Sometimes understanding your prescription benefits can be very confusing. In order to clarify this very important benefit, Envision RxOptions, TCSIG’s Prescription Benefit Manager has put together some frequently asked questions (FAQs).

**What is a formulary?** A formulary is a list of medications that are eligible for coverage under the Pharmacy Benefit Program. They are chosen for safety and cost effectiveness.

**Are Generic Drugs of equal quality as brand drugs?** Generic drugs are a safe and effective alternative to help reduce prescription drug cost. Generic drugs have the same active ingredients as brand-name drugs, and the FDA requires all drug manufacturers to meet the same production process and control standards.

**A Preferred Brand** A preferred drug is a medication that has been clinically reviewed and approved by the Pharmacy Benefit Program and Therapeutics Committee. This medication has been included based on its proven clinical and cost effectiveness. The FDA approved many new drugs throughout the year, and drugs can be added or removed from the Preferred Drug List.

**A non-preferred drug** A non-preferred drug is a medication that has been determined to have an alternative drug available that is clinically equivalent.

**What should I do if my medicine needs a prior authorization?** If the pharmacist tells you that your medicine requires a prior authorization then you should:

1. Contact the doctor who prescribed the medicine and let them know that your medicine requires a prior authorization;
2. Then you can Utilize PromptPA, which can be used by members to initiate a Prior Authorization. Before you get started, in addition to your insurance card, you will need the following information from your prescribing physician:
   - Name of drug/medication
   - Strength of the drug (example 5mg)
   - Quantity being prescribed
   - Days supply
   
   To use this new feature go to: https://envision.promptpa.com

Or you can:
1. Ask your doctor how long it usually takes for them to contact Envision RxOptions and fill out the appropriate forms.
2. Allow the doctor’s office and Envision RxOptions enough time to complete their end of the process.
3. Check back with the pharmacy to see if the prior authorization was approved.
4. If your medicine is not approved, call Envision RxOptions Helpdesk is available 24/7. Call 800-361-4542 if you have any questions about your prescriptions.
For years, the consensus was that an hour a day of exercise, three to five times a week—or any of its many variations, would keep one fit.

However, a growing body of evidence suggests that what people do when they’re not exercising determines their true level of fitness. This has led to a phenomenon that Nancy Clark, director of nutrition services at Sports Medicine Associates in Brookline, Mass., calls the “sedentary athlete.”

According to Dr. Neville Owen, a speaker at the American College of Sports Medicine’s 2009 Annual Meeting, the average person sits 9.3 hours a day. The Nielsen company reports that the average American watches five hours of television during that same day, while other studies show that most Americans spend another hour Internet surfing. Add to that all the e-mailing, texting and Tweeting, and stack it up against a four-day-a-week step class—which is what a rash of new studies are doing—and the news isn’t good. Warning: Prolonged Sitting May Cause “Detrimental Metabolic Effects”.

New research implies that even if people are physically fit, long, uninterrupted periods of sedentary behavior are bad for their health. This extended sloth can cause what scientists call “detrimental metabolic effects.” That is, it may mitigate, if not erase, the benefits of exercise and lead to a state labeled “couch potato fitness.”

Australian researchers led by Dr. Geraldine Healy, research fellow at the Heart and Diabetes Institute at the University of Queensland, determined that longer average bouts of sitting and lying down (independent of the total per diem veg-out time) are associated with a higher percentage of body fat, in women—although, curiously, not men. In the researchers’ words, “These findings provide preliminary evidence on the potential importance for human health of avoiding prolonged periods of being sedentary, independent of physical activity. [They] support findings from studies of the metabolic consequences of television viewing time.”

Additional studies conducted by Healy’s team, Dr. David Levine and his fellow Mayo Clinic researchers, plus others, all come to the same conclusion, regardless of gender. Low levels of non-exercise activity thermogenesis (what Levine calls “NEAT”), or how much energy is burned from all physical activities “other than volitional sporting-like exercise” such as playing with kids, manual labor and dancing—are the source of America’s obesity epidemic.

Other studies by Healy have shown that high TV watching and sitting time greatly corresponds to metabolic syndrome, the cocktail of disorders—including larger waist sizes, and increased triglyceride and blood glucose levels—that increase the risk of developing cardiovascular disease and diabetes. And a 2010 study revealed that high TV time— independent of exercise—was associated with a higher risk of premature cardiovascular disease mortality. In other words, no matter how hard someone may work out, too much channel surfing can shorten his or her life.

### Spiced Pumpkin Cookies

**From EatingWell:EatingWell Diabetes Cookbook (2005)**

**Ingredients**
- 2/3 cup whole-wheat pastry flour
- 2/3 cup all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground allspice
- 1/4 teaspoon freshly grated nutmeg
- 2 large eggs
- 1/4 cup canola oil
- 3/4 cup packed light brown sugar or 1/3 cup Splenda Sugar Blend for Baking
- 3/4 cup canned unseasoned pumpkin puree
- 1/4 cup dark molasses
- 1 cup raisins
- allspice and nutmeg in a large bowl.

**Directions**

1. Preheat oven to 350°F. Coat 3 baking sheets with cooking spray.
2. Whisk whole-wheat flour, all-purpose flour, baking powder, baking soda, salt, cinnamon, ginger, allspice and nutmeg in a large bowl.
3. Whisk eggs, brown sugar (or Splenda), pumpkin, oil and molasses in a second bowl until well combined. Stir the wet ingredients and raisins into the dry ingredients until thoroughly combined.
4. Drop the batter by level tablespoonful onto the prepared baking sheets, spacing the cookies 1-1/2 inches apart.
5. Bake the cookies until firm to the touch and lightly golden on top, switching the pans back to front and top to bottom halfway through, 10 to 12 minutes. Transfer to a wire rack to cool.
This National Diabetes Month, Be Smart About Your Heart:
Control the ABCs of Diabetes

November is National Diabetes Month. If you have diabetes, the
National Diabetes Education Program (NDEP) wants you to Be Smart About Your Heart by managing the ABCs of Diabetes.

More than 29 million Americans have diabetes, and it is estimated that one in every four people with diabetes does not even know they have the disease. If left undiagnosed or untreated, diabetes can lead to serious health problems, including heart attack and stroke.

The National Diabetes Education Program (NDEP) and TCSIG want people with diabetes to know that heart disease can be a serious health problem for people with diabetes. The good news is that people with diabetes can lower their chances of having diabetes-related heart problems by managing their Diabetes ABCs.

A is for the A1C test (A-one-C). This is a blood test that measures your average blood sugar (glucose) level over the past three months.

B is for Blood pressure.

C is for Cholesterol.

S is for Stopping smoking.

If you have diabetes, talk to your doctor about your A1C, Blood pressure, and Cholesterol numbers. Your ABC goals will depend on how long you have had diabetes, and other health problems. If you smoke, ask for help or call 1-800-QUITNOW.

NDEP offers many resources to help people with diabetes take important steps to stay healthy and prevent diabetes-related heart problems:

**Taking Care of Your Diabetes Means Taking Care of Your Heart:**

This tip sheet explains the link between diabetes and heart disease. It encourages people with diabetes to work with their health care team to set targets and manage their blood sugar, blood pressure, and cholesterol.

**You Are the Heart of Your Family... Take Care of It.**

(Usted es el corazón de la familia...cuide su corazón) Tip Sheet: This bilingual tip sheet (in Spanish and English) explains the link between diabetes and heart disease and encourages patients to work with their health care team to manage their blood sugar, blood pressure, and cholesterol.

**Diabetes and Your Heart Infographic (English and Spanish):**
http://ndep.nih.gov/media/Diabetes_and_your_heart.pdf

This infographic explains the ABCS of diabetes and how diabetes affects the heart. Share this infographic on Facebook and Twitter, or embed it on your blog or website.

**4 Steps to Manage Your Diabetes for Life:**
http://ndep.nih.gov/media/NDEP67_4Steps_4c_508.pdf

This booklet provides four steps to help people with diabetes understand, monitor, and manage their diabetes to help them stay healthy.

For more information, please visit www.YourDiabetesInfo.org/DiabetesMonth2014 to learn more.

The U.S. Department of Health and Human Services’ National Diabetes Education Program is jointly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) with the support of more than 200 partner organizations.
Tips to Get Moving from the TCSIG Wellness Center

You have read in the newsletter how people are more sedentary these days and how this is not healthy. Most people sleep 6 to 8 hours, get up to sit and eat breakfast. Next, is the walk to the car to drive to work. This can take 15 minutes or up to an hour. Then, at work, you sit for 8 hours. You drive home so you are sitting some more. You sit at dinner, you sit after dinner and watch TV. You go to bed, and the whole cycle starts over again.

Studies show how sitting is harmful to our bodies. Inactivity by large muscles sends signals to the brain indicating nonuse which in turn changes your metabolism. These changes can cause an increase in blood sugar and less use of body fat for fuel leading to obesity late in life.

Here are some tips to keep those muscles working and help your metabolism.

• Once at work, take hourly breaks. Walk to the restroom, walk down the hall, take a few minutes (5-10 minutes) to stand and walk. When you come back to your chair, squat 10 times before you sit.
• Move in place and stretch.
• Walk during your lunch break.
• Have a meeting on the go.
• Walk the stairs instead of taking the elevator or escalator.
• Need to pass on information to a colleague? Walk to their desk and tell them vs email or calling.
• Keep a refillable water bottle at your desk and drink frequently throughout the day.
• Is your work close to home? Walk, run or bike to work instead of driving.
• Involve the whole family-use your Wii Fit or Wii Just Dance instead of sitting and watching TV.
• While watching TV, get up and walk in place at every commercial.
• Challenge yourself. Use your smartphone to download a fitness app.

Just KEEP MOVING!!! While sitting cannot be avoided, hopefully these tips will help you to improve your health. Start with small changes and gradually increase your time and your movements. Don’t worry about how you look to your colleagues. You may just motivate them to GET MOVING as well.

Christmas Tree Safety

As you deck the halls this holiday season, be fire smart. A small fire that spreads to a Christmas tree can grow large very quickly.

PICKING THE TREE Choose a tree with fresh, green needles that do not fall off when touched.

PLACING THE TREE Before placing the tree in the stand, cut 2” from the base of the trunk. Make sure the tree is at least three feet away from any heat source. Make sure the tree is not blocking an exit. Add water to the tree stand. Add water daily.

LIGHTING THE TREE Use lights that have the label of a recognized testing laboratory. Some lights are only for indoor or outdoor use. Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer’s instructions on how many strings of lights to connect. Never use lit candles to decorate trees. Always turn lights off before you go to bed.

FACTS: One of every three home Christmas tree fires are caused by electrical failures!