

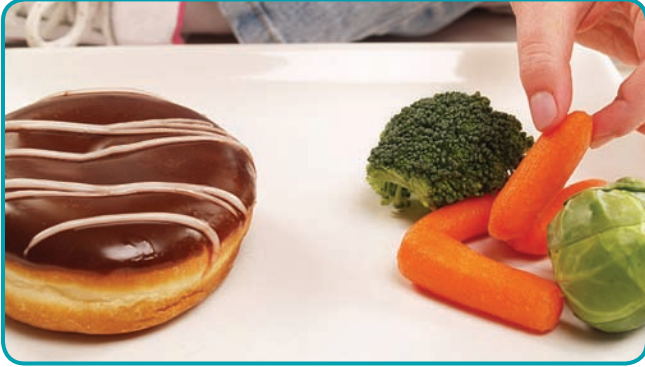
Network News

Community Health Network of Connecticut, Inc.

A Newsletter for CHNCT Providers

June 2010

CHNCT PARTNERS WITH THE NATIONAL DIABETES EDUCATION PROGRAM



CHNCT provides educational information for teen members and their caregivers using many venues including the quarterly Member Newsletter. In order to assist providers in moving patients toward wellness, our Summer 2010 issue partners with the National Diabetes Education Program (NDEP) and includes an article entitled "Tips for Teens with Diabetes: Stay at a Healthy Weight." This article, included below, promotes awareness of the increased risk for obesity and diabetes and encourages teens to balance their lifestyle by eating healthy and exercising.

Tips for Teens with Diabetes: Stay at a Healthy Weight

Staying at a healthy weight is good for everyone. It is really important if you have diabetes. Set goals to reach and stay at a healthy weight.

Why is it good to be at a healthy weight?

Staying at a healthy weight as a teen may help you control your weight for life. Being at a healthy weight helps you feel fit, stay well and feel good about the way you look. It can also help prevent health problems like heart disease and high blood pressure. If you have diabetes and are overweight, weight loss may improve your blood glucose, also called blood sugar, and make your diabetes easier to manage.

How can I get to a healthy weight?

If your doctor says that you should not gain more weight or that you should lose weight, you need to get more physical activity every day and eat fewer calories. Here are some things to try:

1. Be active every day for at least 60 minutes. This will help you burn up extra calories and get fit. Invite some friends over to dance to your favorite music. Play a sport or go for a bike ride instead of playing computer games or going to the movies. Ask a friend or family member to join you on a walk instead of watching TV after school.
2. Cut some calories. The number of calories shows how much energy a food supplies. Calories that are not used up are stored as body fat. Calories are listed on food labels. Get in the habit of reading food labels. If you cut 100 to 200 calories a day, it can make a big difference.

If you eat less and are more physically active, you should lose about one or two pounds a month—and feel great. It is best to lose weight a little at a time because you are still growing. If you lose weight slowly, you are more likely to keep it off.

If you:	You could cut about:
Drink water instead of regular soda or a sweetened fruit drink	150 calories
Eat a piece of fruit instead of a candy bar or a bag of chips	200 calories
Eat a small serving of french fries or share a big one	250 calories
Eat one half cup of frozen yogurt or gelato instead of regular ice cream	150 calories

What are some healthy eating tips I can try?

- Take your time when you eat. It takes about 15 minutes for your stomach to tell your brain that you are full. So wait 15 minutes before eating second helpings.
- Ask if you can help plan, make or shop for the family meals sometimes.
- Drink a glass of water before you eat.
- Fill up half of your plate with salad (use lemon juice or balsamic vinaigrette) and vegetables (use a canola olive oil spread as an alternative to butter).
- If you like to eat sugary foods, sweets, desserts or candy, eat only a small serving at the end of a meal and not every day... then take an extra walk. The less you eat them, the less you may crave them!

Reaching and staying at a healthy weight while you are a teen helps you stay fit as you get older. Encourage family members and friends to get fit too by making healthy food choices and joining you in physical activity.

CHNCT PHARMACY BENEFITS



PHARMACY SERVICES

As you may know, Pharmacy Services is a covered benefit for all HUSKY A members. The following is information that CHNCT provides to all HUSKY A members regarding this benefit:



YOUR QUESTIONS

If you have questions about your HUSKY Pharmacy Benefit, you can get answers.

- Talk to your pharmacist.
- Call the Pharmacy Benefit Customer Call Center toll free at 1.866.409.8430 or local at 860.269.2031. Lines are open Monday through Friday from 8 a.m. to 5 p.m. (except holidays).
- Go to www.ctdssmap.com. Click on Pharmacy Information.

Please call the Pharmacy Benefits Customer Center to:

- Find a drugstore near you that participates in HUSKY
- See if a certain drug or medical item is covered
- Work with your pharmacist to help you get your medicine
- Tell them your questions or concerns

COVERED DRUGS

HUSKY doctors must prescribe generic drugs when they are available. If your doctor believes you need a brand name drug that does have a generic available, they can ask for special permission. There are certain drugs, called preferred drugs that your doctor must prescribe. Your doctor will need special permission to prescribe a non-preferred drug.

Starting October 2009, you can get once, a drug supply for 14 days, when a drug requires authorization before you receive it and the pharmacy does not have the authorization. This is for brand name or a drug was not a preferred drugs.

You cannot get a refill on your medicine until you have used 85 percent of your prescription. Sometimes, depending on your health, your doctor can ask for special permission for you to get your refill sooner.

Your medicines are filled by in-state pharmacies that are enrolled in the CT Medical Assistance Programs. If you will be traveling out of state, let your pharmacy know. They will ask for early refills so you have enough medicine while you are out of the state.

- Early refills due to traveling are available once every six months.
- Be sure to let your provider know in advance when you will be traveling.

The Pharmacy Benefit does not cover the following types of drugs.

- Drugs used to quit smoking
- Drugs to treat sexual problems
- Drugs to treat cosmetic conditions
- Drugs to treat obesity
- Experimental drugs
- Fertility drugs
- Free shots from the Department of Health
- Drugs that are ineffective

HUSKY A members do not have to pay for their medications. To access your Pharmacy benefits you will need to provide your gray CONNECT card to the pharmacy in order to get medications.

HARTFORD CHILDHOOD OBESITY COALITION



With the vision of optimizing and sustaining the good health of Hartford's children, the "Hartford Childhood Obesity Coalition" was formed to address this very serious health problem within the local Hartford community. The coalition facilitator, Michelle Cloutier, MD, from the Children's Center for Community Research (C3R) at the CT Children's Medical Center, in collaboration with community organizations and leaders, moved forward with an initial one year planning grant to identify program goals and strategies.

The stated coalition goals are twofold:

1. To create collaborations with community organizations and others that have successful programs, and
2. To implement multi-dimensional, multi-faceted programs aimed at preventing overweight and obesity in children in Hartford.

With the completion of the planning grant, the coalition project has been approved for three years of funding by the Hartford Foundation for Public Giving, with a meeting launch date of 1-21-10. The HCOC is presently comprised of 60+ members who are divided into

working subcommittees to complete the definition of family cultural and attitude needs and requirements within the Hartford community. These needs will be inclusive of the availability and affordability of healthy foods as well as the location and accessibility of these foods.

Through the collaboration of these working subcommittees, a unified message around healthy lifestyle activities and plans will be delivered to the entire community. Community Health Network of Connecticut, Inc. is participating in contributing to the program planning and implementation with staff representation on both the School and the Nutrition working subcommittees.



UPDATE: HUSKY B CO-PAYMENT OPTIONS

Recent legislation, Senate Bill 494, calls for the increase in co-payments in the HUSKY B program to mirror those of the current state employees benefit package effective July 1. Services that currently have a \$5 co-payment will have a \$10 copayment but there are a few exceptions. Please refer to our website at www.chnct.org for the most up-to-date information.

THE CHNCT FOUNDATION PRESENTS THE CORNELL SCOTT MEMORIAL GOLF CLASSIC



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Golf registration fee: \$250 per player
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Register online via credit card, or download
form and mail in your payment.

Proceeds to benefit health care initiatives for underprivileged children and families.

LAKE OF ISLES: Private South Course
#1 GOLF DESTINATION IN NEW ENGLAND

Lake of Isles, owned by the Mashantucket Pequot Tribal Nation, is located on over 900 acres of pictorial landscape adjacent to Foxwoods Resort Casino in CT.

Questions or additional information:

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Community Health Network of Connecticut, Inc.
"The One With the Sun"



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