

# ARBenefits News Monthly



Issue 32

October 2016

## Breast Cancer Awareness Month



### In This Issue >>>

Breast Cancer Awareness Month

Proton Pump Inhibitor Risk

New Medical Management Vendor

Wellness Discount Deadline

7 Things to Know About Getting a Mammogram



Breast cancer is the most common cancer among American women, except for skin cancer. In fact, there are about 3 million breast cancer survivors in the United States today. Men get breast cancer, too, though it's quite rare.

Many studies have shown that finding breast cancer early can help save women's lives and give them more treatment options. Finding breast cancer early means finding it when it's small and

only in the breast, sometimes before a change can be felt or seen – this is where routine screening can help.

Although some risk factors for breast cancer can't be changed (like age, being female, and family history), there are things a woman can do to help reduce her risk, such as getting to and staying at a healthy weight throughout life, being physically active, and limiting alcohol intake.

Call the American Cancer Society at 1-800-227-2345 or visit [www.cancer.org/breastcancer](http://www.cancer.org/breastcancer) to learn more about breast cancer risk factors, early detection, and treatment. They're available when you need them – 24 hours a day, 7 days a week.

Knowing the facts about breast cancer could help save your life or the lives of the women you care about.

## Risks of Proton Pump Inhibitor Drug Use

Proton pump inhibitors (PPIs) are medications used to treat heartburn (gastroesophageal reflux disease (GERD), and stomach ulcers. PPIs include drugs such as Nexium, Dexilant, Prilosec, Prevacid, Aciphex, Protonix and their generic versions esomeprazole, omeprazole, lansoprazole, dexlansoprazole, rabeprazole, and pantoprazole.

While PPIs have benefits, they also carry risk, especially for people who no longer need to take a PPI. When using these drugs to treat stomach ulcers, the duration of treatment is usually up to 16 weeks. However, the duration can be longer when treating reflux symptoms.

IF treatment begins with over the counter use for heartburn and symptoms do not go away within 2 weeks, you should seek

further medical advice from your doctor or pharmacist.

Available evidence suggests that PPI use is associated with several side effects.

Recently, PPI use has been linked to:

- \* short term and long term kidney disease
- \* Patients using PPIs demonstrated a 44% increase risk of dementia compared with non-PPI users. The avoidance of PPIs may prevent the development of dementia.
- \* Low magnesium levels
- \* Clostridium difficile (an infection that causes infectious, serious diarrhea)
- \* bone fractures

Patients taking PPI medications should discuss with their doctors whether the risks outweigh the benefits. Many patients take PPIs for no clear reason or for heartburn that has resolved. In these patients, PPIs should be stopped to see if symptomatic treatment is still needed. Alternatives are antacids (Tums), H2 antagonists (Zantac, Pepcid), or non-drug lifestyle changes which may control symptoms.

### Sources:

EBRX

Schoenfeld AJ, Grady D. Adverse effects associated with proton pump inhibitors. *JAMA Internal Medicine*. Published online January 11, 2016.

Gomm, Willy, et al. "Association of Proton Pump Inhibitors With Risk of Dementia: A Pharmacoepidemiological Claims Data Analysis." *JAMA neurology* 73.4 (2016): 410-416.

## Transition to a New Medical Management Provider

Beginning in the Spring of 2017, the State of Arkansas will begin contracting with a new Medical Management provider. Currently, Medical Management services are provided by American Health Holding, Inc.

Our new provider, ActiveHealth Management, will take over beginning in 2017. Members who participate in programs managed by American Health Holding will be transitioned over to ActiveHealth as part of the State's change in providers. Members will not be required to register for new services, obtain new membership cards, or take any action as a result of this change.

The State of Arkansas is working hard to ensure this transition is seamless for our members.

There should be no interruption of service, with no impact at all on either benefits or the eligibility of services provided by our Medical Management provider. If you have any questions or concerns regarding this change, or you experience any delays or interruptions in service, please contact the Employee Benefits Division at (877) 815-1017.

### Programs Offered by Medical Management Vendor

- \* Free Nurse Coaching
- \* Maternity Management
- \* Case Management
- \* 24/7 Nurse Hotline
- \* Bariatric Surgery

## Wellness Requirement Deadline October 31

Monday, October 31 is not only Halloween, but it is also the deadline to complete the requirements to qualify for the 2017 ARBenefitsWell discount.

- \* By that date, both the employee and covered spouse must complete a wellness visit with a physician in an office setting.
- \* In addition to the wellness visit, both the employee and covered spouse must complete the online Health Assessment

administered at  
[www.guidanceresources.com](http://www.guidanceresources.com).

If you need help accessing your account, or completing the Health Assessment, you can contact GuidanceResources® at 1-877-247-4621 or by email at [ARBenefits@compsych.com](mailto:ARBenefits@compsych.com).

Remember, physicians have up to six (6) months to file a claim for a visit, and the confirmation that you completed the health

assessment can take up to two weeks to update in EBD's system.

Members who have met the requirements will be receiving a letter or email that states that you have qualified for the 2017 discount.

The boxes below are resources that are available at [www.ARBenefits.org](http://www.ARBenefits.org) in the Health Enhancement section of the home page that can aid in completing the wellness requirements.

### ARBenefitsWell Guidelines

A full list of guidelines for the ARBenefitsWell program. The guidelines include the requirements and any details about the program employees may need to know when trying to obtain their wellness discount.

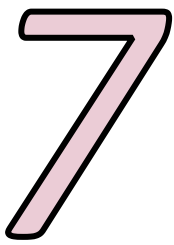
### Preventative Services

Clicking on this link and answering the questions in the box at the bottom of the page will take employees to a list of recommended services based on their answers. Services in the green box will be covered by the plan and count towards the wellness discount.

### HA Guide

A step-by-step guide to completing the GuidanceResources® online Health Assessment. The guide will go over information about the program and include a picture of every screen of the Health Assessment.

If you are viewing the web version of this newsletter, click [here](#) to access a webinar going over the Health Assessment.



# Things to Know About Getting a Mammogram

A mammogram is an important step in taking care of yourself and your breasts. Knowing what to expect may help you navigate the process more smoothly. So, here is what you need to know before you go.

## 1. What Is A Mammogram?

A mammogram is an x-ray of the breast that is used to find breast changes. X-rays were first used to examine breast tissue nearly a century ago. Today, the x-ray machines used for mammograms produce lower energy x-rays and expose the breast to much less radiation compared with those in the past.

## 2. Where To Get It

Find a center that specializes in mammograms. The US Food and Drug Administration certifies mammogram facilities that meet high professional standards of quality and safety. Ask to see the FDA certificate if one isn't posted near the receptionists' desk. When you find a facility you like, stick with it. Having all your mammograms at the same facility will make it easier for doctors to compare images from one year to the next. If you've had mammograms done at other facilities, have those images sent to your new facility.

## 3. When To Schedule It

It is best to schedule your mammogram about a week after your menstrual period. Your breasts won't be as tender or swollen, which means less discomfort during the x-ray.

## 4. What (And What Not) To Wear

Wear a two-piece outfit because you will need to remove your top and bra. Do not apply deodorant, antiperspirant, powder, lotion, or ointment on or around your chest on the day of your mammogram. These products can appear as white spots on the x-ray.

## 5. What To Expect

The entire procedure takes about twenty minutes. The breast is compressed between two plastic plates for a few seconds while an x-ray is taken. It is repositioned (and compressed again) to take another view. This is then done on the other breast. Flattening the breast can be uncomfortable, but is needed to provide a clearer view.

## 6. Getting the Results

You should get your results within 30 days. If you do not, you should call to ask about them. If doctors find something suspicious, you'll likely be contacted within a week to take new pictures or get other tests. But that doesn't mean you have cancer. A suspicious finding may be just dense breast tissue or a cyst. Other times, the image just isn't clear and needs to be retaken. If this is your first mammogram, your doctor may want to look at an area more closely simply because there is no previous mammogram for comparison.

## 7. Coverage

The ARBenefits plan will cover a preventative mammogram once per plan-year. If additional mammograms are required during that time period, they will go towards your deductible and coinsurance. ARBenefits follows Health Advantage's coverage policies. Not all types of mammograms are covered for a preventative screening. You can contact Health Advantage at (800) 482-8416 | Local Office: (501) 378-2364 to get more details on what is covered for a mammogram screening.

Source: American Cancer Society