

Banner Blue News

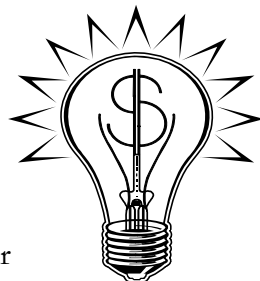
Medicare Member - Notice of Non-Creditable Coverage
Wabash drug benefits provided to Schedule G and H participants are not actuarially equivalent to the Medicare Part D prescription drug program as defined in the 2003 Medicare Law. Therefore, they do not provide 'creditable coverage'. Wabash Schedule G members have the option of keeping their Wabash drug benefit under Schedule G or converting to Schedule H. Members who remain under Benefit Schedule G will not be eligible to enroll in a Part D plan. Members in Benefit Schedule H will be eligible to join any commercial Medicare Part D drug plan. Members enrolled in a Part D program will not be allowed to take advantage of Canadian imports or negotiated discounts and will be locked in to whatever prices that Part D plan chooses to charge for a full year.

Medicare Members With Diabetes

Wabash has partnered with Neighborhood Diabetes, an accredited community health organization with more than a decade of success in helping people with diabetes. Effective September 1st, Neighborhood Diabetes will be handling your diabetes testing needs for test strips, lancets, lancing devices and control solution. If purchased through Neighborhood Diabetes these items will be covered in full without any co-pay or deductible from you. You must contact Neighborhood Diabetes at 866-784-5647 to enroll. Please have your Medicare card available to answer a few questions. Neighborhood Diabetes will contact your physician for information. Fill your supply order and file the expense for your supplies with Medicare and Wabash. Look for more information about this program in your mail.

CanTrust Rx

If your prescription requires that you use a brand name drug, contact CanTrustRx at 800-640-2221. Ask for Lydia and identify yourself as a Wabash member. You will be advised of special pricing and home delivery options available **only** to Wabash members. CanTrustRx works closely with our National prescription drug benefit manager, LDI, to provide you with safe and affordable pharmaceuticals and quality customer service. If you have any questions regarding your prescription benefits, please contact Wabash Customer Service at 888-800-9161. Be sure to have your prescription information available including the name, dosage and strength of your prescription.



BCBS Cards Coming To Non-Medicare Members

All non-Medicare members are advised to watch for new ID cards which should arrive by mail in mid to late August. At that time, discard your current card and begin presenting the new card to providers **effective September 1st.**

Wabash Management

Mike Patrick - Board Chairman

Tim Hunt, Vice Chairman

R C Smith - Retiree Rep

Stephen Stone, BRS

Eric Ashley, IBEW

Charles Cox, BMOWE

Rick Hayden, UTU

Tim Hunt, NCFO

Jeremy Jones, IAMAW

Paul Stewardson, BRC

Lucy Derlitzki, Alternate Retiree Rep

Tamara Bivins, Administrator

Contact Us

Administration

Customer Service

Claims and Benefits

Membership/Eligibility

888 - 800 - 9161

217 - 429 - 5246

Decatur Outpatient Clinic

217 - 425 - 9642

The Banner Blue News

is published quarterly by

The Wabash Memorial

Hospital Association.

Janet Rolofson, Editor, may be

contacted at

janet@wabashcannonball.org

Any crafts associated with Wabash Association may submit articles or announcements concerning Health & Welfare to Janet for publication in future editions.

Their inclusion is subject to space available and appropriateness as judged by Editor and management.

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Good Health Hints

As a primary health care provider, **Dr. Venita Edwards-Talley, Wabash Clinic Physician**, (photo at right) encourages her patients to see her at least once a year. Patients should be seen two or more times a year if on any medications for diabetes, high blood pressure or elevated cholesterol. Even though you may feel well, medications frequently can cause changes in your system that you may not be aware are occurring. Your potassium level or liver function, for instance, may be affected and you may not know. It is important to monitor and address any issues that may develop before they have been there too long. Even as a healthy person on no medications, you may, at times, develop heart issues (heart murmur or other such changes), sleep apnea, diabetes or blood pressure elevations which, down the line, may negatively impact your health. Many people have trouble and do not realize that there is a problem. If these changes are caught, evaluated and treated early, there is a much better chance of delaying or even, in some cases, stopping some of the complications that may arise from these problems. It is always a good idea to be proactive with your health. We often think that things like heart attacks, strokes, diabetes and other problems happen to "the other guy". Unfortunately, we are often that "other guy".



Transportation Assistance

For many patients, finding a way to get to the doctor is a struggle. This makes it difficult to make and keep appointments. In most moderate sized towns or cities, the public transit system is available and relatively inexpensive for rides to and from the doctor and other medically related appointments. The local hospitals often provide transportation services for seniors who have an appointment with a physician or dentist, or need an x-ray or blood testing. Check with your local transit department, local hospital or senior center to assist you in accessing transportation services.

In Memory

G Fred Ammon
Evelyn Anderson
Norman Babb
V Ruth Backensto
Charles Bender
Beatrice Billhimer
George Brandt
Gladys Burton
Charles Collier
Fern Correll
Charles Gallagher
Helen Gregg
Marjorie Harper
Jack Henon

Lavena Hill
F Naydene Kitchen
Helen Lee
M Maxine Lockwood
Doris Maloney
Walter Massie
Margie Mueller
Shirley Ogden
Geraldine Redding
Eva Spalding
Avis Stinnett
James Stuart
LouEllen Sullivan
Billy Traxler

Wabash extends condolences to family members and Wabash members who have recently passed away. Life can be the same after a trinket has been lost - but never after the loss of a treasure.



Wabash Memorial Hospital Association
 1501 North Water Street
 Decatur, Illinois 62526
 www.wabashcannonball.org

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Let Us Know

To ensure your benefit coverage and premium rate is correct, please contact us at 1-888-800-9161 or (217)429-5246 if you:

- Have a change of address, phone number or family status.
- Experience an On-Duty-Injury.
- Go on sick leave.
- Experience any change in your employment status.

NARVRE

The National Association of Retired and Veteran Railroad Employees, Inc., is the only federally chartered Railroad Retiree Organization in the industry having for its sole purpose the Protection, Promotion and Preservation of our Railroad Retirement Pension System. Every Railroad retiree, spouse, widow and widower wanting his/her pension represented should contact the National Office at 800-551-2588 and they will tell you how to sign up.



**Pledged
 To Life & Health**

After 126 years, Wabash Memorial Hospital Association remains pledged to the life and health of its members:

- Employees who care about you
- Credentialed providers
- Benefits that use your due's dollars wisely while providing state of the art medical care



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125 Years of Railroaders Serving Railroaders

Summer- 2010

A Publication of
 Wabash Memorial Hospital Association

From The Board Room

At the June Board Meeting, Mike Patrick (SMWIA) was elected Chairman and Tim Hunt (NCFO) Vice Chairman. R.C. Smith was elected to represent retired members with Lucille Derlitzki as substitute Retiree Representative. Stephen Stone (BRS) was reappointed to the Joint Conference Committee to serve with Committee Chairman, Tim Hunt, Mike Patrick and new appointee, R.C. Smith. Tim Hunt, R.C. Smith and Mike Patrick will serve on the Finance Committee.

Message From The Chairman

"It is an honor for the Board of Managers to serve this Association. I have always thought of Wabash Association as family. This past year was one for the history books. Throughout the entire nation, businesses experienced struggles and adversity. The economy has been difficult in every community across this country.



~ Mike Patrick, Chairman

Now it's our turn! We have been handed the baton and the Board and myself have made a fiduciary commitment so that together, with you, we can continue to provide health and welfare for Railroaders. The best is yet to come."

Flu Shot Information

The 2010 Mobile Flu Clinic will be coming to your area. Wabash members residing in the areas listed below will soon receive a letter with information on the times and location that the vaccine will be available. Flu shots are available to non-Wabash members who **present their insurance card** showing that they have primary coverage from the railroad. Please take advantage of this benefit so we can continue to offer it in future years. Call Wabash at 888-800-9161 if you have questions.

October 18th	Peru, IN	November 1st	Moberly, MO
October 19th	Detroit, MI	November 2nd	Kansas City, MO
October 20th	Montpelier, OH	November 3rd	St. Louis, MO
October 21st	Lafayette, IN	November 4th	Granite City, IL

Flu shots will be provided at the Wabash Outpatient Clinic in Decatur from 9-11:30AM and 1:30-4PM the week of October 25th through October 29th.