

## Joining Your Ranks

Congratulations to the City's newest retirees for the months of January, February, March, and April! Thank you for your years of dedicated service.

- Stephen Acquart**, Fire, 38 Years
- Lawrence De Luna**, Parks & Recreation, 36 Years
- Fernando Esparza**, Human Services, 31 Years
- Yolanda Fuentes**, Municipal Courts, 28 Years
- Richard Gallegos**, Animal Care Services, 24 Years
- Joaquin Gomez**, Development Services, 29 Years
- Celia De Hoyos**, Parks & Recreation, 31 Years
- Janie Hernandez**, Library, 27 Years
- Estella Jimenez**, Human Services, 20 Years
- Gary Johnson**, Finance, 35 Years
- Rose Lawson**, Human Services, 35 Years
- Charles Mesa**, Parks & Recreation, 26 Years
- Charles Pruski**, Health, 38 Years
- Anita Ramirez**, Police, 34 Years

- Joe Rodriguez**, Development Services, 36 Years
- Maria Rodriguez**, Downtown Operations, 28 Years
- Roger Rodriguez**, Development Services, 30 Years
- Richard Santana**, Downtown Operations, 35 Years
- Eusebio Rayos**, Convention, Sports, & Entertainment Facilities, 25 Years
- Maria Torres**, Convention & Visitors Bureau, 30 Years
- Samuel Torres**, Health, 21 Years
- Esteban Tovar**, Public Works, 23 Years
- Rosita Vargas**, Development Services, 30 Years



### Opting In or Out—An Important Reminder!

City of San Antonio retirees who meet eligibility requirements for retiree health care benefits must enroll in a City retiree health care plan within 31 days from the date of retirement.

If you choose to opt out of City retiree health care benefits, your City retiree eligibility will permanently end unless you can provide proof of continuous enrollment in another group health plan and you request enrollment in City retiree health care coverage within 31 days of the involuntary loss of that coverage.

To discuss your plan options or if you have questions about your eligibility to enroll in the City's retiree health care benefits program, please contact Human Resources Customer Service at (210) 207-8705.

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## Message from City Manager Sheryl Sculley



Welcome to the latest issue of *Retiree Matters*. I hope this finds you enjoying the warm weather and looking forward to an active and enjoyable summer.

We are in the process of developing the FY 2013 Budget, and I wanted to remind you that we remain committed to continuing to provide health care insurance for retired employees.

In support of retirees and their health, I am proud to say that within the last couple of months we have kicked off our Retiree Wellness Program for those of you participating in the City's health care plans. We have held two events thus far – a Health Expo and Lunch & Learn session. We will continue to host these events, and hope to incorporate additional

elements into the program as it evolves. More information about this program can be found in the Retiree Wellness Program Update on page three of this issue.

As we strive to do, we have featured information in this issue we hope is valuable to you, including an overview of the Half Tablet and Mail Order Prescription Drug Programs that could save you money; the importance of preventive exams; details about tobacco cessation and an update from ReCoSA.

Please let us know if there are topics that you would like to see covered in a future issue of *Retiree Matters* – we welcome your suggestions and feedback. Feel free to contact us at [cosaretiree@sanantonio.gov](mailto:cosaretiree@sanantonio.gov) or (210) 207-8705.

## Has Anything Changed?



If you have changed your address, TMRS wants to know.

Without a current mailing address on file with TMRS, you will miss out on all the great information they send to retirees. To update your address, phone number, or name with TMRS, complete the Address or Name Change Form found at [www.tmr.com](http://www.tmr.com) and fax it to (512) 476-5576 or mail it

to P.O. Box 149153, Austin, TX 78714-9153.

To notify the City of San Antonio of an address or phone number change, mail a letter to Human Resources Customer Service or send an email to [cosaretiree@sanantonio.gov](mailto:cosaretiree@sanantonio.gov).

Remember, the Human Resources Department moved in January, and our new address is listed on page three.

## Do You Take Prescription Drugs?



For your convenience, non-Medicare and Medicare-eligible retirees on the City's health plans, through UnitedHealthcare and Humana, can have the maintenance medications they take every day delivered right to their door, up to a maximum of a 90-day supply. Signing up to have the prescription drugs you take on a daily basis delivered to you at home eliminates the need for you to stand in long lines at your local pharmacy. Medications are delivered to you in packaging that avoids spoilage on a date that works for your schedule. This is also the best way to ensure that your 90-day supply is available to you when you need it. **For non-Medicare retirees, purchasing a 90-day supply of your prescription medications typically costs less than buying a 30-day supply three times. This also holds true for Medicare-eligible retirees who use the mail-order benefit.**

Medicare-eligible retirees should visit [myhumana.com](http://myhumana.com) or contact Group Medicare Customer Care at 1-866-396-8810 to enroll in Humana's mail-order benefit. To participate in UnitedHealthcare's Mail Order Pharmacy Program, non-Medicare retirees should call UnitedHealthcare Customer Care at 1-800-996-2078 or visit [myuhc.com](http://myuhc.com).

In addition to the Mail Order Pharmacy Program, non-Medicare retirees, with the approval of their primary care physician, can participate in the Half Tablet Program to **save up to 50% on their prescription drug costs**, if their medication qualifies. With the Half Tablet Program, you take the same medication at the same strength that you normally would, yet you save money on medications you take on a regular basis.

### Here's How it Works:

- Your doctor writes a new prescription for twice the strength and half the quantity, noting your intent to split the tablets on your prescription.
- A new prescription is filled and you automatically pay half your usual cost.
- Split each tablet and take half. You get your usual supply for half the price.

For more information about the Half Tablet Program, contact UnitedHealthcare Customer Care.

## Make Preventive Exams a Priority



Preventive care plays a critical role in managing your overall health. Not only can it detect medical conditions before they become serious, but it can help prevent them. Additionally, preventive care can not only impact your physical health, but your financial health as well – the healthier you are, the better chance you have at keeping your health care costs to a minimum. Wellness checkups, flu shots, as well as dental and vision exams should be part of your annual health routine.

Exams such as mammograms, glaucoma tests, bone mass measurements and screenings for diabetes, cardiovascular disease, prostate and colon cancer, and depression should be scheduled annually as well, especially for those who are at high risk for these conditions.

Whether you are on one of the City's health plans or not, most preventive exams should be 100% covered. Be sure to check your plan for specific details and share your preventive exam results with your primary care physician; maintaining a detailed history of your exams and screenings is essential to your overall preventive health care plan. If you are not exactly sure what kind of preventive exams apply to you, a helpful resource can be found online at [www.uhcpreventivecare.com](http://www.uhcpreventivecare.com). You simply type in your age and gender and a list of suggested preventive exams and screenings is instantly provided, along with a recommended immunization schedule. You can also ask your doctor for a list of preventive exams.

Even if you are feeling great, actively engaging in preventive care means you are taking control of your health and could possibly be saving your own life. Make preventive care a priority – your family will thank you for it.

## Choose Life, Quit Tobacco



Although it can save your life, quitting tobacco is definitely not easy. Here are some tools to support you in your efforts to break up with tobacco.

New for 2012, under the City's prescription drug plan, non-Medicare retirees have access to several prescription tobacco cessation drugs, including Buproban, Chantix, Nicotrol, and Zyban. You are also eligible for tobacco cessation provider discounts through UnitedHealthcare. To find a provider near you, log into [myuhc.com](http://myuhc.com).

Simply by going to [quitnet.com/humana](http://quitnet.com/humana) or calling 1-888-572-4074, retirees who are enrolled in one of the City's Humana Medicare Advantage plans can access QuitNet Comprehensive. This tobacco cessation program provides nicotine replacement therapy, phone counseling, and website support.

## Retiree Wellness Program Update



In March 2012, the City, in partnership with ReCoSA, launched the Retiree Wellness Program for retirees who are on one of the City's health plans through UnitedHealthcare and Humana. The Retiree Wellness Program provides retirees with the opportunity to attend **FREE** bi-monthly health & wellness fairs and lunch & learns sessions about various health-related topics. Complimentary refreshments are provided at Retiree Wellness

Program events and spouses/domestic partners are welcome to attend.

The program's kickoff event was a Retiree Health & Wellness Fair on March 28th, which was followed by a Retiree Lunch & Learn session about preventive screenings on April 25th.

For more information about the Retiree Wellness Program or to RSVP for the **May 30th Retiree Health & Wellness Fair at Woodlawn Lake Gym**, contact the City's Employee Wellness Program at 210-207-WELL (9355) or [wellness@sanantonio.gov](mailto:wellness@sanantonio.gov).

## Words On ReCoSA

ReCoSA's Board of Directors has been busy and progress continues to be made on the initiatives reported in the last issue of *Retiree Matters*. The Health Benefits Committee has been meeting with the City in preparation for the budget process to learn how retiree health benefits may be affected in the coming year. The TMRS Committee is preparing for the next legislative session, and all other committees have met or are scheduled to meet in the near future. The Human Resources Department will be adding a page about ReCoSA to the retiree section of its website. As has been mentioned throughout the newsletter, a Retiree Wellness Program was launched in March, and attendance at the events has been growing. We hope to see many of you at future events. Please continue to visit us online at [www.recosa.org](http://www.recosa.org) and look for postcards from the City.

## Contacts

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**Davis Vision**  
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