe setting. With a prior authorization, members know, in advance, that their health care is covered at a location that maximizes their plan benefits.

Health care providers in the Florida Blue network are familiar with obtaining prior authorizations on

your behalf for other procedures. However, if your doctor does not get a prior authorization from Florida Blue, these services may not be considered medically appropriate; they will not be covered by your plan and you may be responsible for the entire cost (except in an emergency).

For more information about health care services that may not be covered unless a prior authorization is obtained first, please visit [floridablue.com/authorization](http://floridablue.com/authorization) or call the toll-free number on your member ID card.

# Keeping up with health and wellness

## How to stay active while at work

There is a lot of research around the health effects of a sedentary lifestyle, especially at work. It's important to get up and move during your workday, even if you're consistently exercising most days of the week.

If you work in an office or at a job that doesn't require a lot of movement, here are some tips to stay active while at work.

- Standing burns more calories than sitting. So, every 30 to 60 minutes get up and take a walk or stretch break. Try standing while talking on the phone.
- Instead of sending an email to a coworker, walk over to their desk.
- Park farther away in parking areas.
- Keep resistance/stretch bands at your desk to do gentle stretching exercises.
- Do arm curls with small weights between calls and meetings.
- Organize a walking group at lunch or during breaks. You can also arrange walking meetings instead of sitting in a conference room or on the phone.
- Take the stairs instead of the elevator.
- Walk to work or ride a bike. If you take the bus, get off a couple of stops earlier and walk.
- Stay hydrated, avoiding sugary drinks and caffeine. Keep water on hand and try to use a smaller bottle, which will require you to get up more often to refill it.

It is important to be safe in choosing activities and explore different options so that you can find what works best for you. Florida Blue members can find more ideas to stay healthy and stay active, by logging in at [floridablue.com](https://floridablue.com) and visiting the Health and Wellness section.

Source: [mayoclinic.org](https://mayoclinic.org); [webmd.com](https://webmd.com)

## Tips to help you sleep better

Good sleep habits are essential to overall health and performance. Here are 10 things you can do to improve your sleep habits—and catch the ZZZs you need.

1. Keep a regular sleep schedule, even on the weekends.
2. Develop a relaxing pre-sleep routine, like a warm shower or a good book.
3. Protect your sleep time by minimizing demands in the evening.
4. Avoid working in the bedroom; it should be a peaceful sanctuary.
5. Eat a light snack before bedtime if needed.
6. Maintain a dark, quiet sleep environment.
7. Keep a cooler temperature for more restful sleep.
8. Obtain a comfortable sleep surface with proper support.
9. Use relaxation techniques like deep breathing or counting sheep.
10. If all else fails, get out of bed after 30 minutes of tossing and turning and try again when you're sleepy.

Source: [webmd.com](https://webmd.com)