



The HR Hub

Volume 19

November 21, 2008

How will you serve this season?

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We Need Your Help

Human Resources would like your input. In times like these everyone wants to help conserve, but we just don't know how or what to cut back. So we decided to open a campus wide discussion on money saving tips for the University. Here's where you come in. Let us know what your department is doing to impact the university's energy saving agenda. Are you turning off your monitors when you go to long meetings? Are you printing on both sides of the paper and only printing when necessary? Share your ideas with us and maybe together we can make conservation a part of our standard operating procedures. Go Lean! Go Green!



Don't forget! The office of Human Resource is sponsoring a Can Food Drive to benefit the Sunnyside Ministries food bank. Bring your nonperishable food donation to the office of Human Resources. Items needed are canned vegetables, soup, dry beans, rice, pasta, peanut butter & fruits (canned of course).

We are also a drop off location for point for 107.5 KZL Murphy In The Morning's "Give A Kid A Coat" drive. Please go through your closets, attics and storage for a donation. Last year this campaign raised over 27,000 coats for needy children in the Piedmont.



2009 State Health Plan Preferred Drug List

The State Health Plan for Teachers and State Employees is pleased to provide the *2009 Preferred Drug List*. Please look for a copy soon in your mailbox. Note that the Preferred Drug List reflects changes made in the past year and those effective January 1, 2009. Medications are selected for the preferred drug list based on the following:

- Safety
- Clinical effectiveness
- Cost saving opportunities

The Preferred Drug List is designed to help you better understand your choices and make informed decisions regarding your medications. It will also help you understand which questions to ask your doctor or pharmacist, and assist you and your provider in understanding the many prescription choices available. Always take the Preferred Drug List with you when visiting your doctor – and request generics whenever possible.

Where do I find updated pharmacy benefit information on the SHP Web site? For the most current information, visit the Pharmacy section of the State Health Plan Web site. This Web site provides the following valuable information:

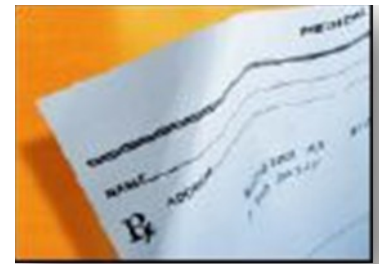


- Preferred Drug List (updated quarterly)
- List of prescriptions requiring prior authorization (updated periodically)
- Ways to Save

When does the new Preferred Drug List (PDL) become effective?

The new preferred drug list will be effective on January 1, 2009.

How are the drugs selected for the Preferred Drug List? Medications are selected for the Preferred Drug List (PDL) based on their safety, clinical effectiveness and cost savings opportunities. The Preferred Drug List is reviewed and updated on a quarterly basis for new generics and for opportunities to keep the prescription benefit affordable.



Questions?

Members may call Medco Member Services at 1-800-336-5933 for specific questions regarding the Preferred Drug List. Always remember to consult your provider to see if a generic or preferred brand name medication would be appropriate. In addition, members may also contact Medco and ask to speak to a pharmacist about medication options.

2009 State Health Plan Preferred Drug List

How can I save money by choosing generic drugs?



Members may save money by using generic medications because generic medications are covered at a \$10 copay versus a \$30-\$50 copay for brand name medications. Many popular brand name drugs now have generic equivalents that provide the same benefit as their brand name counterparts, with a significantly lower copay. You may visit the Web site for a list of recently released generic medications.



What if I cannot take a generic medication that is on the preferred drug list? Can I still take a brand name drug for the generic copay?

We recognize that a number of patient-specific variables, which are not available to us, must be taken into consideration when a provider prescribes any medication. We also believe that providers are best qualified to balance their patients' quality and cost-of care considerations in choosing the most appropriate medications. However, copays are set for each medication and are not adjusted for patient-specific cases.

The Plan strives to maintain the most affordable and clinically effective Preferred Drug List for its members. Members and their providers have a choice of using drugs on the preferred list, whenever appropriate. Members should take their PDL with them to every provider visit in order to make the most informed choices.

Can I obtain more than one copy of the Preferred Drug List for additional members of my family?

To view or print a complete, up-to-date Preferred Drug List at any time, visit the State Health Plan Web site.

“Many popular brand name drugs now have generic equivalents that provide the same benefit as their brand name counterparts, with a significantly lower copay.”



FALL TERM COMMUNITY SERVICE PROJECT

Brought to you by: Staff Council

Organization: The Children's Home

Are you curious about the organization? Go to their website! <http://www.tchome.org/>

Dates: November 24th-December 12th

Donations: Each department has a wish list for a particular area of The Children's Home. Please focus your contributions on the needs listed on your department's wish list.

Conditions: All Donations should be brand new and unwrapped!

Exceptions are for clothing. Clothing can be gently used and age appropriate, however socks and undergarments must be new!

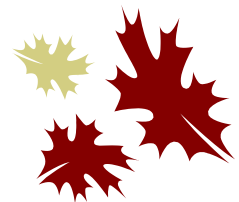
Where: Drop Off Box

There will be a decorated drop off box and colorful poster located in your department. Please leave all of your donations there.

Point Person: Each department has a different point person. They will receive information from the Staff Council Community Service Committee and will disperse it through your department. They will also decide where the best location is for your drop off box.

If you have a question that you do not feel your point person can help you with contact: Jessica Adams, Chair Community Service Committee @ adamsj@uncsa.edu or X3364

We look forward to your contributions. They WILL impact a child's life!



Wintery Home

This winter, save money and stay warm. Keep your energy bill and your pollution output low this winter by taking a whole-house approach to heating.

- During the heating season, keep the draperies and shades on your south facing windows open during the day to allow the sunlight to enter your home and closed at night to reduce the chill you may feel from cold windows.
- Set your thermostat as low as is comfortable when home.
- By resetting your programmable thermostat from 72 degrees to 65 degrees for eight hours a day (for instance, while no one is home or while everyone is tucked in bed) you can cut your heating bill by up to 10 percent.
- Weatherize your home—caulk and weatherstrip any doors and windows that leak air.
- Properly maintain and clean heating equipment.
- Replace furnace filters regularly.
- Check the insulation in your attic, ceilings, exterior and basement walls, floors, and crawl spaces to see if it meets the levels recommended for your area.



For more information on how to conserve energy visit the US Department of Energy's website:

<http://www.energy.gov/winter.htm>

Compensatory Time Reminder

For SPA employees Subject to Fair Labor Standards Act:

State employees with compensatory time balances are encouraged to use these hours, with Supervisory approval, as time off by Dec. 31, 2008. Perhaps with the holidays beginning next week, some extra time off would be a wonderful way to “spend” it.

November 2008

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SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5 Permanent Time-sheets Due	6	7	8
9	10	11 VETERANS DAY	12	13	14 MID-MONTH PAY DAY	15
16	17	18 Mid-Month Time-sheets due (all temp paperwork due)	19	20	21	22
23	24	25	26 MONTHLY PAY DAY	27 Thanksgiving Holiday	28	29
30						

There will be no newsletter next week!

