

## TARA Member Benefits – September 19/2014

1. UBC Library Cards are available to TARA members who are officially retired from TRIUMF. Request a letter from Dana Giasson or HR. TARA members can take the letter to the Koerner Library to receive a card. If you were a retired BAE appointed employee you can likely get a designated Library Faculty card.
2. TRIUMF retirees are eligible for membership with the Group Blue Cross Medical/Dental plan managed by HR.
3. All TARA members will receive an alumni email address (eg. [John.doe@alumni.triumf.ca](mailto:John.doe@alumni.triumf.ca)) and password. Emails sent there are forwarded to the TARA member's own email address.
4. All TARA members are eligible to stand as a member of the TARA Executive
5. TRIUMF will offer free parking for TARA members for an event being held at TRIUMF. A day pass will be given at reception for these events. For TARA members that are at TRIUMF on a regular basis a pass will be provided free of charge. This will be given out as requested
6. Photocopy machines at TRIUMF may be used by TARA members for minimal copying requirements. It is not the intention that the machines be used for large jobs.
7. TRIUMF will act as host for the TARA web site and TARA membership database. HR Newsletter access may require use of your TARA password.
8. TARA members will receive regular invitations to TRIUMF social events such as retirement parties, opening and commemorative ceremonies, annual events, curling, golf, fun-run, etc.
9. TRIUMF will act as host for TARA meetings organized by the TARA Executive Committee.
10. Participation (where possible) in discount programs through TRIUMF at places like Thrifty Car Rental, etc..
11. Access to TRIUMF House at the TRIUMF internal rental rates for TARA members and their families (when rooms are not required for TRIUMF business).
12. TARA members will have access to “view-announcement” and similar TRIUMF web-pages, but will require member login.



# Retiree Benefit Newsletter

## April 21, 2015

### IN THIS ISSUE

- ✚ Pacific Blue Cross' claim experience for the 6 month period from September 1, 2014 to February 28, 2015
- ✚ More online claiming options in PBC CARESnet
- ✚ Preferred pharmacy Network launches in April 2015

### ONLINE CLAIMING OPTIONS WITH PBC

CARESnet now accepts prescription drug and orthotics claims.

**Online orthotics claims:** you still need to include the following with your claims

- 1) A copy of the prescription outlining the medical diagnosis from a physiotherapist or chiropractor;
- 2) A copy of the biomechanical assessment, which must be performed in person by an accredited provider;
- 3) Either a written confirmation of orthotic casting and fabrication, or a copy of the orthotic casting and fabrication form completed by the provider;
- 4) a copy of the payment receipt.

Online claim submissions in CARESnet are processed faster and with less impact on the environment. And instead of waiting for claims and benefit statements to travel through the mail, you receive instant adjudication and payment for approved expenses by direct deposit, usually within a few days.

Expenses eligible for claiming online also include physiotherapy, massage therapy, acupuncture, chiropractic services, naturopathy, and podiatry.

### Preferred Pharmacy Network Launches in April

Effective April 7, 2015, Pacific Blue Cross has launched a new Preferred Pharmacy Network Program. PBC partnered with BC's pharmacy retailers to offer members low mark-up and dispensing fees on prescription drug. With more than 200 convenient locations, the network includes:

1. London Drugs
2. Costco

3. DRUGstore Pharmacy (Superstore)
4. City Market (North Vancouver)
5. T&T Supermarket ( Metrotown Store Only)
6. Overwaitea Foods
7. Save-On-Foods
8. Urban Fare (Yaletown Only)
9. Price Smart Foods
10. Cooper's Foods

Plan Members simply need to present the Pacific Blue Cross card at any of the above mentioned network pharmacy to take advantage of membership. Pacific Blue Cross Plan members who shop in the network will receive:

1. Superior value on pricing of all acute and chronic medications, including high-cost specialty drugs
2. Guaranteed low dispensing fees
3. Health and wellness support through clinical program offerings
4. Support with prior authorization and enrollment in Patient Assistance programs for high-cost drugs
5. Refill reminders to promote medication adherence
6. In-store specials

### PACIFIC BLUE CROSS'S SIX MONTH REVIEW

According to our claim history from September 1, 2014 through to February 28, 2015, both Extended Health & Dental Care benefits are performing well. Our Paid Loss Ratios were below the PBC Target Loss Ratios. We will keep all members updated about the claim experience, and provide another review in early July for the 9 month period ending May.

### Generic Drugs vs. Brand Name Drugs

**Did You Know:**

1. Canadians spend approximately 29.3 Billion every year on prescription drugs.
2. Out of the 29.3 Billion, 24% is paid out of people's own pockets.
3. 1 in 10 Canadians abandon their prescribed drug treatment due to the COST!
4. Generics are equally as effective as brand-name equivalents and they save a LOT!
5. The average cost of a brand-name prescription is more than 3 x the cost of a generic prescription

