

Living Well
EMPLOYEE HEALTH & BENEFITS
Stall Talk



Copies available at tpm.scgov.net or from Angela Deem at adeem@scgov.net

Aetna's **Beginning RightSM Maternity Program** helps members give their babies a healthy start with educational materials and services that complement covered benefits. Designed by a team of physicians experienced in obstetrics, perinatology, neonatology, pediatrics and genetics, the program includes:

- *Assistance in accessing prenatal care benefits
- *Case management by registered nurses, who will assist in arranging covered services, coordinate covered specialty care, review the program's features and answer general pregnancy-related questions
- *A pregnancy risk survey, which helps members identify potential risk factors & pregnancy complications
- *Nurse care management and targeted education relating to any risk factor(s) identified on the survey
- *Smoke-free Moms-to-beTM personalized stop-smoking program designed specifically for pregnant women
- *A comprehensive pregnancy handbook including detailed information on prenatal care, labor and delivery, newborn care, nursing and feeding, postpartum depression and other pregnancy-related health issues.
- *Focused, educational information "For Dad or Partner"

To participate in Beginning RightSM, please contact Aetna at 1-800-272-3531. (1-800-CRADLE-1)



Healthy Eating Every Day Class (HEED)
Learn the Skills to Eat Healthy for Life!



Improve your health and the quality of your life through balanced eating! *Healthy Eating Every Day* is a unique, self-paced plan that teaches you how to improve your eating habits in ways that fit your lifestyle.

1301 Cattlemen Road, Bldg D
12-1:00pm
July 9th – October 15th
Meets every Wednesday for 14 weeks
Register on TRAC, class code: 1FIT3048

Save up to \$120 on Lipitor

Call the **Employee Health Center** at **861-6833** to receive a Co-pay discount card. This card is good for a \$10 savings each month, (up to 12 months) on your monthly co-pay for your Lipitor prescription. There are 4 simple steps to getting your monthly discount card:

- 1. Request a discount card from the Employee Health Center (EHC)
- 2. Provide verification of your prescription (i.e. copy of prescription or prescription vial, etc.)
- 3. Activate your card (telephone call).
- 4. Take your card to the pharmacy each month to get the discount.

If you do the mail order for your prescriptions, which is strongly encouraged...you can still get the discount; it just becomes a rebate sent to you after you have paid your co-pay. And the amount of the savings may be different.