In October 2000, the UMS Chancellor and Presidents adopted a System-wide Strategic Operating Plan for a UMS Health Improvement Program. The mission of the Program is:

“The UMS Health Improvement Strategy works to create and foster an environment of health improvement within the Community of the University of Maine System. The Strategy strives to promote the improvement of health and well being of employees, retirees and members of their families as well as the students in the University Of Maine System by designing, developing, implementing, and evaluating programs based on documented needs. The Strategy provides opportunities to improve the health of all constituents no matter what their current health status.”

Over the past four years your System-wide Health Improvement Committee (HIC) has made significant progress in establishing the foundation of a Wellness Strategy/Program at each university.

Last June the System-wide HIC members developed a system-wide plan based on selected National Health Observances. Our goal is to supplement existing programs by jointly celebrating three National Health Observances over the next twelve months.

The three common topics that evolved will emphasize National Health Observances as well as the dimensions of health.

“Peace in the System” will focus on areas of emotional, psychological, spiritual and educational health such as depression, family caregiving and better sleep. Committee members Suzanne Roy (Chair/USM), Kathleen Bell (UM), Carolyn Cheney (UMPI) and Andrea Walker (UM) will focus on November as National Family Caregiving month, the bedrock upon which this country’s healthcare system depends. The services provided by family caregivers represent 80% of all home care services and are conservatively valued at $257 billion a year, more than twice the amount spent on paid home care and nursing home services combined. Family caregivers provide a vast array of emotional, financial, nursing, social, homemaking and other services on a daily or intermittent basis.

“Lifestyle in Maine” will focus on lifestyle choices about physical activity, nutrition and environment such as Great American Smoke out, World No Tobacco Day, National TV Turnoff Day, nutrition and healthy weight. Committee members Colleen Spencer (UMA), Caroline Williams (UMFK), Rich Fabri (UMM) and Suzanne Mace (UMM) will focus on Healthy Weight Week, January 16th – 22nd.

“Claims to Fame” will focus on claims data about cardiovascular disease (CVD), chronic illnesses, cancer and diabetes. Observances and topics will include National Cancer Prevention, National Heart Month, American Heart Walk, breast and prostate cancer and diabetes. Committee members Warren Newton (UCB/UCA), Tom Hopkins (UMS), Tom Downing (USM) and Judy Jewell (UCO) will focus on February as National Cancer Prevention Month.

These National Health Observances will be implemented at each university to encourage culture or behavior changes system-wide.
The Medicare Prescription Drug, Improvement & Modernization Act of 2003 signed by President Bush in late 2003 creates a voluntary prescription drug program for Medicare beneficiaries. Starting January 1, 2006, new Medicare prescription drug coverage, also called Medicare D, will be available to everyone with Medicare.

The University of Maine System is required to distribute a Notice of Credible Coverage outlining options regarding the new Medicare prescription drug coverage program. If you are a University employee, retiree, former employee receiving long-term disability benefits, spouse, or domestic partner, you should have already received the Notice.

The current prescription coverage provided through the University’s group health plan with Anthem Blue Cross and Blue Shield provides a better prescription benefit than the one being offered under the new standard Medicare prescription drug coverage. While there are several Medicare prescription programs based on the financial resources of Medicare beneficiaries, most beneficiaries will be eligible for the program described most often in the news which includes the following benefit levels:

<table>
<thead>
<tr>
<th>RX Expenses</th>
<th>Medicare Pays</th>
<th>Medicare Beneficiary Pays</th>
<th>Medicare Beneficiary Total Payments</th>
</tr>
</thead>
<tbody>
<tr>
<td>First $250</td>
<td>None</td>
<td>First $250</td>
<td>$250</td>
</tr>
<tr>
<td>Next $2,000</td>
<td>75%</td>
<td>25%</td>
<td>$750</td>
</tr>
<tr>
<td>Next $2,850</td>
<td>None</td>
<td>100%</td>
<td>$3,600</td>
</tr>
</tbody>
</table>
| (The Donut Hole) Over $5,100 | 95% or excess of applicable | 5% or copay if less | if greater

If you are eligible for Medicare you are eligible to enroll in Medicare D beginning November 15, 2005 (effective January 1, 2006). However, if you enroll, the benefit payments you receive will not be as good as you currently have through your University plan. Also, if you choose to enroll in Medicare D, under federal law you will have to cancel your group health plan through the University, which includes health as well as prescription coverage.

If you are eligible for Medicare and have questions, please contact the System Office of Human Resources – Telephone 207-973-3379.

---

**THE UM SYSTEM BENEFITS OFFICE IS**

**OCTOBER 5, 2005**

**NEW ADDRESS**

16 Central Street
Bangor, ME 04401

**DON’T PANIC!**
PHONE NUMBERS WILL REMAIN THE SAME, BUT NEARBY PARKING WILL BE LIMITED. SEE NEXT PAGE FOR DETAILS.
If you or any of your family members are planning a trip and will need more than a 30-day supply of your medication, you can contact Tony Richard at the System Office of Human Resources to request a prescription override. This will allow you to get enough medication to last through the trip. Please provide the following information, in writing, at least 48 hours before your trip.

1. The name of the person who needs the medication.
2. The medications that are needed for the trip.
3. The length of time you will be away.

We cannot guarantee that we can process requests received less than 24 hours prior to your departure.

Note: Tony Richard can be reached at 207-973-3379.

NOTICE: Since the UM System Benefits Office is Moving October 5, 2005, nearby parking will be limited at our new location, and for security reasons visitors will have to be escorted from the general reception area to the Benefits Office. If you are a retiree who currently pays your health insurance premium in person, you may find it more convenient in the future to mail in your payment or arrange for automatic payment from your checking account. For information about automatic payment, call the Benefits Office at 207-973-3379.

Non-Discrimination Notice: In complying with the letter and spirit of applicable laws and in pursuing its own goals of diversity, the University of Maine System shall not discriminate on the grounds of race, color, religion, sex, sexual orientation, national origin or citizenship status, age, disability, or veterans status in employment, education, and all other areas of the University. The University provides reasonable accommodations to qualified individuals with disabilities upon request. Questions and complaints about discrimination in any area of the University should be directed to the campus Equal Opportunity Director.
October, November and December are National Health Awareness months to encourage us to keep ourselves and families healthy and active.

Find the hidden somewhere in this newsletter and you could win a $25 gift certificate from Wal-Mart. Once you find it, send your name and the location to the University of Maine System, 16 Central Street, ATTENTION: Benefits Office, Bangor, ME 04401, or e-mail to benefits@maine.edu. You will be entered into a drawing for the $25 gift certificate. All entries MUST BE IN OUR OFFICE BY NOVEMBER 16, 2005. Drawing to be held on NOVEMBER 17, 2005. Good Luck!

CONGRATULATIONS to Juanita Fogg, a University of Maine System Retiree, winner of July’s Wal-Mart gift certificate.