

Healthmate

A Publication of Health Tradition Health Plan

VOLUME 11, NO. 1

A MAYO HEALTH SYSTEM CHOICE IN WISCONSIN

SPRING 2005

HEART DISEASE AFFECTS WOMEN, TOO!

It's National Heart Month — a great time to take charge of your heart health. Many people think that the number one killer for women is breast cancer. Actually, heart disease kills nearly *three times* as many women than all forms of cancer combined! When men have a heart attack, they often experience chest pain. Surprisingly, less than half of all women have any chest pain at all. Learn *all* the heart attack warning signs (listed at right).

Other ways to save lives:

- ◆ Learn CPR and first aid - call your local hospital or clinic for class information.
- ◆ Learn to use the defibrillator in your workplace. Franciscan Skemp Occupational Health Services professionals are available to conduct training sessions at your worksite.
- ◆ Visit your doctor for regular check-ups.
- ◆ Take prescribed medicine as directed.



Find more information and educational materials at:

- ◆ MayoClinic.com
- ◆ the National Heart, Lung and Blood Institute website: www.nhlbi.nih.gov
- ◆ the American Heart Association website: www.americanheart.org

HEART ATTACK SYMPTOMS? Don't delay getting help!



Steven Ung, MD
Mayo Clinic Cardiologist
Franciscan Skemp
Healthcare - La Crosse

Hear disease is the leading killer of both men *and* women in the United States. Cardiologist Steven Ung, MD, says that today's new heart treatments can stop a heart attack in its tracks. Unfortunately, many people don't seek medical care soon enough.

During a heart attack, a clot blocks the flow of blood to the heart. Heart muscle begins to die. The more time that passes without treatment, the greater the damage.

Most people think a heart attack is sudden and intense, like you see on TV and in movies. Actually, Dr. Ung says that heart attacks often start slowly as mild pain or discomfort (see warning signs at right). In fact, less than

half of all women have any chest pain at all. "Unfortunately, people who feel heart attack warning signs don't recognize them or they take a wait-and-see approach," says Ung. "However, every minute that passes without treatment means that more heart muscle dies."

If you have any of the heart attack warning signs, get help immediately. Franciscan Skemp Healthcare's new Cardiac Cath. Lab in La Crosse is available 24 hours a day/7 days a week. Dr. Ung says that's important because the sooner treatment is started, the greater your chances of a full recovery.

Concerned about getting quick help?

"What if I'm overreacting?" The lights and sirens of an ambulance can be a little embarrassing, but it's better to be safe than sorry. Your life may depend on it. Even if you're not having a heart attack, you may have heart disease that needs treatment.

"I'm afraid." Most people survive heart attacks — if they get help quickly. Don't delay getting help. Quick treatment is key.

"I don't want surgery." Many people don't need open heart surgery following a heart attack; newer less invasive treatments are effective.

Remember to act quickly and calmly if you, a family member or friend, has one or more symptoms of a heart attack. Call 9-1-1 quickly, within 5 minutes after symptoms begin!

HEART ATTACK WARNING SIGNS:

- ◆ **Chest discomfort** (pressure, squeezing, fullness, or pain in the center of the chest)
- ◆ **Discomfort** in one or both arms, back, neck, jaw or stomach
- ◆ **Shortness of breath** (often comes with or before chest discomfort)
- ◆ **Breaking out** in a cold sweat, nausea or light-headedness; feeling fatigued





MEDICAL DIRECTOR'S CORNER

Get Up and Get Moving! Reduce Your Risk of Heart Disease!

By Greg Whiteman, MD, Associate Medical Director

You've heard it before: get up and get moving! But it's easier said than done, right? The weather's too cold outside. I'm too busy, etc. It's easy to stay inside over the winter and not be very active. But the single most important thing you can do to improve your heart health is to get moving!

Don't put it off any longer. You don't have to join an expensive health club. You don't have to take up jogging or downhill skiing — unless you want to! The key is to make your activities fun and easy. Do 30 minutes of moderate physical activity — such as brisk walking — at least 5 days a week. Not only will this improve your heart health, it'll give you more energy, improve your mood and overall make you feel great! Get together with a friend and make it a fun, social activity! Get the whole family involved. Bundle up and take your children or grandchild to the park or go sledding. Walk to the library. Walk briskly around the mall. Go bowling. Join an intramural volleyball or basketball team. Put on some music and dance for a half hour! Your neighbors may laugh at first, but may even join you.



Do you work full time and think you can't possibly fit exercise into your day? Instead of sitting at a conference table during a meeting, grab your gloves and get outside for a brisk walk with your colleague. It'll get your creative juices flowing. Too cold? Walk the halls around your workplace!

OTHER KEYS TO A HEALTHY HEART:

- ◆ Maintain a healthy weight
- ◆ Stop smoking
- ◆ Lower your cholesterol level
- ◆ Maintain your blood pressure
- ◆ Control diabetes



Women's Wellness Retreat 2005

Stop Living Life like an Emergency!

Friday, March 11 & Saturday, March 12 at Stoney Creek Inn

Keynote speaker, Diane Sieg, RN, CLC, author of "Stop Living Life Like an EMERGENCY: Rescue Strategies for the Overworked and Overwhelmed"

It's great to be a woman, even in today's demanding and fast-paced world!

Franciscan Skemp Healthcare invites you to a humorous and high-energy program to reconnect with yourself and the special women in your life! Diane will show you how to slow down and take time to take care of yourself. You will also explore new and exciting interests through workshops led by Judy Rockwood from Rockwood Gardens, Franciscan Spirituality Center, Home Depot, True North Reiki, Franciscan Skemp Healthcare and Interiors by Tami. Join us for this fun, invigorating day!

\$10 off regular admission

Because I am a Health Tradition Health Plan member, I receive \$10 of the registration fee for "Stop Living Life Like an Emergency" program.

Return this coupon with completed registration form.

For a registration brochure, call (608) 791-4172 or email pupp.cathleen@mayo.edu. Registration due March 1.

SPONSORED BY:

Health Tradition Health Plan
Franciscan Skemp Foundation

Want to Save Money On Your Prescription Costs?

Health Tradition Health Plan is pleased to offer you a new way to reduce your prescription drug costs.

Beginning in February 2005, a new program will be offered to members who take medications available in various strengths that can be safely split in half to provide the proper dosage. If you are currently taking one of the following medications, you may qualify for this program.

◆ Zolofl ◆ Zocor ◆ Lipitor

Here's an example of how the program works: If you are currently taking a prescription drug that is 25 mg, which is also available in 50 mg, you can simply split the 50 mg tablet in half. Members will receive 34 tablets for a 68-day supply each time the prescription is filled. Your copayment is reduced by \$10 each time you order your prescription drug. A pill splitter will be provided to you at no cost through Health Tradition Health Plan.

This program is strictly voluntary. Talk to your physician to decide if this program is right for you. Be watching for more information on this money saving program through Health Tradition Health Plan.

AdvancePCS is now CareMark

WHEN YOU GET your new membership card in the mail, it will have a new name and logo: AdvancePCS has changed its name to CareMark. Your coverage remains the same.

Need a New Membership Card?

If you need an additional or replacement membership card, go to the MMSIServices website. MMSIServices.com can be accessed by logging onto the HealthTradition.com website and clicking on the [MMSIServices](#) link at the bottom of the page or under QuickLinks. Please note that you will be leaving the [HealthTradition](http://HealthTradition.com) website. Or, type www.mmsiservices.com directly into your web browser.

? How does your annual drug maximum out-of-pocket work?

AYour drug maximum out-of-pocket includes your costs for prescription copayments and your coinsurance amounts. Charges applied to the annual drug maximum out-of-pocket include copayment amounts for generic and brand name formulary medications, and any coinsurance amount you've paid for self-administered injectable medications purchased at a participating pharmacy.

Copayments for non-formulary medications and any additional amount that is paid when you purchase a brand name medication when a generic is available do not apply to the annual drug maximum out-of-pocket.

Once you have reached your annual drug maximum out-of-pocket limit, Health Tradition Health Plan is responsible for 100% of eligible drug purchases. Please refer to your employer's Summary of Benefits to determine your drug maximum out-of-pocket amount and if a coinsurance is applied to self-administered injectable medications.

Do You Have a Formulary Listing?

If you need a current formulary listing, log onto our website: HealthTradition.com and click on the [Members](#) button at the top of the page. Under [Members](#), click on [Drugs/HT Formulary](#), then on [Formulary](#). You can then download a printable version of the Health Tradition Formulary. Medications requiring prior authorization are shaded. Listing on the Formulary doesn't guarantee coverage. Check your Employer's Summary of Benefits.

YOUR FIRST CHOICE!

When you have questions about your coverage, check with HealthTradition.com or contact a customer service representative at 1-877-832-1823. You may reach a customer service representative from 7 AM - 7 PM. After 7 PM, you may use the automated system for your inquiries.



New Providers

LA CROSSE

Franciscan Skemp - La Crosse

- ◆ Neil Brown, MD, ear-nose-throat
- ◆ Bradley Lassa, CRNA
- ◆ Mary Wolter, PA-C, Urgent Care
- ◆ Kevin Rooney, PsyD, Child Psychology

BLACK RIVER FALLS

Krohn Clinic, Ltd.

- ◆ Danielle Jacobs, MSW, LCSW, Clinical Social Work

CALEDONIA

- ◆ Michael Schomaker, DC, Chiropractic

CASHTON

Scenic Bluffs Community Health Center

- ◆ David C. Olson, MD, Family Practice
- ◆ Rodney Story, MD, Family Practice

CHETEK

Luther Midelfort - Chetek

- ◆ Peter Reisner, MD, PhD, Family Practice

EAU CLAIRE

Eau Claire Anesthesiologists, Ltd.

- ◆ Debra Agen, CRNA
- ◆ Gregory Dubla, CRNA
- ◆ Dennis Kneller, CRNA
- ◆ Barbara Quick, CRNA

Luther Midelfort - Luther Campus

- ◆ Annette Smick, MD, Behavioral Health

Pain Clinic of NW Wisconsin

- ◆ Stephen Endres, MD, Anesthesiology
- ◆ Heidi Klessig, MD, Anesthesiology
- ◆ Mark Schlimgen, MD, Pain Management

Medical X-Ray Consultants

- ◆ Karl Stein, MD, Radiology

HILLSBORO

Asbel-Wall Chiropractic

- ◆ Daniel Mauer, DC, Chiropractic

LAKE DELTON

Delton Family Medical Center

MAUSTON

Mile Bluff Clinic, LLP

- ◆ Dennis Karl, PA-C, General Surgery

MENOMONIE

Red Cedar Clinic

- ◆ Gregory Ruth, MD, General Surgery
- ◆ Steve Siegle, PsyD, Psychology
- ◆ Lucinda Ughetti, PhD, PA-C, Internal Medicine

RUSHFORD, MN

Rushford Clinic

- ◆ Marc Molis, MD, Family Practice

ST. CHARLES, MN

St. Charles Eye Clinic

- ◆ Julie Walsh, OD, Optometrist

WABASHA, MN AND PLAINVIEW, MN

- ◆ Jeffery Kent, MD, Family Practice

WINONA, MN

Winona Clinic, Ltd.

- ◆ Troy Shelton, MD, OB/GYN
- ◆ Everett Beguin III, MD, Family Practice

Providers on the Move

FRANCISCAN SKEMP TO FAMILY & CHILDREN'S CENTER

- ◆ Paula Bank, MD, Child Psychiatry

• May have limited availability and locations.

Please contact Family & Children's Center for more information, (608) 785-0001.

HOLMEN TO PRAIRIE DU CHIEN

- ◆ Paul Morovits, DC, Chiropractic

Providers Leaving

LA CROSSE

Franciscan Skemp - La Crosse

- ◆ Mark Mount, MD, ENT
- ◆ Charles Laham, MD, Cardiology
- ◆ Patty Pepper, MD, Urgent Care
- ◆ Kirk Garratt, MD, Cardiology

ARCADIA

Franciscan Skemp - Arcadia

- ◆ James Sargeant, MD, Family Practice

EAU CLAIRE

Luther Midelfort - Luther Campus

- ◆ Roger Resar, MD, Pulmonology
 - ◆ Teren Steele, MS, Behavioral Health
 - ◆ Robert Fabiny, MD, Women's Health
- Luther Midelfort - Clairmont Campus
- ◆ William Reed, MD, Pediatrics

OSSEO AND MONDOVI

Osseo Eye and Optical

- ◆ Michael Tankovich, OD, Optometry

WEST SALEM

Franciscan Skemp - West Salem

- ◆ William Bateman, MD, Family Practice

Correction

The office phone number for Pain Clinic of Northwestern Wisconsin located in Eau Claire, WI is (715) 552-5346.

For a current list of provider updates, refer to www.healthtradition.com

Health Tradition

A Mayo Health System Choice in Wisconsin

Executive Director

Medical Director

Director of Operations & Clinical Services

Director of Sales & Marketing

Steven M. Kunes

Alan Krumholz, MD

Beverly Larson, RN

Michael Eckstein

The purpose of Healthmate is to inform and communicate with health plan members. Please submit suggestions or ideas to:

Health Tradition Health Plan

1808 East Main Street, Onalaska, WI 54650

© 2005, Health Tradition, Inc.

Pre-sorted Standard
U.S. Postage Paid
PAID
La Crosse, WI
Permit No. 65

Health Tradition
Health Plan
A Mayo Health System Choice in Wisconsin
P.O. Box 188
La Crosse, WI 54602-0188