

Vigor[®]

Summer/Autumn 2016



A Newsletter for Subscribers of
Blue Cross and Blue Shield of Vermont
and The Vermont Health Plan

put your

sleep issues

to bed

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**BlueCross BlueShield
of Vermont**

An Independent Licensee of the Blue Cross and Blue Shield Association.

Blue Cross and Blue Shield of Vermont publishes *Vigor* for members and other interested parties.

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communications@bcbsvt.com

We'd like to hear from you.

This newsletter is for informational purposes only and is not intended to serve as medical or legal advice.

For information about any of the events listed, please email events@bcbsvt.com or call (802) 764-4858.

To find our up-to-date Community Calendar, visit www.bcbsvt.com/calendar.

Community events calendar

SEPTEMBER

15-18

Tunbridge Fair

Visit our table to learn about health care after retirement.

All day
Tunbridge
www.tunbridgeworldsfair.com

16

Rutland Health Foundation

Golf Invitational Tournament

8:30 a.m.
Rutland Country Club, Rutland
<https://rutland.thankyou4caring.org>

17

Prevent Child Abuse—Burlington

Walk and Run for Children

Registration at 8 a.m.; walk at 10 a.m.
First Unitarian Universalist Society
Church Lawn, Burlington
www.pcavt.org

Prevent Child Abuse—Rutland

Walk and Run for Children

Registration at 8 a.m.; walk at 10 a.m.
Howe Center, Rutland
www.pcavt.org

American Heart Association—

Central Vermont

Heart Walk

Registration at 8:30 a.m.;
walk at 9:30 a.m.
BCBSVT's Berlin office
events@bcbsvt.com

SEPTEMBER

24

Apple Days

Picking apples, scavenger hunt and healthy snacks

10 a.m. to 2 p.m.
Champlain Orchards, Shoreham
events@bcbsvt.com

Hunger Free Vermont

Hike for Hunger

Visit our water table!
Registration at 9:30 a.m.;
hike at 10:30 a.m.
Catamount Outdoor
Family Center, Williston
www.hungerfreevt.org

24-25

Capital Soccer Club

Solon and Liam Bailey Memorial Jamboree

8 a.m. to 6 p.m.
Stowe
www.capitalsoccer.net

OCTOBER

1

Pink out the Park

Proceeds benefit Making Strides Against Breast Cancer. Visit our water table!

Registration 8:15 to 9 a.m.;
race at 10 a.m.
Bayside Park, Colchester
www.colchestervt.gov

OCTOBER

9

Harvest Fun Run/ Walk for Sustainability

Visit our water table and ride our smoothie bike!

9 to 11:30 a.m.
Burlington Intervale
www.citymarket.coop/harvestfunrun

Mad Dash 5K, 10K and Kids Fun Run

Visit our water station!
10 a.m.
Meadow Road, Waitsfield
www.madriverpath.com

20

Spectrum Empty Bowl Dinner

5:30 to 7:30 p.m.
Elley-Long Music Center at
St. Michael's College, Colchester
www.spectrumvt.org

21

Central Vermont Home Health & Hospice

Fall Fashion Show

National Life, Montpelier
www.cvhhh.org

22

Franklin County Home Health Agency

Blue Jean Ball

6 p.m.
American Legion, St. Albans
www.fchha.org

NOVEMBER

13

Vermont's Original Pregnancy and Baby Expo

Visit our table to learn more about our maternal health program.

10 a.m. to 3 p.m.
Sheraton Hotel & Conference
Center, South Burlington
www.vtspregnancybabyexpo.com

Introducing Apple Days!



We have tailored our popular Family Days events this fall to bring you Apple Days! Join us at Champlain Orchard in Shoreham on Saturday, September 24 from 10 a.m. to 2 p.m., and enjoy free apple picking, a scavenger hunt and other fun activities! Questions? Email events@bcbsvt.com.

Vermonters retiring soon or just becoming eligible for Medicare can find out more about Medicare and Medicare products from BCBSVT.

Attend an informational session to learn more about health care after retirement, including information on Vermont Medigap BlueSM—affordable Medicare supplemental coverage BCBSVT offers through its Vermont Health Plan. For more details, visit www.bcbsvt.com/vmb, call (800) 255-4550 or email us at medigap@bcbsvt.com.





President's message:

I'd like to begin by asking you all to envision with me a Vermont known not just for our natural beauty and the quality of life outside work, but also for a culture so committed to healthy lifestyles and managing risk factors that we dramatically reduce the prevalence of chronic diseases: a healthy, productive and vibrant Vermont. As CEO of Blue Cross and Blue Shield of Vermont (BCBSVT), I think a lot about a healthier Vermont.

At BCBSVT, we have a passion for the health of our organization and our employees, the health of our members and the health of all Vermonters.

Did you know?

- Chronic diseases are responsible for seven of 10 deaths and account for greater than 80 percent of total health care costs;
- Lifestyle choices and genetic predisposition to disease accounts for 70 percent of these premature deaths and costs; and
- This 70 percent of health care costs can be alleviated, delayed—or even prevented—through lifestyle and education.

On June 7, I cited these statistics and spoke about our commitment to chronic disease prevention in Vermont. I was honored to join Dr. Harry Chen, Vermont Health Commissioner, and others who spoke in support of the new 3-4-50 campaign, such as Jonathan Billings of Northwestern Medical Center; Ken Page of the Vermont Principals' Association; and Lamoille County Planning Commission's Seth Jensen.

The 3-4-50 initiative identifies the three behavior risks (lack of exercise, poor diet and smoking) that lead to the top four chronic diseases (cancer, heart disease and stroke, type 2 diabetes and lung disease) that result in more than 50 percent of deaths in Vermont. In fact, Vermonters are more likely to die from chronic diseases than all other causes of death combined.

I believe that we can reverse the epidemic of chronic diseases in Vermont. By making simple changes and promoting those healthy behaviors, we can improve our health and influence those around us. Recognizing that many people spend about 40 percent of their time in the workplace, there is a need to revamp our worksites. I believe this transformation is possible in Vermont. In fact, it is already happening. Employers are shifting the workplace culture to create healthy communities at work; they understand that worksites must no longer contribute to poor health but rather serve as venues where employees can manage and improve health together.

I'd like to end with a request—a request that we all recommit our caring, passion and power to elevate the cultivation of a healthy Vermont to the top of reform priorities. Being known as the best place to work healthily and live healthily will attract others to our state, improve health and reduce health care expenditures, enhance organizational performance and drive business development, and simply improve people's lives.

Thank you,

Don George, President and CEO

For more information about the 3-4-50 campaign and resources, visit www.healthvermont.gov/3-4-50.

Local.

Independent.

Not-For-Profit.



Vigor
www.bcbsvt.com



Get prepared—Qualified Health Plan open enrollment is just around the corner

Individual and Family Enrollment:

Steps to Coverage in 2017

Are you planning to continue qualified health plan coverage in 2017? If yes, we want to help you prepare for open enrollment for our qualified health plans.

If you get coverage through work, you should expect to receive notice from your employer about your 2017 coverage options.

If you are not offered coverage through work and are exploring your enrollment options individually, these steps can help you stay covered:

1. See if you qualify for financial help. Use Vermont Health Connect's Subsidy Estimator. Visit VermontHealthConnect.gov and click on "Decision Tools."

Please note if you qualify for financial help, choosing a silver plan is the only way to get cost-sharing reductions.

2. Select a plan. Check out our Plan-Finder tool at www.bcbsvt.com/find-a-plan.

If you're enrolled now and like your plan and you haven't had any changes to your income, do nothing. You will be automatically enrolled in your current plan based on your 2016 information. It is important that you report any changes to your income or other household information to Vermont Health Connect during the annual open enrollment period, and promptly throughout the year. During the open enrollment period, you may also choose to enroll in a different plan.

3. Enroll! If you are not eligible for premium assistance, you can do that directly with Blue Cross and Blue Shield of Vermont, or you can go through Vermont Health Connect. If you enroll with us, we will handle your billing and your membership changes. If you want to take advantage of financial help to lower the cost of your premium and out-of-pocket-costs, you must enroll with Vermont Health Connect (VHC) by calling (855) 899-9600 or going to VermontHealthConnect.gov.

New for 2017 plans

There are some changes to our offerings to members of qualified health plans that you should know about:

- Our Blue Rewards Bronze plan no longer meets requirements to be paired with a Health Savings Account (HSA). If you currently have this plan and would like to change to another plan that does meet HSA requirements, please contact our representatives in one of the ways below. We can help you determine which plan is closest to the one you have now.
- For plan year 2017, we have added a new Blue Rewards Silver CDHP that pairs with an HSA. For more information, contact us in one of the ways below.



We're here to help!

You may want to participate in one of our informative webinars designed to help you understand the benefit options and navigate the tools available to you. Check for dates and times at www.bcbsvt.com/webinars.

We can also help you in any one of these ways:

- By phone at (800) 255-4550,
- by email at consumersupport@bcbsvt.com,
- online at www.bcbsvt.com,
- or in person at our headquarters in Berlin (445 Industrial Ln.) or at our Information and Wellness Center at South Burlington's Blue Mall (150 Dorset St.)

Creativity in pharmaceutical management saves money and lives

By Beth Esmond

The Centers for Disease Control estimates that almost a quarter of the United States population has been infected with toxoplasma, a parasite found in food and animal feces. Most have mild flu symptoms, which generally subside. But for some, including many babies who contract toxoplasmosis through their mothers, the disease can cause blindness, neurological problems or even death.

Brian Murphy, BCBSVT program director of vendor management and pharmacy explains, "That's why, when an opportunist company called Turing Pharmaceuticals acquired the exclusive rights to a medicine that treats toxoplasmosis—Daraprim—and raised its price from \$13.50 per pill to \$750, the action sparked national outrage. The company purchased the only FDA-approved manufacturing rights to the drug, creating an artificial monopoly."

"Daraprim is not a new drug," says Murphy. "And it's not heavily used. But for those people who are using it, it's life-saving."

One such person was a prematurely born baby who was a member of BCBSVT.

"The baby had to be on Daraprim for about a year," Murphy relates. "After the price hike, the cost of the drug was projected at \$270,000 per year," he notes.

BCBSVT case manager, Jean Meade, brought the situation to Murphy's attention. He and compounding pharmacy Imprimis Pharmaceuticals sought a way to ease the enormous cost burden on the baby's family, as well as to limit claim costs for BCBSVT and its customers.

"Imprimis compounds medicines," Murphy explains. "They combine drugs in creative ways to improve clinical outcomes or solve special usage problems. For example, if you need a medication that only comes in a pill and you have a hard time swallowing a pill, a compounding pharmacy could re-engineer your medication as a liquid."

The pharmacy used its compounding skills to provide a new medication for the baby.

"By combining the active ingredient in Daraprim (pyrimethamine) with a form of B-vitamin folic acid, leucovorin, Imprimis is essentially creating a new drug that is not legally controlled by Turing," Murphy states. "The cost of the new drug is only about \$3,000 per year—just 1/90 of what it would have cost to use Daraprim."

Murphy added that the new drug actually provides a better clinical outcome for the patient because leucovorin treats the bone loss that patients can experience when taking pyrimethamine.

"Leucovorin is recommended for treatment of toxoplasmosis by the US Centers for Disease Control and Prevention," he notes.

Murphy said the switch took some back and forth on the part of Imprimis and BCBSVT.

"We had to call the baby's doctor and work out the strength and dosage. We monitored the results every two weeks for clinical effectiveness," he noted. "But we're dedicated to seeing members through rare illnesses like this. The fact that Turing's price increases were unconscionable fueled our desire to help even further."

Murphy said that BCBSVT pharmacy benefits manager, Express Scripts, added Imprimis to its network in order to solve problems just like this.

"They're a good operation, which meets all of our quality control requirements," he noted.





Transition Your Kid's Bedtime for Back to School

The National Sleep Foundation emphasizes the importance of your child's sleep schedule. In fact, experts there report that even just 25 minutes of less sleep per night can lead to lower grades, and insufficient rest is linked to fatigue and concentration problems. They provide these three tips for parents:

- 1. Gradually Adjust Bedtimes.** Don't wait until the night before school starts to adjust your child's bedtime. The sudden change could make it difficult for him or her to fall—and stay—awake. Instead, slowly start making his or her bedtime earlier about two weeks before the first day (try pushing it forward five to 15 minutes each day). This will help your child's circadian rhythm adjust to the new schedule. Not sure what time to set bedtime? Kids aged seven to 12 need 10 to 11 hours of sleep, while older kids need eight to nine hours.
- 2. Create a Nighttime Routine.** If your kid doesn't already have a set bedtime routine, now's the time to create one, especially if your child is younger. Calming activities like reading a book or taking a bath can help your child wind down for bedtime. Plus, if you repeat the same process nightly, the routine will eventually cue her brain and body that it's time to sleep.
- 3. Take Tech Out of the Bedroom.** Lax summer rules may have meant that your child was allowed to play on his laptop or cell phone in bed, but in order to get back on a regular sleep schedule, it's important to keep electronics out of the bedroom, since they can lead to poor sleep. Not only can the "dings" of text messages wake your kid up, but the blue light that many devices emit may promote wakefulness (not what you want at 8:30 p.m.!). Make a rule that all devices need to be turned off one hour before bed.

To nap or not to nap?

"Many people think that you shouldn't nap because it can disturb your sleep," Gallo acknowledges.

"The truth is that napping is a really good way to restore and recharge, and naps should last between 15 and 30 minutes. If you lay down to nap and you sleep for more than an hour, you probably are not getting enough sleep." Gallo notes that she is not alone in recognizing the value of power naps as she points to the increasing trend for employers to offer onsite restorative nap opportunities for employees.

Gallo relates, "The key of the short nap is to get up after that allotted time of 15 to 30 minutes, regardless of if you are feeling groggy. Otherwise, you will affect your sleep cycle and get what I refer to as a sleep hangover."

Refresh your sleeping gear.

"You should replace your pillow every six months to a year and your mattress every ten years," says Gallo. While this may sound excessive to some, remember that you spend one-third of your life on a mattress and pillow, so these items are bound to come with a lifespan.

Seek help.

If you are often experiencing difficulty getting the sleep you need, visit your provider or a local sleep clinic to determine any underlying causes.

As quoted by the National Sleep Foundation, "The 1/3 of our lives that we spend sleeping plays a direct role in how full, energetic and successful the other 2/3 of our lives can be." Now, think about that...and get some sleep!

Sources: National Sleep Foundation, National Institutes for Health, CDC, Mayo Clinic



Preferred brand-name drug list

(effective September 1, 2016)

Members with our Three-tier Drug Rider pay different co-payments or co-insurance for drugs based on whether they are:

- **Generic**
- **Preferred Brand-name**
- **Non-preferred Brand-name**

The Plan changes the Preferred Brand-name list in two circumstances:

- The list changes four times a year to reflect drugs entering or leaving the marketplace.
- The Plan automatically deletes drugs from the Preferred Brand-name list without notice throughout the year when generic forms become available. Co-payments or co-insurance for generic drugs are significantly lower.

Certain drugs require prior approval. For a list of these drugs and a complete Preferred Brand-name drug list, read our Three-tier Drug Rider or visit our website at www.bcbsvt.com/RxCenter.

The following medications have been added to our Preferred Brand-name Drug List:

CABOMETYX TECENTRIQ
ENTRESTO VENCLEXTA
LENVIMA

90-day notice for drugs being removed from the Preferred Brand-name Drug List; medications to be removed on October 1, 2016

INNOPRAN XL
(propranolol sustained release)

The following medications have been deleted from our Preferred Brand-name Drug List, effective immediately, as they are now available as generics:

CELEBREX GLEEVEC
CRESTOR

This list is subject to change. We provide updates through newsletters and other mailings. The most up-to-date list is available on our website at www.bcbsvt.com/RxCenter.

How We Protect Our Members' Privacy

We must maintain the privacy of our members' health information by using or disclosing it only with their authorization or as otherwise allowed by law. Our members have the right to gain access to their health information and to information about our privacy practices. A complete copy of our Notice of Privacy Practices is available at www.bcbsvt.com, which includes information on:

- Our routine use and disclosure of personal health information (PHI);
- The internal protection of oral, written and electronic PHI; and
- The protection of information disclosed to plan sponsors or to employers.

*** Not covered by all prescription drug benefits. Call our customer service team for more information.**

To confirm your coverage, refer to your health plan contract or contact our customer service team at (800) 247-2583.

A

ADDERALL XR
AGENERASE
ALINIA
ALPHAGAN P
ANDRODERM
ANDROGEL
APRISO
ATRIPLA
AZILECT

B

BD INSULIN NEEDLES
BD INSULIN SYRINGES
BENICAR
BENICAR HCT
BETASERON*
BYDUREON
BYETTA

C

CABOMETYX
CANASA
CARAC
CEENU
CETROTIDE*
CIPRODEX
CLIMARA PRO
COMBIVENT
COMBIVIR
COMPLERA
CONDYLOX GEL
CORTIFOAM
CREON
CRIXIVAN
CUPRIMINE

D

DARZALEX
DESCOVY
DILANTIN KAPSEALS
DUAC CS KIT
DULERA

E

EDURANT
ELIQUIS
ELMIRON
EMCYT
EMPLICITI
ENBREL
ENTOCORT EC
ENTRESTO
EPIPEN
EPIVIR-HBV
EPZICOM
ERGAMISOL
ERIVEDGE
ESTRADERM
ESTRATEST
ESTRATEST HS
EVOTAZ
EVOXAC
EXELON

F

FARESTON
FARYDAK
FINACEA
FLOVENT, all forms
FORADIL
FORTOVASE
FREESTYLE
GLUCOMETER
FREESTYLE TEST
STRIPS

G

GENOTROPIN
GILENYA
GLEOSTINE
GLUCAGON

H

HARVONI
HEPSERA
HEXALEN
HIVID
HUMALOG
HUMIRA
HUMULIN

I

IBRANCE
IMBRUVICA
IMPAVIDO
INCIVEK
INNOPRAN XL
INTAL INHALER
INTRON A
INVIRASE
INVOKANA
ISENTRESS

J

JANUMET
JANUVIA
JENTADUETO
JEVTANA

K

KALETRA,
capsule and solution
Kyprolis

L

LANTUS
LENVIMA
LETAIRIS
LEUKERAN
LEVEMIR
LEXIVA
LOTEMAX
LUPRON
LYSODREN

M

MEPHYTON
METHERGINE
MIGRANAL
MITIGARE
(COLCHICINE)
MYLERAN

N

NEUPOGEN
NEXAVAR
NILANDRON
NORDITROPIN
NORVIR
NOVOFINE
(syringes
and needles)
NOVOLOG
NOVOLIN
NUCALA
NUVARING

O

ODEFSEY
ONE TOUCH
GLUCOMETER
ONE TOUCH
TEST STRIP
OXSORALEN ULTRA

P

PEGASYS
PICATO
PLAN B
POTIGA
PRECISION
GLUCOMETER
PRECISION TEST
STRIPS
PRED MILD
PREMARIN
PREMARIN CREAM
PREMPHASE
PREMPRO
PREVEN
PREZCOBIX
PREZISTA
PROAIR
PROAIR HFA
PROCRIT
PRODIGY
(syringes
and needles)
PULMICORT RESPULES
PULMOZYME

U

ULTRASE
ULTRASE MT

V

VAGIFEM
VENCLEXTA
VENTOLIN HFA
VEPESID
VIAGRA*
VICTOZA
VIDEX
VIRACEPT
VIRAMUNE
VIREAD
VITEKTA
VOLTAREN GEL
(1% TOPICAL)
VOTRIENT
VYVANSE

Q

ORKAMBI (LACAFTOR/
LUMACAFTOR)
QVAR

R

RAPAMUNE
REBIF
RENAGEL
RESCRIPTOR
RESTASIS
REVLIMID
REYETAZ
RIDAURA

S

SAVELLA
SEREVENT, all forms
SEREVENT DISKUS
SPIRIVA
SPRYCEL
STALEVO
STIBILD
SUBOXONE SL, film
SUSTIVA
SUTENT
SYLATRON
SYMBICORT
SYNVISC, all forms

T

TARCEVA
TARGRETIN
TAZORAC
TECFIDERA
TEMODAR
TECENTRIQ
TESLAC
THIOGUANINE I
TIVICAY
TRACLEER
TRADJENTA
TRAVATAN Z
TREXALL
TRIZIVIR
TRUVADA
TYKERB
TYZEKA

U

ULTRASE
ULTRASE MT

V

VAGIFEM
VENCLEXTA
VENTOLIN HFA
VEPESID
VIAGRA*
VICTOZA
VIDEX
VIRACEPT
VIRAMUNE
VIREAD
VITEKTA
VOLTAREN GEL
(1% TOPICAL)
VOTRIENT
VYVANSE

W

WELCHOL

X

XARELTO
XENICAL
XIFAXAN 550mg

Y

YERVOY

Z

ZOLADEX
ZOLINZA
ZYKADIA
ZYTIGA



Vigor

Summer/Autumn 2016

A complete paper copy of our formulary is available upon request by contacting: pharmacy@bcbsvt.com.



Pingala Café is an all-inclusive vegan food establishment, 100% judgment-free. Come one, come all!

We strive for all guests to leave Pingala happier than they arrived. Let's put a smile on that beautiful face.

We believe that Veganism is a fun, creative, and thriving lifestyle that supports total health and happiness.

We aim to elevate food and mood. It's just that simple.

www.pingalacafe.com

Broccoli bites with smoked almond parm

serves four | prep time: 40 minutes

Smoked almond parm

makes 1 cup topping

- 4 oz. sliced almonds
- ¾ tsp. Tamari
- 1 ½ tsp. oil
- ¾ tsp. nutritional yeast
- ½ tsp. garlic powder
- ½ tsp. salt
- ½ tsp. black pepper
- pinch Xanthan Gum

1. Combine all ingredients in a bowl.
2. Spread out on foil-lined baking sheet and bake at 300°F for 35 minutes.
3. Pulse in food processor.

Broccoli bites

- 2 heads broccoli
- 2 cloves garlic, chopped
- Salt & pepper to taste

1. Steam the broccoli
2. Sauté garlic with salt and pepper
3. Combine and top with smoked almond parm.

Pingala Café recommends pairing with a Buffalo sauce or Tahini dressing

Taking prescription drugs? Self-advocacy is necessary.

While taking certain drugs, getting required lab work can be the difference between wellness and unforeseen complications. If you are taking any of the following medications, you may be unaware of required annual labs that monitor side effects and support your overall health. We encourage you to take control of your health and to talk with your provider to ensure you are up to date on all required lab work. Getting the required lab work, a simple step, can save your life.

Below is a list of common medications within each drug class for which related lab work is necessary. (This is not an all-inclusive list.) Please check with your provider if you believe you may be on medication from one of these drug classes.

Angiotensin Converting Enzyme (ACE) inhibitors

- Lisinopril
- Enalapril
- Ramipril
- Enalapril

Angiotensin Receptor Blockers (ARBs)

- Losartan
- Valsartan
- Benicar (Olmesartan)

Diuretics

- Hydrochlorothiazide (HCTZ)
- Furosemide
- Spironolactone

Other

- Digoxin

If you would like more information, please contact our academic detailer, Keri LeCompte PharmD., RPh. at kmlecompte@express-scripts.com or (802) 518-0338. You may also contact Rita Baglini, RPh. Clinical Pharmacist for Blue Cross and Blue Shield of Vermont at pharmacy@bcbsvt.com or (802) 371-3369.





BlueCross BlueShield of Vermont

An Independent Licensee of the Blue Cross and Blue Shield Association.

PO Box 186, Montpelier, VT 05601-0186



Find the hidden symbol and win a prize

Just find the symbol shown at left hidden somewhere in this publication and send us a letter telling us where you found it. Use the address found on the mailing panel. We'll draw four lucky reader's names from the correct responses; each will receive a gift card to Amazon.com.

Last issue's hidden symbol (i.e. shovel) was hidden on page 7 in the photo of three children. Thanks for playing and congrats to our winners: Maggie, Cody, Sharon, Kevin, and Sarah!!

Special challenge: Because of all the creative and unique responses (e.g. postcards, artwork, poems and notes) we've received over the years, we now present an additional winner with a gift card for the most creative entry for that issue's contest.

Electronic option: In an effort to be "green," we will accept your hidden symbol contest entry via email. Just email hiddensymbol@bcbsvt.com and we'll number your entry and enter you into the drawing!

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Vigor[®] is printed on 100% post-consumer recycled fiber, FSC[®]-certified paper—a paper that contains 100% post-consumer recycled fiber, is Elemental Chlorine-Free, and is certified by the Rainforest Alliance to the Forest Stewardship Council[®] Standard. It is manufactured using Biogas Energy



Recycled

Supporting responsible use of forest resources

www.fsc.org FSC[®] C013435
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Using this paper instead of virgin fiber in this edition reduces our ecological footprint by:

- 78 trees
- 7,722 lbs. of solid waste
- 75,478 gallons water
- 25,330 lbs. of CO₂ emissions
- 65 mmBTU of energy consumption
- 33 lbs. NO_x

It's the equivalent of saving:

- Trees: Five tennis courts
- Energy consumption: 317,517 60W light bulbs for one hour
- Emissions: CO₂ emissions of four cars per year

(Environmental savings calculations provided by Rolland Enterprises Inc.)