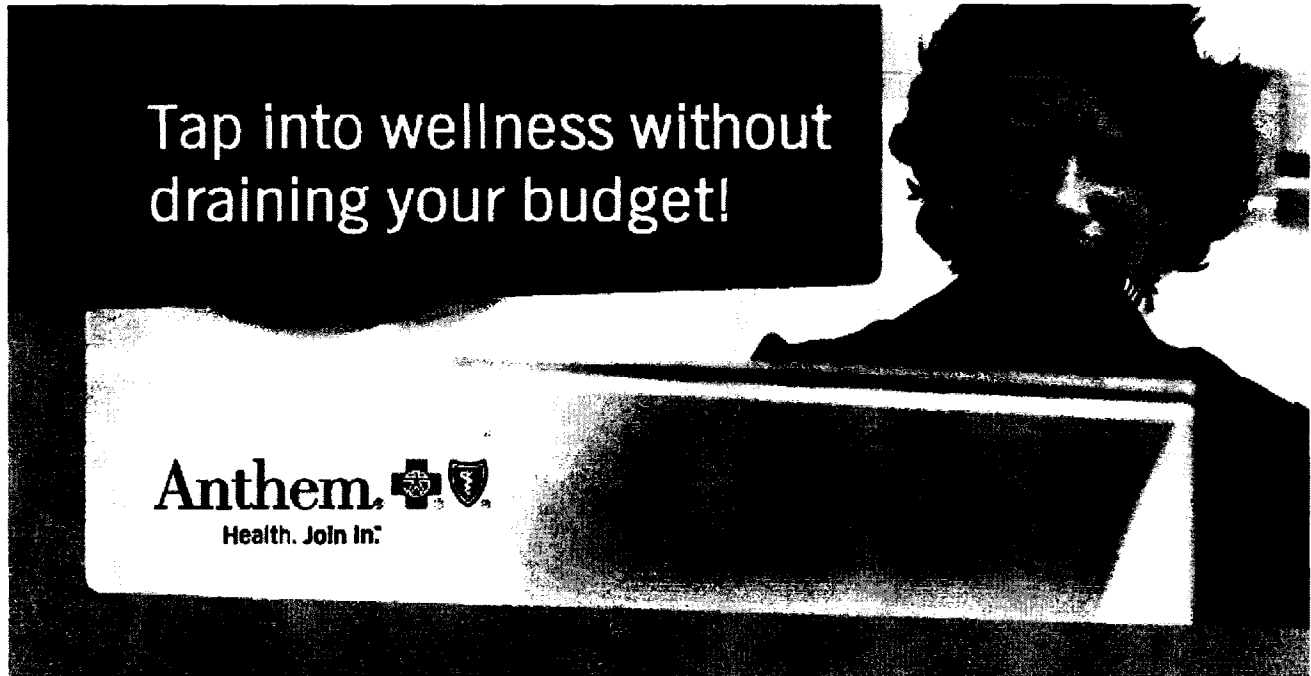


Robert Cross

From: MyAnthem Employer News [employers@anthem.com]
Sent: Wednesday, May 04, 2011 12:04 PM
To: robert_cross@crossmanagement.com
Subject: Tap into wellness without draining your budget!

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Join us for our next webinar:

"Wellness on a shoestring budget"

Wellness tools and grassroots ideas for employers at no extra cost

Date: May 18, 2011

Time: 12 p.m. PST, 1 p.m. MT, 2 p.m. CST, 3 p.m. EST

Offering wellness solutions to your employees doesn't have to hurt your bottom line. This webinar will explain the many wellness tools and resources that can fit into your budget. You'll also learn about some ways you can encourage healthy behaviors without spending a penny.

- Understand how **wellness programs can mean fewer absences**, a lot more production and less health care costs.
- Learn how a **step-by-step wellness plan is a great business strategy**.
- Discover the many **free online wellness tools and resources** available to your employees.
- See all the fun ways you can **build a healthy culture** at the office **at no extra cost**.

Sign up today!

Registering is easy. Just a simple click will take you to the registration site.

If you'd like more information about our webinar, contact your representative. Congratulations on taking another great step toward your company's healthy future!

Can't make it? Don't worry! You can listen to the event recording after the event at <http://group.anthem.com/360health>.

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A School Employees Health Care Board Publication

AIR QUALITY IN SCHOOLS

Currently, one-half of America's schools have problems linked to indoor air quality. Students and school employees are at greater risk because of the hours spent in school facilities and because children are especially susceptible to pollutants. Improving the air quality of a school can create a healthier workforce and healthier students. The good news is, there are many inexpensive things schools can do to improve air quality. One valuable resource is the EPA's Indoor Air Quality Tools for Schools Program. This pro-

gram has developed the IAQ Tools for Schools Action Kit, which shows schools how to carry out a practical plan to improve indoor air problems at little or no cost.

<http://www.epa.gov/iaq/schools/actionkit.html>

Approaches include distributing annual surveys to identify areas where air quality can be improved, adopting a collaborative problem-solving approach to fixing air quality problems, adopting a proactive system of routine walk-throughs in addition to re-

sponding to occupant concerns, using air quality as a factor in prioritizing maintenance/repair priorities, sealing building envelopes, windows and doors to prevent mold, incorporating green building design into new construction, and education about the importance of focusing on air quality.

Schools using the toolkit have reported reduced operating costs, a decrease in lost instructional time due to facility problems and staff illness, decreased asthma visits to school health rooms, and a rise in student test scores.

CLAIMS PAID INCORRECTLY

Each year, billions of dollars are wasted on incorrectly paid healthcare benefit claims. Indeed, a recent insurance report card issued by the American Medical Association showed that the accuracy rates for claims processing is between 62-87%. Even using the most advanced electronic medical claims processing system is no guarantee that your healthcare benefit claims are paid accurately.

The Wall Street Journal reported that a flawed payment database distributed to other major insurance companies has led insurers to underpay millions of claims. The result was that patients paid amounts they truly were not responsible for to make up the difference of fees that should have been paid to us, the providers.

Whether they be individual school districts, educational service centers, or joint purchasing arrangements, all health plan sponsors should consider a third party audit of claims. This may be done by having the carrier or the TPA hire an audit consultant or see to it that the providers take such measures. The Federal government has essentially forced providers to conduct such audits on themselves in order to make certain that they do not submit and false claims.

QUESTIONS?

Do you have any questions for the SEHCB that you think might be of general interest? Would you like to see any particular topics covered in future newsletters? Do you just need to reach us? Contact us at:

michael.billirakis@sehcb.ohio.gov
cheryl.reeves@sehcb.ohio.gov
jon.brescia@sehcb.ohio.gov

Important Events:

Next Meeting:
May 3, 2011

SEHCB Annual Conference
September 20, 2011

The School Employees Health Care Board

30 E. Broad St.
Columbus, OH 43215

<http://sehcb.ohio.gov>



Source: 2011 National Health Observances, National Health Information Center, U.S. Dept. of Health and Human Services, Office of Disease Prevention and Health Promotion. Website: www.healthfinder.gov

Fruit and Veggies – More Matters Month

Centers for Disease Control and Prevention
Produce for Better Health Foundation
(888) 391-2100
www.fruitsandveggiesmorematters.org
Live Well, Work Well flyers:
– Eat Well, Live Well
– Fruits and Vegetables series

Leukemia & Lymphoma Awareness Month

Leukemia & Lymphoma Society
(800) 955-4572
www.lls.org
Live Well, Work Well flyers:
– Leukemia
– Lymphoma

National Alcohol and Drug Addiction Recovery Month

Office of the Director, Consumer Affairs
Center for Substance Abuse Treatment
Substance Abuse and Mental Health Services Administration
(800) 662-HELP (662-4357)
www.recoverymonth.gov
Live Well, Work Well flyers:
– Alcohol-Related Illnesses
– Substance Abuse
Know Your Employee Benefits flyers:
– Substance Abuse and Your Employee Assistance Program

National Atrial Fibrillation Awareness Month

American Foundation for Women's Health
(940) 466-9898
www.stopafib.org

National Cholesterol Education Month

National Heart, Lung and Blood Institute
Health Information Center
(301) 592-8573
<http://hp2010.nhlbihin.net/cholmonth>
Live Well, Work Well flyers:
– Cholesterol and Your Heart Health
– Have High Cholesterol? Lower it Naturally
– Keep Your Cholesterol in Check

Prevention Newsletter:
– Know Your Numbers

Prostate Cancer Awareness Month
ZERO: The Project to End Prostate Cancer
(888) 245-9455
www.zerocancer.org

Live Well, Work Well flyer:
– Men's Health: Prostate Cancer
– Men's Health: Preventive Screenings – Part 2

Whole Grains Month

Whole Grains Council
(617) 421-5500
www.wholegrainscouncil.org
Live Well, Work Well flyers:
– Eat Well, Live Well
– Food Density and Your Diet
Employee poster:
– Your "Whole" Goal

National Celiac Disease Awareness Day – September 13

Celiac Sprue Association
(877) 272-4272
www.csaceliacs.org
Live Well, Work Well flyer:
– Celiac Disease

National Farm Safety & Health Week – September 18-24

National Education Center for Agricultural Safety
(888) 844-6322
www.nsc.org/necas
Live Well, Work Well flyers:
– Eating Organic
– Support Your Local Farmer!

Get Ready Day – September 19

American Public Health Association
(202) 777-2509
www.aphagetready.org
Live Well, Work Well flyers:
– Influenza
– Twister Safety Precautions
– Fire Safety and Prevention
– Hurricane Preparation at Home
– Don't Get Caught Without a Paddle!

World Alzheimer's Day – September 21

Alzheimer's Disease International
(011) 44-20-7981-0880
www.alz.co.uk/adi/wad
Live Well, Work Well flyer:
– Alzheimer's Disease

RAINN Day – September 23

Rape, Abuse & Incest National Network (RAINN)
(800) 656-HOPE (4673)
www.rainn.org/get-involved/college/rainn-day
Live Well, Work Well flyer:
– Sexual Assault

Family Health & Fitness Day USA® – September 24

Health Information Resource Center
(800) 828-8225
www.fitnessday.com
Live Well, Work Well flyers:
– Children's Health: Exercise
– Fitness First series

World Rabies Day – September 28

Global Alliance for Rabies Control
(507) 899-4885
www.worldrabiesday.org
Live Well, Work Well flyer:
– Emergency Precautions for Your Pet

National Women's Health & Fitness Day™ – September 28

Health Information Resource Center
(800) 828-8225
www.fitnessday.com
Live Well, Work Well flyers:
– Fitness First series
– Women's Health series

World Heart Day – September 30

World Heart Federation
www.worldheart.org
Live Well, Work Well flyers:
– Cholesterol and Your Heart Health
– The Heart and Mind Connection
– Heart Disease
– Heart Health and the Elderly