

2013 Retiree Matters

QUARTERLY NEWSLETTER
for City of San Antonio Retirees
Issue 12 | June 2013

In this Issue

Pharmacy Update
Page 2

Words on RECoSA
Page 2

Tasty Summer Recipes
Page 3

Joining Your Ranks
Page 4

TMRS News

New Website & Digital Signatures

Have you seen TMRS' new website? Designed with you in mind, now, it is easier for you to find the forms and information you need, and it can also be easily viewed on your smartphone or tablet. Visit www.tmrs.com to check out the newly redesigned website.

When submitting documents to TMRS like the Change of Address form, make sure it has a handwritten signature. TMRS cannot accept digital signatures at this time. Forms bearing digital signatures will be returned to you for a handwritten signature. Once you have signed the form, you may fax it to TMRS at 1-800-924-8677 or mail it to P.O. Box 149153 Austin, TX 78714.

Message from Chief Human Resources Officer



Joe Angelo

Hello, retirees. I hope this issue finds you enjoying the spring and looking forward to a fun-filled summer.

I am happy to report that the results from a customer satisfaction survey we conducted among retirees enrolled in a Humana health plan were incredibly favorable. Thank you to all who participated in the survey and provided us with your feedback.

As you will read in the following pages, we are evaluating our Wellness Lunch & Learn sessions. Also included is information regarding a change in our pharmacy vendor, the latest news from TMRS, and helpful information about the Consumer Choice health plan option for **non-Medicare retirees**. You might even be inspired to try one of our tasty summer recipes.

As always, please let us know if there are any topics you would like to see in future issues of *Retiree Matters* by emailing your ideas to cosaretiree@sanantonio.gov.

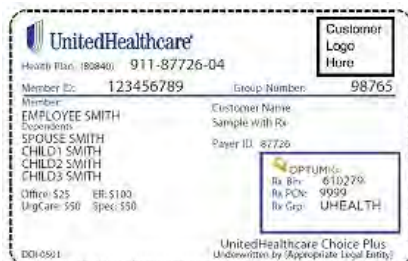
Consumer Choice - Is it the Right Choice for You?

New for 2013, **non-Medicare retirees** had the option of selecting a new health plan, Consumer Choice. This plan is a Consumer-Driven Health Plan (CDHP), and offers many of the same features and benefits of the Value, Standard, and Premier health plan options that the City has offered for years. This includes co-insurance, deductibles, out-of-pocket maximums, in-network preventive screenings covered at 100%, and the freedom to select your health care providers from a nationwide network.

Designed to help you take more control of where your health care dollars are spent, two key elements of the Consumer Choice plan are: **1)** The minimum annual deductible is set by the IRS each year, \$1,250 (individual)/\$2,500 (family) for 2013, and **2)** a Health Savings Account--a medical account--that allows you to pay for qualified health care out-of-pocket expenses or save for future health care expenses.

2014 Open Enrollment will be here before you know it, so start thinking about your 2014 health care needs now. To learn more about Consumer Choice and the triple tax advantage offered by a Health Savings Account, visit www.sanantonio.gov/hr/employee_information/benefits/benefits_retirees_nonmedicare.asp to review the 2013 Benefit Matters or access the Consumer Choice video in the City's benefits information library.

New Cards, Better Service, Same Plan—OptumRx is New Pharmacy Vendor



As of June 1, 2013, all *non-Medicare retirees* enrolled in the City's health plan have been transitioned from our previous pharmacy vendor MedCo to OptumRx. This change is a result of UnitedHealthcare (UHC) bringing all of their pharmacy services in-house, and it will not affect your current pharmacy benefits. **You should have already received a new UHC I.D. card to replace your existing one.**

You should have also received a letter from UHC in May informing you of this transition. Whether you use the mail order service or purchase your prescriptions from your nearest pharmacy, you should have received all of the necessary information to continue your pharmacy services. If you had open mail order refills on June 1, your prescription(s) were automatically transferred to OptumRx, with the exception of controlled substances and compound medications. If this exception applies to you, you should have received additional instructions on how to transfer your prescriptions.

If you are not managing your prescriptions online at myuhc.com, now is a great time to set up an account. With OptumRx, you have a personalized webpage just for your prescription information that includes pictures of your medications.

Additional service benefits include a more robust call center experience with access to nurses and pharmacists. You can also refill your prescriptions, see your order history, price medications, and find a pharmacy through your mobile phone. Text message reminders about your prescriptions can even be sent to you.

The most important thing to remember is that although you have received a new healthcare I.D. card, your I.D. number, pharmacy benefits, and co-pay, if any, remain the same.

Words on RECoSA

Submitted by RECoSA

The RECoSA Board continues to meet bi-monthly with Human Resources' staff and City management. Our meetings have been focused on health benefits, costs, and services. At the request of RECoSA, the City developed a customer satisfaction survey sent only to Medicare eligible retirees on the City's Humana Medicare Advantage health plans. The survey was sent to 1,012 participants and 502 retirees responded. The survey showed that 87.9% of retirees enrolled with Humana were satisfied with the health plans. For those retirees who answered dissatisfied on one or more of the questions surveyed, the City is concerned and requesting Humana personally contact the retiree. Many thanks to the City for conducting the survey.

In the past, the Wellness Lunch & Learn events were primarily hosted for those retirees enrolled in the City's health plans. These events will now be open to all retirees. Please inform and invite all your retiree friends to the wellness sessions. The sessions will be held quarterly instead of bi-monthly. Both the City and the board would like to see an increase in the number of attendees. What topics would you like to learn about at the wellness sessions? How about some educational classes on finances, legal issues, technology, gardening, card games, dance classes, and retirement facilities? We want to help you keep your body and mind active and to continue to thrive with the necessary activities of life. The City has asked RECoSA for suggestions on topics to be presented at the Wellness Lunch & Learn sessions. Let us hear from you! Please contact us by email or a phone call and let us know what topics interest you.

If you are not a member of RECoSA, you can contact us at 210-485-5493 or info.recosa@gmail.com. For more information about RECoSA, visit us at our website www.recosa.org.

Tasty Summer Recipes from Cooking Light

Green and Yellow Bean Salad with Chunky Tomato Dressing and Feta

Serves: 8 **Preparation Time:** 40 minutes

Ingredients

3/4 pound each, wax beans and green beans, trimmed
2 cups chopped tomato
1 tablespoon sherry vinegar
2 teaspoons extra-virgin olive oil
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/2 cup thinly sliced fresh basil
1/2 cup (2 ounces) crumbled feta cheese



Preparation

- 1) Cook beans in boiling water for 5 minutes or until crisp-tender. Drain and rinse with cold water.
- 2) Combine the tomato and next 4 ingredients in a bowl.
- 3) Divide the beans evenly among 8 plates.
- 4) Spoon 1/4 cup tomato mixture over the beans and sprinkle with 1 tablespoon sliced basil and 1 tablespoon cheese. Enjoy!

Nutritional Information

Amount per serving: Calories: 67, Fat: 2.9g, Protein: 3g, Carbohydrate: 8.7g, and Fiber: 2.3g

Pork Tenderloin with Mango Salsa

Serves: 4 **Preparation Time:** 38 minutes

Ingredients

Cooking spray
1 (1-pound) pork tenderloin, trimmed
1/2 teaspoon salt, divided
1/4 teaspoon black pepper
1/4 cup chopped red onion
2 tablespoons olive oil
1 tablespoon cider vinegar
2 teaspoons sugar
1/2 teaspoon grated lemon rind
1 ripe mango, peeled and chopped
1 serrano pepper, seeded and finely chopped
1/4 cup small mint leaves



Preparation

- 1) Heat a skillet over medium-high heat. Coat pan with cooking spray. Sprinkle pork with 1/4 teaspoon salt and black pepper. Add pork to pan; cook 16 minutes or until a thermometer registers 145°, turning to brown on all sides. Remove pork; let stand for 10 minutes.
- 2) Combine red onion and the next 6 ingredients (through serrano pepper); toss. Sprinkle mixture with remaining 1/4 teaspoon salt and mint; toss. Slice pork crosswise; serve with mango salsa. Enjoy!

Nutritional Information

Amount per serving: Calories: 232, Fat: 9.9g, Protein: 22.8g, Carbohydrate: 12.7g, and Fiber: 1.4g

Contacts

City of San Antonio Human Resources Customer Service

111 Soledad, Ste. 100
San Antonio, TX 78205

210-207-8705 (P)

210-207-6043 (F)

www.sanantonio.gov/hr

cosaretiree@sanantonio.gov

tmrsquestions@sanantonio.gov

hrcustomerservice@sanantonio.gov

Davis Vision

1-800-448-9372

www.davisvision.com

Delta Dental

1-800-422-4234

www.deltadentalins.com/

cityofsanantonio/retirees.html

Humana Advantage

Customer Care

1-866-396-8810

www.humana.com

Medicare

1-800-633-4227

www.medicare.gov

Retiree Liaison

Ann Solis

210-207-0073

Texas Municipal Retirement System

1-800-924-8677

www.tmrs.com

UnitedHealthcare

Customer Care

1-800-996-2078

www.myuhc.com

CITY OF SAN ANTONIO

Human Resources Department
 Riverview Towers Building
 111 Soledad, Ste. 100
 San Antonio, TX 78205

2013 Retiree Wellness Program

The Wellness Lunch & Learn sessions, including the one scheduled in June, are temporarily on hold. The Employee Benefits team is working with RECoSA to determine the frequency, timing, and topics of future sessions. You will be notified when the sessions resume, and they will be open to all City of San Antonio retirees*.

**Retirees - Those who separated with 20 years of service or 5 years of service at age 60.*

Joining Your Ranks

Congratulations to the following people on their recent retirement. Thank you for your years of dedicated service to the City of San Antonio!

Katherine M. Bee, Fire, 35 yrs.

Maria I. Cortes, Information Technology Services, 34 yrs.

Linda E. Dizon, Parks & Recreation, 20 yrs.

Idahlia Espinoza, Human Services, 25 yrs.

Joel Garza, Parks & Recreation, 21 yrs.

Lee Hurtado, Solid Waste Management, 32 yrs.

Mark MacDonald, Public Works, 21 yrs.

Maria del Refugio M. Garcia, Health, 20 yrs.

Emelia G. Garza, Parks & Recreation, 30 yrs.

Herlinda G. Martinez, Information Technology Services, 33 yrs.

Hermenegildo Martinez, Health, 35 yrs.

Marin G. Mendez, Solid Waste Management, 20 yrs.

Ruben G. Mendez, Solid Waste Management, 20 yrs.

Manuel Olague, Jr., Downtown Operations, 20 yrs.

Nell L. O'Neil, Library, 36 yrs.

Robert Ortiz, Development Services, 20 yrs.

***Blas M. Pizzi**, Public Works, 41 yrs.

Nicolas Ruelas, Parks & Recreation, 20 yrs.

Daniel Stanford, Library, 24 yrs.

Irma Ybarra, Development Services, 22 yrs.

Yolanda V. Rodriguez, Convention & Visitors Bureau, 26 yrs.

*Mr. Pizzi's name was inadvertently misspelled in the March 2013 issue of *Retiree Matters*. It is listed above.