



Employee Wellness Bulletin

Spring 2017

DID YOU KNOW?

GoodRx¹:

GoodRx is a valuable online tool to help you be a smarter consumer so you can make better choices when filling prescriptions. It is free for consumers, and does not require that you create an account to search for prices and receive discounts.

Why use GoodRx?

Prescription drug prices are not regulated. The cost of a prescription may differ by more than \$100 between pharmacies across the street from each other!

How can GoodRx help me?

GoodRx gathers current prices and discounts to help you find the lowest cost pharmacy for your prescriptions. The average GoodRx customer saves \$276 a year on their prescriptions.

What if I have insurance or Medicare?

Many insurance plans have high deductibles or limited formularies that don't cover the drugs you need. GoodRx may be able to find you a lower price than your insurance copay. Hundreds of generic medications are available for \$4 or even free without insurance.

How do I find discounts for my drug?

It's easy. Just go to the GoodRx home page, type in your drug's name in the search field, and click the "Find the Lowest Price" button.

What are GoodRx coupons?

GoodRx coupons will help you pay less than the cash price for your prescription. They're free to use and are accepted at virtually every U.S. pharmacy. Your pharmacist will know how to enter the codes on the coupon to pull up the lowest discount available.

How do I use a GoodRx coupon?

It's similar to using a coupon at a grocery store. Simply print the coupon and bring it with you to the pharmacy when you pick up your prescription. The pharmacist will enter the numbers on the coupon into their system to find the discount.

Don't have a printer or want to save paper & ink cartridges? You can show the coupon on your phone by:

- A) Sending the coupon to yourself via email or text.
- B) Or using the GoodRx mobile app.
- C) Or visiting the GoodRx mobile website.

<https://www.goodrx.com/>



TURN ANY PLACE INTO A DOCTOR'S OFFICE²

If you have a smartphone, tablet, or computer, you can see a doctor anytime, anywhere!

During video appointments, doctors can diagnose common illnesses and write prescriptions that go straight to your pharmacy.

Video doctor visits — telehealth services — are a covered benefit on our Capital BlueCross health plans.

Why use telehealth services?

- Convenient and easy.
- Less costly than a trip to an urgent care center or emergency room.

¹ <https://www.goodrx.com/>

² www.capbluecross.com/telehealth

Helpful when:

- You need to see a doctor, but can't fit it into your schedule.
- Your doctor's office is closed.
- You feel too sick to leave the house.
- You become sick while traveling.

Convenience Wherever You Are

In addition to offering a network of American Well (Amwell) telehealth doctors available day or night, Capital BlueCross has an expanding network of local doctors who provide telehealth services.

Learn More

Visit capbluecross.com/telehealth to learn more about video visits and how to find local network doctors.

Questions

Amwell app and website amwell.com or
Call 1 855.818.DOCS

Health plan benefits: Call the number on your member ID card.

Recent Wellness Programs

- In March, we invited you to complete an online **survey about the Employee Worksite Wellness Program** that we offer in partnership with Capital BlueCross. Thank you for your participation and interest in our worksite wellness program! Results of the survey will be shared soon via email.
- Lafayette is hosting a **Weight Watchers** program this semester. The **"Beyond the Scale"** program is a new 10-week series that began Friday April 21, 2017. If interested, call Jill Kauffman x5901.
- Join Lafayette in celebrating National Employee Health & Fitness Month! Enter the **Lafayette Employee Wellness Program Virtual 5K**: May 10 - May 24th!

A virtual 5K race is a race that can be run at any location during a designated time frame. You can walk, use the treadmill, elliptical or similar machine, run outside, or participate in another race. You can run your race at your own pace wherever you like. Every participant will receive a digital race bib and a "LEWP Winner" medal.

Online Registration link:

https://lafayettec.az1.qualtrics.com/jfe/form/SV_bmcKSfRWk5Aaigd

Wellness Fair Recap

The annual Lafayette Employee Wellness Fair took place in the Marlo Room, Farinon Center, on April 12, 2017. An estimated **225** employees attended this event!

Representatives from Prevention Health Screenings, Easton Hospital, Coordinated Health, Capital Blue Cross, and **32** other health and wellness organizations were present at the event.

74 employees participated in the **Atrial Fibrillation Heart Rhythm screening and Thyroid Abnormality screening.**

55 employees participated in the **glucose/cholesterol screening.**

64 employees received **therapy** from Back in Line Chiropractic and Wellness Center.

Wellness Fair Raffle Winners

Congratulations to the following winners from our Wellness Fair raffle drawings: Cindy Liparini, Ethan Berkove, Liz McMahon, Ron Lobb, Darlene Yost, Jill Snyder, Fabienne Dure, Sara DiSabatino, Katrina Wall, Susan Boerchers, Sandra Humes, Amy O'Neill, and Ray Peters.

The Office of Human Resources frequently updates the HR Website with various health and wellness articles and links. Go to hr.lafayette.edu, and click on **"Lafayette Employee Wellness Program."**

