



NORTHERN NEW ENGLAND Benefit Trust

NNEBT is a non-profit Trust Fund providing Teamster members and their families with quality health and welfare benefits.

MAY 2008

Referrals Made Simple

What is a referral and what can it do for you?

A referral from your Primary Care Physician (PCP) allows you to see a doctor who specializes in the care you need. A referral helps ensure that the care you receive from a specialist in the Cigna or Blue Cross Blue Shield Network is covered at the maximum benefits level. Specialists include cardiologists, surgeons and orthopedists. A female member may see an OB/GYN in the network once a year for covered services without a referral. If your Primary Care Physician is part of a medical group, you may be required to see specialists within that medical group for services to be covered. When you have a non-

emergency health problem, see your PCP. After examining you, your PCP will refer you to a specialist if necessary. A specialist cannot refer you to another specialist. If you need a referral to a second specialist, call your PCP.

For NNEBT members covered under Cigna Healthcare, any visits to a behavior health provider must be pre-authorized in advance by Teamsters Behavior Health (800-258-9732) to have the visit covered. NNEBT Blue Cross members must call Blue Cross Blue Shield of Massachusetts at 800-444-2426 to verify behavioral health care coverage and determine if a particular provider is part of the Blue Cross Blue Shield network.

Routine Eye Examinations

For Northern New England Benefit Trust Members:

Regular and routine eye examinations (once every two calendar years for adults and once every calendar year for dependents under the age of 19) is covered as a separate benefit through Davis Vision. If you need the name of a Davis Vision provider in your area, please call Davis Vision at 800-999-5431. The representatives at Davis Vision will confirm when you are eligible for your next examination and provide the names of providers in your area. When you call the provider to make an appointment, tell them you are covered with Davis Vision through Northern New England Benefit Trust. The representatives at Davis Vision's toll-free number will be happy to review your coverage details at any time.



TEAMSTERS RX MAIL-ORDER PHARMACY REMINDERS:

- Allow ten business days for turnaround of your order.
- The earliest date that you may refill your prescription appears on your last receipt.
- Providing the pharmacy with your cell phone number helps communication.
- Providing the pharmacy with a credit/debit card for co-payments speeds the process of re-ordering because you can use the IVR Prescription Re-ordering System 24/7 (1-866-888-0104 Option 2).

Please remember to call us when your credit card expiration date changes.

GERD (Gastroesophageal Reflux Disease) is more than just heartburn. Severe GERD may lead to Barrett's esophagus, changes in the lining of the esophagus that raise your risk of esophageal cancer. A study published in the American Journal of Medicine suggests that GERD may increase your risk of developing cancer of the larynx (voice box). If you feel that you suffer from frequent heartburn, please consult with your primary care physician. Treatment for GERD starts with lifestyle changes that may contribute to acid production such as certain foods, alcohol consumption and smoking. Medication is available to suppress the acid production in your stomach. Proton pump inhibitors (PPIs) are medications used for this purpose. Prilosec (generic name Omeprazole) is available without a prescription for short-term use. For long-term use, Omeprazole requires a prescription and is available through your Teamsters Rx Mail-Order Pharmacy for a \$10.00 copay for a 90-day supply. Just have your doctor fax a prescription to the mail-order pharmacy at 603-413-6410. Aciphex, Protonix and Prevacid are other PPIs that are available for short-term use (up to two months) at retail pharmacies. Long-term use of these medications requires a prior approval. Nexium is not covered.



**STAY** In Touch

NORTHERN
NEW ENGLAND
Benefit Trust

Northern New England Benefit Trust

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Sources available on request.

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**quick
studies****EXPERT** Advice

Elizabeth Smoots, MD, FAAFP