

# State Employee Health Plan

January 2014

Cancer. Most of us don't want to think or talk about it, but most of us know someone who has been diagnosed with cancer. Our topic for this newsletter is important for you, and for the State Plan. A diagnosis of cancer is costly in terms of health care costs, lost wages, travel costs, and the untold impact it has on our families and friends.

Treatment of cancer accounts for an estimated \$25 million dollars or 20% of the health care dollars spend by the State Plan. During the first 9 months of 2013 there were 83 State Plan members (with claims over \$100,000) treated for cancer accounting for over \$12 million dollars of expenses.

## What can you do now?

You can help prevent or delay diseases like cancer by taking good care of yourself – another reason to stick to those New Year's resolutions past January! If you want to make this year's resolutions stick, don't forget your resources. Connect with a health coach here: <http://www.benefits.mt.gov/pages/wellness.health.coaching.html>.

Making healthy choices sometimes isn't enough. Cancer is common in Montana and the risk of developing cancer increases with advancing age. **It is important to detect it early.** Unfortunately, many of us are not up-to-date on our cancer screenings. What do you need? Check out: <http://www.cancer.org/healthy/findcancerearly/cancerscreeningguidelines/>.

Please take some time to schedule an appointment with the [Montana Health Center](#) or your physician to discuss your health and make sure you are up to date on all your preventive health services, including cancer screenings.

Good news! As a member of the State of Montana Health Plan, you are eligible for preventive screenings with NO out of pocket cost to you when using the Montana Health Center or an in-network provider. Is today the day you save your life?

- Colonoscopy
- Mammograms
- Pap Test & Pelvic Exam
- Prostate Screening

For a complete listing go to: <http://www.benefits.mt.gov/pages/preventive.services.html>

## What should you do if you are diagnosed with cancer?

If you have been diagnosed with cancer there is help available.

1. We recommend that you call either the customer service team at Cigna (855) 692-0131 or the Health Care and Benefits team at (800) 287-8266.
2. Investigate the tools and resources available to you as members of the State Plan. We recommend you log on to <https://my.cigna.com/web/public/guest>, go to the tab labeled "Manage My Health", select "My Health Programs and Resources", then select "Winning Against Cancer".
3. We recommend that you and your physician discuss all the treatment options available to you, including getting a second opinion on the best treatment available to you.

## Change in hours at the Miles City Montana Health Center

Beginning Monday January 27<sup>th</sup>, the hours of operation have changed. Below is the new schedule. For more information on the Montana Health Center, including how to schedule an appointment go to: <http://benefits.mt.gov/pages/health.center.html>

New hours:

Day	Hours	Provider
Monday	8:00 a.m. – 5:00 p.m.	Randy Holland, PA
Thursday	10:00 a.m. – 3:00 p.m.	Tracy Rausch, MD
Saturday	8:00 a.m. – 5:00 p.m.	Tracy Rausch, MD

## Questions?

E-mail us at [benefitsquestions@mt.gov](mailto:benefitsquestions@mt.gov)

Call us at (800) 287.8266, (406) 444-7462, or Hearing Impaired TTY (406) 444-1421.

