

# Benefit Focus News

Office of Group Insurance

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this issue

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## Preventive Care Benefits

Blue Cross of Idaho covers a number of wellness and preventive services to keep you and your family healthy and well. Did you know that these services are covered at 100% of the Maximum Allowance for In-Network providers and that the deductible does not apply?

Wellness and preventive services for children include routine and scheduled well-baby and well-child examinations. Also included are preventive lead screenings, rubella and PKU tests. Annual adult physical examinations and specific preventive screenings such as blood glucose and cholesterol are also covered.

For detailed information regarding the covered services, please visit the Office of Group Insurance website, [ogi.idaho.gov](http://ogi.idaho.gov). Take advantage of this benefit and schedule a preventive care visit with your doctor today! **Don't forget to sign up for thriveidaho for additional tools and resources (and \$250) to support you in living a healthy life. Learn more at [thrive.idaho.gov](http://thrive.idaho.gov).**

***Do you need help finding a doctor?*** Continue reading this newsletter for helpful tips on Choosing a Healthcare Provider from Healthwise. You can learn more in the *Reference* section of the thriveidaho wellness portal at [members.bcidaho.com](http://members.bcidaho.com). Utilize the provider search tool on the Blue Cross website to locate an In-Network provider near you. Simply login to [members.bcidaho.com](http://members.bcidaho.com) click on *Search Tools* and then *Find a Provider*. Fill out the search form and see which provider best fits your needs.

## Choosing a Healthcare Provider

Choosing a doctor or other health care provider is very important. The relationship you have with your health care provider greatly influences the health decisions you make and, ultimately, your health.

Whether you are looking for a primary care doctor or a specialist, it's important to find a doctor you can partner with. A strong partnership between you and your doctor is key to getting great care and reducing costs. When you have many doctors, think of them as part of your health care team. Ask your doctors to communicate with each other about your care.



## Choosing a Healthcare Provider, *con't.*

### *What types of providers may be a good choice?*

A primary care doctor who understands your needs, such as a family medicine doctor or an internist, can be a valuable partner for your health care. A primary care doctor is very important for helping to coordinate your care, especially if you are seeing different specialists for multiple health problems.

For most people, a board-certified family medicine doctor or an internist is a good choice for primary care. For children and teens, a board-certified pediatrician or family medicine doctor is a good choice. Family doctors, internists, and pediatricians have knowledge about many common medical problems.

Some women prefer to use a gynecologist as their primary care doctor. Gynecologists are doctors who specialize in the female reproductive system.

Some people choose a "mid-level" provider, such as a physician assistant or a nurse practitioner. These providers can diagnose and treat many basic health problems, and they often partner with a doctor as part of a health care team.

### Specialists

Medical specialists are doctors who have completed advanced education and clinical training in a specific area of medicine (their specialty area). A doctor becomes board-certified by completing training in a specialty area

and passing an exam. To keep this certification, doctors must take continuing medical education courses and pass periodic exams.

### *What can you do during your first visit?*

During your first visit, tell your doctor that you would like to share in making treatment decisions. Pay attention to how you feel during the visit. Think about these questions:

- Does the doctor listen well and answer your questions?
- Does the doctor use terms you can understand and explain things clearly?
- Does the doctor spend enough time with you?
- Can you build a good working relationship with the doctor?
- Does the doctor encourage you to take an active part in your care?

Talk with your doctor about being a partner in your health decisions. It may take more than one visit for you to find out whether or not you can partner well with your doctor.

Source: [members.bcoidaho.com](http://members.bcoidaho.com); Healthwise Reference Library.

## STRIVE for 5

Over 950 employees joined the **Strive for Five** challenge that began on **July 27** and have started adding more fruits and veggies into their diets.

If you are participating, continue to track how many fruits and vegetables you eat each day for **5** weeks for your chance to earn 10 points toward your wellness reward.

When you log at least 2 servings of vegetables and 1 serving of fruit daily you will be entered into a weekly drawing to win a fabulous fruit basket.

Increase your daily servings of fruits and vegetables by choosing varieties from each color of the rainbow. You can learn about the benefits of the different colored vegetables in your challenge To Do list.



## Contact the Office of Group Insurance

**IDAHO**

Office of Group Insurance  
Department of Administration

304 N. 8<sup>th</sup> Street, Room 434  
P.O. Box 83720  
Boise, ID 83720-0035  
[www.ogi.idaho.gov](http://www.ogi.idaho.gov)

E: [ogi@adm.idaho.gov](mailto:ogi@adm.idaho.gov)  
P: 208-332-1860

For comments or suggestions for future editions of Benefit Focus, please email: [ogi@adm.idaho.gov](mailto:ogi@adm.idaho.gov).