



CURRENTS

SAN DIEGO ELECTRICAL TRUSTS

Issue 85

August 2017

CVS PHARMACY RETURNS WITH LOWER PRICING, WALGREENS & RITE AID TO BE REMOVED FROM RX NETWORK

A recent announcement sent to all PPO Plan participants advised that throughout 2017 there will be significant price **surcharges** of as much as \$7 or 20% added on to generic drug prescriptions being filled at CVS, Walgreens and Rite Aid pharmacies estimated to increase costs by \$125,000 to \$150,000 per year. The notice also suggested that participants should start moving their prescriptions to other pharmacies in the Navitus network, which includes just about every other pharmacy chain, Costco, super markets with pharmacies like Albertsons, Ralphs and Vons, or independent pharmacies.

As a result of recent negotiations it is expected that final arrangements will be reached resulting in CVS pharmacies eliminating these surcharges and affording the PPO Plan better overall pricing. **It is also likely that Walgreens and Rite Aid pharmacies will be eliminated from the Navitus network meaning that as of the announced effective date of this arrangement it will no longer be possible to fill prescriptions at any Walgreens or Rite Aid pharmacies that will be covered by the PPO Plan and the person filling the prescription will have to pay 100% of whatever the pharmacy decides to charge them.**

According to Navitus there should routinely be a **CVS or alternate**

network pharmacy within 1-2 miles of any Walgreens or Rite Aid pharmacy you may now be using and it is understood that changing pharmacies may create a minor inconvenience. That said, instead of simply ignoring these excessive price increases this is an opportunity for all participants to take action and directly contribute to the process of keeping their out-of-pocket costs down as well as the Health & Welfare Trust contribution rate as low as possible.

To locate pharmacies other than Walgreens and Rite Aid in the Navitus network go to <https://www.navitus.com> and click on the Members tab. Once logged in, you can click on the "Pharmacy Search" tab in the left hand column. Or take it one step further and utilize the "Cost Compare" tab to find the lowest cost for your prescription medication at network pharmacies in your area.

It is very easy to move your prescription(s) from Walgreens or Rite Aid pharmacies to any other **Navitus network pharmacy** by taking the Rx bottle or box with all of the prescription information on it to another pharmacy as the prescription will be switched over right then and there and any remaining refills will be available through that pharmacy. Thereafter, all new prescriptions need only be sent to the new pharmacy.

If you have any questions please contact the Trust Office (x-702).

CONGRATULATIONS TO THE INSIDE WIREMAN & SOUND TECHNICIAN CLASS OF 2017



Photo courtesy of Snapps Photography

On June 9, 2017 the San Diego Electrical and Sound Technician Apprenticeship Graduation and Awards ceremony was held at the Hilton La Jolla Torrey Pines.

Over 550 guests gathered this year to celebrate & honor the Training Center's 57 graduates, who received their Journeyman credentials. Graduates were rewarded with their Palomar College Certificate of Completion; Special Congressional Recognition from State Senator Joel Anderson and State Assembly Members Marie Waldron and Todd Gloria. In addition to the family, friends, and union contractors who attended the festivities, guests included Assembly Member Todd Gloria and District Director Stephen Hill; State Senator Joel Anderson; IBEW 9th District Representative Johnny Simpson; City of Chula Vista Mayor Mary Casillas-Salas and Deputy Mayor Mike

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FREE OR LOW COST RX PATIENT ASSISTANCE PROGRAMS

There is no question the cost of newly approved or existing brand name medications can be incredibly expensive, some costing **hundreds or thousands of dollars per month**. However, many pharmaceutical companies make their high cost medications available at little or no cost under certain circumstances.

Patient assistance programs are run by pharmaceutical companies to provide free or low cost medications to people who cannot afford to buy their medicine. "RxAssist" offers a comprehensive database of these patient

assistance programs, as well as practical tools, news, and articles so that healthcare professionals and patients can find the information they need.

To access "RxAssist" go to the Patient Center at www.rxassist.org for useful information as to patient assistance programs, reminders to take medications and resources on how to lower Rx costs.

Also, whenever receiving a prescription at a doctor's office be sure to ask for **free samples** as using them will not only save money, but it will help to determine if the participant can

tolerate a new medication before paying for a whole supply. At the same time, it is suggested that participants always research the availability of coupons via the Internet or by asking the pharmacy when picking-up a prescription as a means of lowering costs.

If you use a patient assistance program or receive discount coupons for any of your medications please let your claims examiner know so they can be properly tracked. Further, if you have any questions about how to utilize this program please contact the Trust Office (x-702).

BEST DOCTORS RESULTS FOR 2016 AND PPO PLAN INCENTIVE PROGRAM

It has been reported by the Best Doctors program that in their vast experience of reviewing self-reported medical cases **20+% of diagnoses** are clarified or changed, **60+% of recommended treatment plans** are clarified or changed, **38% of recommended surgeries** are totally unnecessary and **another 18%** of recommended procedures would not be the best one for the patient.

Best Doctors reported that for 2016 they received 31 calls from participants of the San Diego Electrical Health & Welfare Trust. From those calls there were 8 Inter-Consultations completed and 14 requests for a Best Doctors expert physician recommendation.

Overall for 2016, when looking at the 62 Inter-Consultations performed for all members of the San Diego Purchasers Co-operative **the diagnosis was changed 42% of the time and there was a treatment change in 73% of those cases**. **These statistics clearly suggest the chances of receiving unnecessary or improper medical care is too high to be ignored**. A whopping **100%** of the closed cases for the San Diego Purchasers Co-operative group gave Best Doctors the highest rating in terms of meeting their needs and

would recommend Best Doctors to a fellow participant.

The Best Doctors program is available to all Covered Persons in the Plan A PPO Plan and all Kaiser Plans (Plans A, B & C). Under the PPO Plan there are certain incentives for participants who contact Best Doctors and complete the Inter-Consultation process. For Plan A PPO Covered Persons their calendar year deductible will be waived or refunded. Further, for services performed by and at a PPO Provider, all Eligible Expenses pertaining to the performance of any of the following elective surgical procedures will be **paid at 100% (with no out of pocket cost)** if a Best Doctors "Inter-Consultation" is completed before the procedure is performed: **back, hysterectomy, knee and hip replacement, obesity or bariatric, coronary artery by-pass graft, heart valve replacements, prostatectomy and lumpectomy/mastectomy**.

To qualify for payment of all Eligible Expenses related to the elective surgical procedure at 100% a Certification of Completion of a Best Doctors "Inter-Consultation" conducted prior to the date the procedure is performed must be received by the Plan. However, there shall be no requirement that the Best Doctors "Inter-Consultation" findings must be followed

by the Participant or their Physician in order to qualify for this incentive subject to application of any other Plan limitations. In the event Best Doctors determines that an "Inter-Consultation" is not necessary, this incentive shall not apply. If you receive a recommendation for one of these specified elective surgeries from a physician, or any other significant surgical procedure or medical diagnosis for that matter, please **contact Best Doctors at 1-866-904-0910**. Please remember you must be covered under Plans A, B or C at the time in order to qualify to receive the Best Doctors services offered by the Plan at **no cost to the participant**.

BEST DOCTORS HELPS TO SAVE LIVES AND CONTRIBUTE TO PARTICIPANTS ACHIEVING OPTIMAL MEDICAL OUTCOMES. BY PREVENTING UNNECESSARY, IMPROPER OR INAPPROPRIATE TREATMENT OVER THE LAST 6 YEARS PARTICIPANTS AND THE PLAN HAVE SAVED HUNDREDS OF THOUSANDS OF DOLLARS IN CLAIM COSTS WHICH HELPS TO KEEP THE HOURLY CONTRIBUTION RATE AS LOW AS POSSIBLE.

If there are any questions please contact the Trust Office (x702).

PLAN C KAISER MEDICARE COVERAGE CHANGE OF ADDRESS NOTICE

For Plan C participants who will become, or are already, covered with Senior Advantage Medicare coverage through the Kaiser Senior Advantage program who may be thinking of moving from their current address it is imperative that you check with Trust Office or Kaiser **BEFORE MOVING** to be sure the new location falls within a Kaiser Senior Advantage service area.

It is important to understand that Kaiser has very strict geographic limitations as to its service areas and there may not be Medicare Senior Advantage coverage in a particular zip code when there is or would be service to non-Medicare participants. Should you move to an area for which there is no Kaiser service (Non-Medicare or Senior Advantage) it will be necessary to make arrangements for new health coverage from

whatever alternatives may be available to you and any other family members to be covered.

Examples of areas **NOT** covered for Senior Advantage services are: Fallbrook (92028, 92080), Santa Ysabel (92070) and Valley Center (92082).

If you are thinking about moving and either have Kaiser coverage or expect to go into Plan C Kaiser Retiree coverage it is extremely important that you contact Kaiser (800-390-3502) or the Trust Office (858-569-6322, x310) to verify that a particular zip code falls within their covered service areas.

Diaz; City of Lemon Grove Mayor Racquel Vasquez; Southwestern Community College District Governing Board Member Griselda Gelgado; Miramar College President Dr. Patricia Hsieh; from Palomar College Director of Occupational & Non-credit Programs Juan Gonzalez; Chula Vista Elementary School District School Board Members Laurie Humphrey and Araceli Vargas; Port of San Diego Board Member Xema Jacobson; from Klein Tools Elizabeth Medlen; from Milwaukee Tools Mike Schrager and from Contractor News and Views Mike and Sandy Caples.

The evening was the night of recognition and celebration for the graduates! To start off the festivities, the Presentation of Colors were presented by the Mira Mesa High School Air Force Junior ROTC then followed by the Pledge of Allegiance was led by Doug Benkert, Sound Technician student council representative.

The following graduates were recognized for having perfect attendance throughout their apprenticeship: Darren Cooper, Michael Guzman, Joshua Kazemier, Philip Kursave, Anthony Principe, Cody Simpson, Cutberto Velediaz, Thomas Glackin, Michael Hernandez, Curtis Kinz, Kristie Markwell, Cole Quaintance and Steven Stump. Each received \$250 from IBEW-NECA LMCC, cash from Morrow Meadows Corporation and HMT Electric and a stadium bleacher cushion from OneSource.

Outstanding Inside Wireman graduate recognition was awarded to Tony Principe (Morrow Meadows Corporation) and the Outstanding Sound Technician honor went to Theodoros Ambaw (Chula Vista Electric). Both graduated with academic honors, perfect attendance, and excellent employer evaluations. Each received \$250 from Dynalectric, \$200 from Baker Electric and Morrow Meadows Corporation, \$100 from HMT Electric, a drill kit from Milwaukee Electric Tool Corporation, a Tradesman Pro Organizer backpack from Klein Tools and an engraved plaque memorializing

their achievement. In addition, they received an invitation to attend the IBEW/NECA National Training Institute program at the University of Ann Arbor, Michigan where they will attend the leadership training program along with Outstanding Apprentice graduates from throughout the United States and Canada.

Additional awards went to Keith Tennes, who was this year's recipient of the Lifelong Learning Journeyman Training Award and the Journeyman Trainer of the Year award recipients were Fabian Gonzalez (Pacific Industrial Electric) and Hector Murrieta (Dynalectric Company). The "Excellence in Work Performance" were awarded to Inside Wireman graduate Jonathan Gee (Morrow Meadows Corporation) and to Roald Rossouw (Davies Electric). At our training center, we remind our apprentices of the legacy that is given to them: "YOU are the IBEW. YOU set the STANDARD for ALL other electrical workers." During their apprenticeship, both Jonathan and Roald set the standard for all us. Congratulations to both of them for a job well done. Congratulations as well to Inside Wireman graduate Joseph Page (Morrow Meadows Corporation) and Sound graduate Steven Harris (Pyro-Comm Systems) who were this year's recipient of the Union Strong Award.

The Division of Apprenticeship Standards, in addition to congratulating our graduates for their accomplishments, recognized JATC members for their continuous volunteer services to the apprenticeship programs. Those receiving a Certificate of Meritorious Service included Sound Technician JATC members Jeremy Abrams (5 years); Andy Berg and Ferdinand Wittmann (10 years). IBEW 9th District Representative (and former Local 569 Business Manager) Johnny Simpson received a Certificate of Merit upon retirement for his tenure on the Inside Wireman JATC.

Many thanks to the following contractors and associates for their donations of tools, gift cards and cash for the graduates: Anderson

Howard Electric, Audio Associates of San Diego, Baker Electric, Chula Vista Electric, Davies Electric Co. Inc., Dynalectric Company, Electramark Inc., Fuller Electric, HMT Electric, Inc., IBEW Local 569, IBEW-NECA Labor Management Cooperation Committee (LMCC), Ideal Industries Inc., Klein Tools, Milwaukee Electric Tools Corporation, Morrow Meadows Corporation, National Electric Works, National Security Works, OneSource Distributors, Neal Electric Corporation, Robinson Electric, Saturn Electric, Southern Contracting Company and Synergy Electric.

Congratulations to the 2017 graduates:

Sound Technician Program: Anthony Acosta, Theodoros Ambaw, Daniel Caban, Steven Harris, Karl Murphy, Victoria Richmond, Devin Roell, Roald Rossouw, Cutberto Velediaz, Matthew Waller

Inside Wireman Program: Mario Arellano, George Baker, Jeremy Bay, Pedro Bernal, Mike Bunde, Darren Cooper, Joe Davila, Reese Dewey, Michael DuBont, Jonathan Escoto, Kevin Frank, Jonathan Gee, Thomas Glackin, Michael Guzman, Eric Hefner, Alejandro Hernandez, Michael Hernandez, Alec Hurd, Joshua Kazemier, Curtis Kinz, Philip Kursave, Samuel Laursen, Peter Lococo, Rachelle Lopez, Michael Lopez, Issael Maces, Kevin Marika, Kristie Markwell, Alan McDaniel, Thomas Monahan, James Myers, James O'Brien, Brandon O'Coynne, Joseph Page, Johnathan Parra, Anthony Principe, Cole Quaintance, Brandon Rasha, Matthew Robinson, Max Rodriguez Rogelio Ruiz, Virgil Saunders, Eric Schmieding, Cody Simpson, Steven Stump, Sergio Tirado, William Wilson

To view photos of the graduation ceremony, please visit snapp.smugmug.com/Events/NECA-Graduation-2017-Hilton-La-Jolla.
Password: neca

COSTCO TO REPLACE MEDVANTX FOR RX MAIL ORDER

For PPO participants who are utilizing MedVantx for mail order prescription services please be advised that Costco will be replacing MedVantx as **early as October 1, 2017** if all arrangements are completed in time, or by **no later than January 1, 2018**. A formal notice announcing the actual transition date will be sent to all PPO participants.

The main reason for the change is that Costco's pricing and absence of a dispensing fee is expected to substantially reduce the cost of mail order medications. Further, Costco and Navitus are in negotiations to offer 90-day pricing ("retail 90") for maintenance medications at mail order

pricing for pick-up at a Costco facility and **a Costco membership is NOT required to utilize their pharmacy.**

Once this transition is formally announced all current participants utilizing MedVantx mail order will be contacted about the process of having their prescriptions moved over to Costco and it will be suggested that all participants using retail 90 service at other pharmacies compare Costco's pricing and then give consideration to using their mail order or retail 90 service, which is expected to be at the same price. In addition, with use of their mail order program it will be possible to set up automatic refills and prescription renewal via the Costco web site.



SPECIAL NO-COST/LOWER COST PPO PLAN PROGRAMS

reprinted from previous issue

Use Best Doctors at no cost to the participant to:

- Validate diagnoses, treatment plans and/or recommended surgeries.
- For a referral to an expert physician.
- For asking medical questions 24/7. <http://www.bestdoctors.com>
- Upon completion of an "Inter-Consultation" the PPO Plan calendar year deductible will be waived or reimbursed.
- Eligible Expenses will be paid at 100% if a Best Doctors "Inter-Consultation" is completed before one of the following elective surgical procedures is performed: back, hysterectomy, knee and hip replacement, obesity or bariatric, coronary artery by-pass graft, heart valve replacements, prostatectomy and lumpectomy/mastectomy.

Global One Ventures (Bundled pricing for out-patient surgery):

- **\$0 out-of-pocket cost** for procedures performed at a network out-patient surgi-center.
- There may also be a **savings payment of \$250 or \$500** to the participant for having their procedure performed at a participating out-patient surgery facility.



Heal "in-home" physician

- visits - Avoid long waits to schedule a physician office visit or many hours waiting at an urgent care/emergency room:
- **\$5 co-payment for any visit** routinely provided within 2 hours of making an appointment by phone or via smart phone.
 - **This program is recognized as a network provider in the Anthem Blue Cross PPO.**
 - Hours are from 8:00 am - 8:00 pm Monday - Sunday.

Pinnacle medical and dental services in Mexico -

- **\$0 out-of-pocket cost** for eligible medical and dental services rendered only by Pinnacle network providers in Mexico.

HEALTH INFORMATION SOURCES

Best Doctors - 1-866-904-0910 or www.bestdoctors.com; or **Navitus (retail pharmacy and specialty medications)**: 1-866-333-2757;
"NurseLine" - 24/7 access to Registered Nurses at 800-250-6181 <http://healthresources.caremark.com/topic/specialty>; For researching or grading doctors and hospitals: www.healthgrades.com, www.leapfroggroup.org, www.calhospitalcompare.org, www.hospitalcompare.hhs.gov or <http://www.npdb-hipdb.hrsa.gov>
National Practitioner Data Bank/Healthcare Integrity and Protection Data Bank may be used to verify information on a healthcare provider; and <http://www.medbd.ca.gov/lookup.html> - **Medical Board of California for physician licensing.** **Cal Hospital Compare (formerly CHART)** combines ratings for quality of care, patient safety and patient experience in an effort to help consumers make informed choices via its website: www.CallHospitalCompare.org.