



EXPRESS SCRIPTS®

Beginning September 1, 2009, Express Scripts will administer the prescription drug benefit for CARES. You will be receiving information by mail regarding the changes that will be occurring. Please watch your mail for more information from Express Scripts regarding your current mail order prescriptions or any prescriptions you are currently taking that require prior approval so they can be refilled without any delays.

Express preview is available to help you estimate costs or find a participating pharmacy. <http://member.express-scripts.com/preview/cares>

Note: This tool is an estimator and costs may not be exact.

Beginning September 1, 2009, you will need to use your new identification card from Express Scripts to fill your prescriptions at your local pharmacy. You will receive two cards per family later this summer for use by all covered members. (If necessary, additional cards can be ordered.)

For more information about your prescription benefits, please call the Express Scripts dedicated toll-free number.

1-866-776-0056

They are available 24 hours a day, 7 days a week.

Flexible Spending Account Participants

Please note that the automatic claim submission process for **prescription drug copayments** will no longer be available beginning on September 1, 2009. If you participate in the healthcare FSA and have money remaining in your account, you will pay the applicable copayment when you purchase your prescriptions and then submit your detailed pharmacy receipts along with a FSA claim form to CIGNA for reimbursement.

You may fax your FSA claim forms to:

423-553-8953

or mail them to the CIGNA address on the FSA form.



Slip, Slop, Slap

Slip on a shirt, slop on sunscreen and slap on a hat. Practice sun safety and don't burn. Five or more sunburns significantly increases your risk of developing skin cancer. Remember.....

- Avoid sun tanning and tanning beds.
- Apply sunscreen SPF 15 or higher every two hours when you are outside.
- Wear protective clothing--wide brimmed hats, long sleeves and sunglasses.
- Don't forget that water, snow and sand reflect the damaging rays of the sun, which can increase your chance of sunburn.

Source: www.epa.gov/sunwise/actionsteps

When your child reaches the age of 25, gets married, or you no longer provide over 50% of the child's living expense then your child no longer meets the definition of dependent for the CARES plan. It is important to notify your Benefits Department within 30 days after a change-in-status event.



It is your responsibility to remove dependents from the plan when they are no longer eligible.

If you are getting married, please remember to contact your Benefits Department no later than 30 days after the wedding. If you wait longer to notify the Benefits Department, you will not be able to enroll your new spouse in the plan until the next open enrollment. Similarly, you may not be able to drop your plan coverage if you choose to enroll in your new spouse's plan.

After the birth or adoption of a child you must request enrollment for the new child within 60 days of the birth or adoption or wait until the next open enrollment to enroll your child.

It is also important to remember your beneficiary designations for life insurance or Section 403 (b) plan benefits when you have changes to your marital or family status. Forms to change your beneficiary designations may be obtained from your Human Resources office.

DID YOU KNOW?

Help is just a phone call away for questions regarding:

- Legal Concerns
- Childcare or Senior Care
- Financial Problems
- Marital or family concerns
- Alcohol or Drug Problems
- Stress, emotions, and much more.....

Your Employee Assistance Program (EAP) can help

1-888-371-1125