



Rates increasing

Costs for the most popular types of health care coverage are projected to increase at double-digit rates for 2010, according to a national survey of insurers and administrators by Buck Consultants, an ACS company.

In its 21st National Health Care Trend survey, Buck Consultants measured the projected average annual increase in employer-provided health care benefit costs. The study analyzed responses from over 100 health insurers and HMOs. Insurers providing medical trends for the survey cover a total of approximately 78 million people.

Consistent with that survey, on July 1 rates for ISMA/Anthem medical plans will increase by 14.18 percent. Rates for the dental plan will increase by 4.35%.

Rates for some groups will also be affected by a decrease or increase in risk class based on claims experience. Subscribers who attained age 30, 35, 40, 45, 50, 55, or 60 between July 2, 2009 and July 1, 2010 will see a further rate change.

The enclosed Plan Options and Rates report provides rates for your current plan selection and all alternatives.

For information on how to change plans, see article entitled **Submit applications, changes by June 30**.

Check us out online at

MyInMed.org

Expert advice, products and more to help you manage your practice. Please visit the new ISMA Insurance Agency website for additional member resources.

Insurance  Agency

Prescriptions transition to Express Scripts

In late 2009, Anthem's parent company completed a deal to sell its NextRx pharmacy benefit management subsidiaries to Express Scripts, and subsequently entered into a contract with Express Scripts to provide certain operational and administrative support for their prescription drug plans. As a result, customers will gain the advantage of best-in-class programs from both organizations and integration of their medical and pharmacy benefits from leaders in their respective fields.

Upon migration, members will keep their existing ID cards and numbers, Customer Service phone numbers, drug list/formulary and benefit designs. However, mail pharmacy customers and website users started experiencing some changes beginning April 1.

Current NextRx mail service pharmacy customers are being transitioned to Home Delivery from the Express Scripts Pharmacy. Starting April 1, you should send new prescription orders to the Express Scripts Pharmacy. To place an order by mail, members should complete the Express Scripts New Patient Order Form (available at **MyInMed.org**) and send it along with the prescription(s) to the new St. Louis, Missouri address.

Members who currently use the Anthem website to access pharmacy information will continue logging into the same site. However, beginning April 1, they will be redirected to the Express Scripts website and asked to provide registration information.

Submit applications, changes by June 30

July 1 is the one date each year on which subscribers may request changes in medical plans. It is also the only time subscribers can add dependents without a special qualifying event. Subscribers may also add or delete Dental, or delete dependents. **All requests for July 1 changes must be postmarked by June 30.**

The enclosed Plan Options and Rates illustration provides rates for your current plan selection and all other available plan options.

To renew your current option, simply pay the enclosed invoice by June 30.

To request a change in medical plans or to add or delete dental, circle your new selection, sign, and date the enclosed Plan Options and Rates report and return in the provided reply envelope with your payment; do not include your original invoice. If requesting an upgrade in medical plans (a change to a plan with a higher premium) or the addition of dependents, you must include a completed Anthem Enrollment Application* with your request.

Please keep in mind when you change to a plan with a higher deductible that any future request to change to a plan with a lower deductible will require a completed Anthem Enrollment Application and Underwriting approval.

*Print an Enrollment Application from the Health Administration menu at **MyInMed.org** or call ISMA at 800-257-4762, ask for the Insurance department, and request to receive by fax or mail.

F.A.Q.

To help us serve you, the following is a list of Frequently Asked Questions and Answers. If you have other questions, please call your agent or ISMA at (800) 257-4762 and ask for the Insurance dept, or email jcollins@ismanet.org or dmallinckrodt@ismanet.org.

Q How does age affect rates?

A Age has a direct impact on your rates. If you attained age 30, 35, 40, 45, 50, 55 or 60 between 7/2/09 and 7/1/10 your renewal premium is based on a higher age bracket and on a higher rate.

Q What is a risk class?

A A risk class is assigned to each new subscriber to adjust rates based on medical history. Risk classes for existing subscribers are reviewed annually based on claims. Risk classes are used so that we may offer the most competitive rate possible for each subscriber.

Q How can we reduce our health care costs?

A Change to a medical plan with a higher deductible and out-of-pocket maximum. Or consider one of the HSA plans, which are compatible with Health Savings Accounts (HSAs). HSA plans cover preventive care but premiums are kept low because all other charges apply to deductible. Contributions into a Health Savings Account are tax deductible.

Other insurance needs?

ISMA Insurance Agency is dedicated to providing comprehensive insurance services to Indiana physicians, their families and their firms. Please contact us if we can be of service.

MyInMed.org

(877) 647-2242 toll-free

(317) 471-4229 local

MyAnthem™

Anthem Blue Cross and Blue Shield understands you are busy. Who has time to think about checking the status of a claim or ordering an ID card with work, meetings, kids, appointments and errands?

MyAnthem™ users can:

- order a new ID card
- view benefits
- check claim status
- check the Anthem formulary
- refill a mail order prescription
- save money on health-related products and services with SpecialOffers@Anthem
- and more

To begin using MyAnthem™ now, go to www.Anthem.com, click the Register button and follow the prompts to set up a User account.

www.anthem.com



SpecialOffers@Anthem

While you're logged on to anthem.com, remember to check out the savings at SpecialOffers@Anthem. You'll find discounts on prescription eyeglasses, fitness memberships, books, safety products and more.

Don't forget to add the baby

Anthem covers children for 31 days from the date of birth for newborns. But don't forget to call the ISMA to officially add your newborn within 31 days of the date of birth for newborns or within 31 days of placement in your home for newly adopted children.

Prescriptions for self or family members

We want you to know that like most if not all other insurers, Anthem excludes coverage for prescription drugs prescribed by a member of your immediate family, including your spouse, child, brother, sister, parent, or self. To be eligible for benefits, prescriptions must be written by another physician.

For More Information

Call the ISMA at (800) 257-4762 and ask for the Insurance department. Email jcollins@ismanet.org, dmallinckrodt@ismanet.org, or tmartens@ismanet.org.

Or visit MyInMed.org.

