



Happy Holidays!



HAVE A HAPPY, HEALTHY AND PROSPEROUS NEW YEAR IN 2006!

Wherever you go, whomever you spend your holidays with and whatever you do, the VHP family would like to wish you all the best for the holidays and the coming year!



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Partnering Weight Watchers with TennCare

Beginning on January 2, 2006 TennCare enrollees 10 years of age or older who have BMI > 30, or have a doctor's referral may enroll in a 12 week Weight Watchers program. A doctor's referral will be required for all children (ages 10-17). Participation in the program is not open to pregnant women or individuals with diagnosed eating disorders. The program will be offered statewide, in every county.

Per recommendations, the doctor's referral for enrollees with a BMI < 30 should be for a medical necessity reason when there is a negative impact on the enrollee's health due to their weight. TennCare would also like the targeted weight loss goals be identified on the referral. The referral should be in writing, no specific form is required. The enrollee needs to bring the referral to the initial meeting.

Enrollees can call Weight Watchers at 1-800-651-600 to pre-register or they can attend a local meeting in their area to be determined eligible for the program. Adult enrollees (21 and over) will be required to pay \$1.00 co-pay at each weekly meeting and the enrollees should present their

TennCare ID card at each meeting.

Weight Watchers will determine eligibility for Weight Watchers program and check the enrollee's TennCare eligibility via Tennessee Anytime. **Weight Watchers must obtain prior authorization for each participant from the member's TennCare MCO.** For prior authorization, please call Health Services Department, Outpatient Services at: **(615) 782-7800 option 3 ext. 3050.** Enrollees who attend at least 10 weekly meeting in the 12-week period, achieve their targeted weight loss for the period, and complete an exit survey will be eligible to participate in an additional 12-week program. VHP CommunityCare will also provide transportation to and from meetings for individuals needing such assistance. Members may call 1-877-883-2889 to request assistance with transportation. If you need further information on the Weight Watchers partnership, please contact Nancy Walden RN, EPSDT coordinator by telephone at 615-782-7915 or e-mail: nwalden@windsorhealthgroup.com.

No person, on the grounds of race, color, national origin, sex, religion, age or disability, shall be treated differently or denied the benefits of any program or service provided by VHP

WINDSOR MedicareExtra®

Windsor Health Plan of Tennessee, a health plan provider to middle Tennesseans since 1993, announced today the launch of their new Medicare Advantage Plans called Windsor Medicare Extra.

These new Medicare plans will implement the improvements provided in the Medicare Modernization Act of 2003, including the new prescription drug program and an extensive package of preventive health benefits in an enhanced Part C, Medicare Advantage.

Philip Hertik, chief executive officer, said Windsor Medicare Extra is Medicare's complete package: Parts A, B, C & D. It saves money for the country and those on Medicare by emphasizing preventive care, including extensive prescription drug coverage, in order to reduce the need for expensive medical treatments. Annual physicals, mammograms, hearing and vision exams and many other preventive care services are all covered.

According to the Centers for Medicare & Medicaid Services, enrollees save an average of \$1,200 per year in out-of-pocket expenses by enrolling in a plan like Windsor Medicare Extra.

Michael Bailey, President of Windsor Health Plan said, "As a member of Windsor Medicare Extra, enrollees will have open access to over 3,000 physicians, meaning no referrals are required to see their doctor of choice. Our plan makes all the new

Medicare changes simple."

Hertik noted that consumers are going to be bombarded with advertising about the new Medicare Part D (prescription drug program) by those offering drug coverage only.

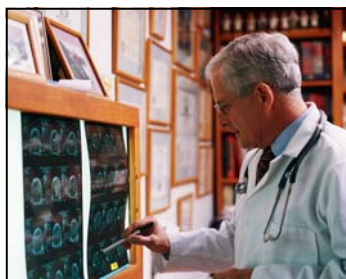
He also said consumers need to be aware that simply adding a prescription drug plan to Original Medicare, even with a supplemental plan, may still leave holes in their coverage and cost them more than getting all of their Medicare coverage from one source.

Medicare Advantage plans such as Windsor Medicare Extra will offer prescription drug coverage as part of a complete health care package including preventive care to help members stay healthy and detect problems early enough for more effective treatment.

"We are Tennesseans taking care of Tennesseans," Bailey said, "with health care coverage designed to help keep members healthy, independent, and feeling good --- about their health and the Medicare coverage they have chosen."

Individuals with Medicare benefits may begin enrolling in Windsor Medicare Extra this fall with coverage starting January 1, 2006.

Windsor Health Plan, headquartered in Brentwood, Tennessee, is a member of the Windsor Health Group, Inc. family of companies and currently serves more than 40,000 Tennesseans with



TEENCARE SCREENINGS NEW RECOMMENDATION ON IMMUNIZATIONS

Teenage enrollees have the lowest EPSDT screening rates than any other age group in VHP's plan. Any time a teenager present to a provider's offices, those visits could become an opportunity for an EPSDT screening, if it is medically appropriate. This will also give the provider a chance to give needed booster immunizations.

CDC's National Immunization Program reports cases of pertussis have been increasing dramatically over the past few years. The treatment of pertussis is only effective if given early, before it is recognized as pertussis. Vaccination is the best way to prevent pertussis.

The Advisory Committee on Immunization Practices (ACIP) on June 30, 2005 recommended the routine use of tetanus toxoid, reduced diphtheria toxoid and acellular pertussis vaccine (Tdap) vaccines in adolescents aged 11-18 years in place of tetanus and diphtheria toxoids (TD) vaccines.

Immunity from pertussis from childhood vaccination wanes over time leaving adolescents susceptible to this contagious respiratory tract infection.

Additional information is available on the following websites:

www.cdc.gov/nip/pr/pr_tdap_jun_2005.htm

www.fda.gov/cber/label/tdapgla050305LB.pdf

www.fda.gov/cber/label/tdapave061005LB.pdf

www.cdc.gov/nip/publications/pertussis/guide.htm

www.cdc.gov/mmwr/preview/mmwrhtml/00041645a.htm, Table 5

www.cdc.gov/nip/vfc/acip_resolutions/605dtap.pdf

These ACIP recommendations are under review by the Director of CDC and the Department of HHS and will become official when published in *CDC's Morbidity and Mortality Weekly Report (MMWR)* (www.cdc.gov/mmwr/).

If you need further information on TEENCARE/TENNderCare please contact the Nancy Walden RN, EPSDT Coordinator by phone 782-7915 or e-mail:

nwalden@WindsorHealthGroup.com.



Contact VHP

Send all Correspondence to:

VHP CommunityCare
7100 Commerce Way
Suite 285
Brentwood, TN 37027

Send Paper Claims to:

VHP CommunityCare
P.O. Box 269011
Plano, TX 75026

Electronic Claims:

Envoy-NEIC/Web MD
Carrier ID 23173

Telephone

Toll-free (800) 316-2273
Local (615) 782-7800
Provider Services (615) 782-7878

Internet

www.vhptn.com

Integrity Hotline

(615) 782-7899

VHP CommunityCare's hours of operation are Monday –Friday, 8:00 am to 4:30 pm CST.