



CURRENTS

SAN DIEGO ELECTRICAL TRUSTS

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CHRONIC DISEASE MANAGEMENT- A MUST FOR GOOD HEALTH

*NEVER BEFORE CAN RESPONDING TO A PHONE CALL OR A PIECE OF MAIL
BE SO IMPORTANT TO A PERSON'S HEALTH.*

Since August 1, 2007 the PPO plan has sponsored a comprehensive disease management program through Accordant, soon to change its name to Alere, focusing on the following **chronic diseases:** Asthma, coronary artery disease ("CAD"), chronic obstructive pulmonary disorder ("COPD"), diabetes, heart failure and peptic ulcer disease ("PUD"). The primary goal of this program is to assist plan participants afflicted by chronic disease(s) with improving their overall health, and at the same time preventing or reducing costly related treatment(s) and medication(s).

The reality is that as the number of chronic diseases increase a person's overall health declines and the need for medical treatment and medication goes up dramatically. Much of this is controllable and some may even be preventable with proper "coaching" and education.

As a reminder here are some facts the Board considered when implementing this program:

1. On an industry-wide basis 72% of group participants are reasonably healthy and generate approximately 11% of healthcare spending. The next 24% of participants are less healthy and generate 40% of healthcare spending. The remaining 4% of participants who are the least healthy generate 49% of spending. Thus, 28% of a group will be expected to generate 89% of overall healthcare

spending.

2. The greater number of health risk factors/chronic diseases a person has the cost of their healthcare increases exponentially. Example: In the age 45-54 age group people with 0-2 risk factors/chronic diseases cost an average of \$1,920 per year, while those with 3-4 or 5+ risk factors/chronic diseases cost \$3,601 and \$6,664, respectively.

The focus within this program is to provide each such participant, who will be identified through routine medical and prescription drug data analysis, with quality **confidential** professional guidance by Registered Nurses wanting only to help the individual better understand their condition(s) and try to prevent the debilitating progression of their disease(s) and the potential for the onset of related diseases. The objective is to prevent participants from seeing their health further deteriorate and, instead, actually improving toward the healthier group of participants.

Recognizing that participation in this Plan is not mandatory, as any participant who is contacted by telephone or mail may elect not to participate, the Board of Trustees highly recommends that everyone who may be contacted responds to the telephone or mail contact as soon as possible as everyone's overall health and well-being is their main concern. In this regard it is very important to

keep in mind that data suggest there is a very high likelihood that severe and very expensive nonaccidental medical episodes (heart attack, stroke) will afflict a person from within this identified population of chronically diseased participants.

The disease management program is designed to identify any covered person who has been diagnosed with or is being treated for one or more chronic diseases. Initially each person will receive a letter, as well as an automated telephone call, advising that the mailing is coming. Then there will be a personal telephone call from a nurse to explain how this program works in an effort to make the person better aware of the nature of their disease(s), to ensure that prescribed medication is being properly taken and refilled, and that they are aware of what has to be done to properly

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CHRONIC DISEASE MANAGEMENT

monitor their disease(s).

A brief review of the statistics from the report for the second full year of the program from 8/08 – 7/09 reflects:

1. Asthma and diabetes are by far the most prevalent chronic conditions representing approximately 62% of the program's ongoing population.
2. Clinical indicators show that our participants in the program generally receive important health services, therapies and screenings at rates well above recognized benchmarks.
3. The PPO Plan spent \$3,272,550, or 25.5% of total claim costs on behalf of the reasonably small population with chronic disease(s).
4. The average annual claim spend per person in the population for the 8/07-7/08 year was \$5,325, which was expected to increase to \$5,751 (+ 8%) in the following year.

5. The actual annual claim cost per person in the population for the second year was \$3,823 (-28.8%) for a savings of \$1,928 suggesting there were far fewer emergency or urgent care episodes and that the overall health of this population did not appear to be moving in the "Less Healthy" or "Least Healthy" direction.
6. The reduction of overall claims costs by over \$500,000 from this small segment of the Plan's total population represented a savings of 4% or 50% of the annual trend factor for the 2011 funding rate.

We reiterate that the objective in implementing this disease management program is to improve our participant's overall health as chronic diseases get worse over time and their progression leads to more expensive treatment. Please take this program very seriously as we are making an investment in improving the health of those participants who are afflicted with one or more chronic diseases. This program will also monitor and assist

the person with any other resulting or related medical condition(s).

Of course, the best way to maintain good health is to do whatever you can to prevent the onset or progression of such debilitating and life altering health issues. This is why you are repeatedly reminded of the availability of the following sources for obtaining health related information: Optum NurseLine" at (800-250-6181); www.healthforums.com; and www.Caremark.com.

The Board of Trustees strongly supports **100%** participation in this program for all of the above reasons. If you or a family member are contacted, please pay attention to all of the information you will be provided and permit the trained professionals to provide their invaluable assistance that can make a huge difference in that person's health and quality of life for a very long time.

If there are any questions about this program please contact your claims adjuster at the Trust Office.

FREE A1C TESTS FOR DIABETES PATIENTS AT MINUTECLINICS

Patients with diabetes seeking convenient A1c monitoring can receive a complimentary test at walk-in MinuteClinic medical centers inside select CVS/pharmacy stores. The free A1c test, sponsored by Bayer Diabetes Care, is available while supplies last. No appointment is necessary and MinuteClinic is open seven days a week, including evenings and weekends.

In addition to daily self-testing of glucose levels, diabetics should receive regular A1c tests that measure their average blood glucose levels over a two to three-month period. The American Diabetes Association advises that patients keep their A1c level below seven percent.

"The hemoglobin A1c test is the best measure available to help the more than 24 million Americans with diabetes monitor their condition and prevent other health-related issues from arising," said Andrew Sussman, M.D., President, MinuteClinic and Senior Vice President/Associate Chief Medical

Officer, CVS Caremark. "With hundreds of walk-in medical centers in stores located near where patients live and work, MinuteClinic is a tremendous resource for diabetics to receive lab testing and speak with a nurse practitioner about their health status."

As part of the complimentary A1c test, MinuteClinic practitioners will check a patient's vital signs, review medical history and administer the blood test. Results are available within five minutes and are discussed with the patient. A visit summary that includes the A1c test results is made available to primary care providers with patient permission. Visit summaries are typically sent within 24 hours via electronic medical record, fax or mail.

For a list of MinuteClinic locations where the complimentary A1c test is available, visit www.minuteclinic.com. A1c tests are not offered at MinuteClinic locations in Maryland, Massachusetts, Nevada and Pennsylvania.

MinuteClinic also offers comprehensive

health condition monitoring services for individuals diagnosed with high cholesterol, high blood pressure and asthma. In addition to monitoring services, MinuteClinic practitioners are trained to diagnose, treat and write prescriptions for common family illnesses such as strep throat and ear, eye, sinus, bladder and bronchial infections. Minor wounds, abrasions and joint sprains are treated, and common vaccinations such as influenza, tetanus, pneumovax, and Hepatitis A & B are available at most locations. Wellness and prevention services include camp, sports and college physicals as well as health care screenings.

Eligible medical services rendered at a MinuteClinic are considered as being rendered by a PPO provider. The cost of services is well below that at an Urgent Care Center or a physician's office with no appointments necessary. In the event more substantial medical treatment is needed the MinuteClinic practitioner will advise the person accordingly.

CLASS OF 2010 CONGRATULATIONS!

On June 11, 2010, the San Diego Electrical and Sound Technician Apprenticeship Graduation and Awards ceremony was held at the Hilton San Diego Resort on Mission Bay. Some 350 guests, including Congresswoman Susan Davis; from Congressman Brian Bilbray's office District Director Christy Guerin, Assembly members Lori Saldaña (76th District) and Marty Block (78th District); City of Chula Vista Council members Pamela Bensoussan and Steve Castañada; Chris Pearce, Council Representative for Councilmember Marti Emerald; State of California, Division of Apprenticeship Standards Acting Chief Glen Forman; San Diego County Board of Education Board member John Witt; San Diego Community College District Board of Trustee William Schwandt; San Diego Unified School District Board of Education board member Sheila Jackson, City of El Cajon Mayor Mark Lewis, San Diego/Imperial Counties Building Trades Council Business Manager Tom Lemmon gathered this year to celebrate & honor the Training Center's 35 graduates, who received their Journeyman credentials. Graduates were rewarded with their Palomar College Certificate of Completion, Certificates of Recognition from Senator Barbara Boxer, Congressman Brian Bilbray, San Diego County Supervisor Diane Jacob, and their Journeyman Certificates from the State of California, Department of Industrial Relations and U.S. Department of Labor, Office of Apprenticeship.

The evening was the night of recognition and excellence! The Outstanding Graduate was awarded to Ruben Marquez (Baker Electric) who graduated with academic honors, excellent employer evaluations and five-year perfect attendance. He received \$150 from Dynalectric Company; \$150 from Baker Electric, a golf putter from Beacon Electric, a set of tools from Klein Tools, drill set and meter from Milwaukee Electric Tool Corporation and an engraved plaque memorializing his achievement. Dynalectric Company & Baker Electric each awarded \$100 for the runners-up, Phylom Chhouen (Dynalectric Company). In addition to the monetary award, Mr. Chhouen also received a golf putter from Beacon Electric and a drill set and meter from Milwaukee Electric Tool Corporation. The following graduates were recognized for having perfect attendance throughout their apprenticeship: Eugene Espinoza Jr., Nicholas Guth, Ruben Marquez, Joe Miramontes, Frank Nunes and Eric Silva.

Additional awards went to Ferdinand Wittmann (Dynalectric Company), who received this year's Lifelong Learning Journeyman Training Award; third year apprentice Octave Damond (Neal Electric) was this year's recipient of the \$1,000 Joint Apprenticeship & Training Committee (JATC) Scholarship. This year during the festivities, IBEW Local 569 recognized graduate Justin Kraft with a customized IBEW jacket for his ongoing volunteer service. The Electrical Workers Minority Caucus (EWMC) San Diego Chapter recognized two extraordinary individuals: graduates James Cox and Kevin Johnson, for their selfless contribution to the union industry and apprenticeship education process. Mr. Cox was also honored was honored with a Certificate of Appreciation plaque for serving as Student Body

Representative on the JATC board this past year.

Glen Forman, Acting Chief for the Division of Apprenticeship Standards, in addition to congratulating each graduate for their accomplishments, recognized the following individuals with a Certificate of Meritorious Service, for their continuous volunteer services as a JATC member: Pete Spencer (10-years), Don Walters (11-years) and Al Shur (16-years).

Many thanks to the following contractors and associates for their donations of tools, gift cards and cash for the graduates: Advanced Electrical & Control Systems, Baker Electric, Inc., Beacon Electric Supply, Inc., Chula Vista Electric, Consolidated Electrical Distributors, Davies Electric Co. Inc., Dynalectric Company, Fuller Electric, IBEW Local 569, IBEW/NECA Labor Management Cooperation Committee (LMCC), Jobsite Supply Co., Klein Tools®, Milwaukee Electric Tools Corporation, Morrow Meadows Corporation, Neal Electric, Power Communication Systems, Rexel ESD, Saturn Electric, Southern Contracting, Synergy Electric and ToolUP®.

Congratulations to the 2010 graduates:



Daniel Agajejian	Matthew Hanson
Gabriel Almazan	Kevin Johnson
John Bevers	Justin Kraft
John Bohl	Michael Kroll
Robert Byrnes, Jr.	Carlos Leyva
Carlos Cabrera	Ruben Marquez
Phylom Chhouen	Morgan McCarty
Craig Cortes	Joe Miramontes
James Cox	Marcos Montes
Edward Escobar	Brian Moore
Eugene Espinoza, Jr.	Frank Nunes
Jose Flores	Daniel Polunas
Adam Friar	Joshua Rhodes
Joseph Godfredsen	Epifanio Rios
Hugh Gooden	Eric Silva
Nicholas Guth	Richard Taft
Guillermo Guzman	Joe Wetton
Mason Hamilton	

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JOURNEYMAN CLASS SCHEDULE

Sign-up now! All journeyman classes offered by the Training Center count towards the 32 hours needed for certification renewal. Register now for space is limited.

Three easy ways to register:

On-line at www.positivelyelectric.org

By telephone; Dial (858) 569-6633, ext 156.

Walk-in; drop by our office and complete a registration form.

COURSE NAME	START DATE	DAY(S)	# of Sessions	TIME	ROOM
Advanced Word & Excel	08/18/10	W	1	1-4p	213
	08/18/10	W	1	5-8p	213
Basic Rigging	07/01/10	Th	1	5-8p	101
Beginning Microsoft Excel	08/04/10	W	1	1-4p	213
	08/04/10	W	1	5-8p	213
Beginning Microsoft Word	07/21/10	W	1	1-4p	213
	07/21/10	W	1	5-8p	213
Code Calculations	07/28/10	WTh	2	5-8p	101
Conduit Bending	08/02/10	MW	2	5-8p	101
	08/03/10	TTh	2	5-8p	101
Confined Space Entry	07/15/10	Th	2	5-8p	101
Electrical Review	08/02/10	MW	10	5-8p	206
Fundamentals of PLCs	08/09/10	MW	4	5-8p	101
OSHA 10	07/06/10	T	4	5-8p	101
OSHA 30	06/21/10	MW	10	5-830p	201
PowerPoint Workshop	07/07/10	W	1	1-4p	213
	07/07/10	W	1	5-8p	213
Transformer Testing and Meggering	07/08/10	Th	1	5-8p	101
Variable Frequency Drives Fundamentals	08/10/10	T	2	5-8p	101

HEALTH INFORMATION SOURCES

Caremark - www.Caremark.com;
Specialty medications - CVS/Caremark
at 1-800-237-2767;

"NurseLine"- 24/7 access to Registered
Nurses at 800-250-6181 or
[http://healthresources.caremark.com/
topic/specialty](http://healthresources.caremark.com/topic/specialty); and for researching
doctors and hospitals:
www.healthgrades.com,
www.leapfroggroup.org/,
www.Calhospitalcompare.org or
www.hospitalcompare.hhs.gov.

California Health Care Foundation
supports www.CalHospitalCompare.org
which combines ratings for quality of
care, patient safety and patient
experience in an effort to help
consumers make informed choices.