

Health Hints

By Larry Hunt

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Apparently the Health Matters magazine is not yet available on the RTO/ERO website. I will attempt to outline some highlights of the magazine. Hopefully the magazine will soon become available on the RTO web site. I will pass that information on to you when it does.

Before I do however, I wanted to answer a question that I have heard from some of our members. I think we can all agree that billing directly to Johnson Insurance saves time (less forms to fill out) and concern if our claims are not responded to as soon as we hoped. Billing directly from pharmacies can be a challenge if you are not familiar with those that do. Obviously the filling charges for prescriptions are also a factor. (No doubt location of the pharmacy is important for many as well). The following pharmacies have indicated they will bill directly: (thanks to Walt Duncan for some assistance in this matter), Wal Mart's pharmacy, Shopper's Drug Mart, Paragon, Save-On, Safeway, Dyck's in Kelowna, Pharmasave and London Drugs. At last check, Costco, Supercenter and Zeller's will not bill directly. Remember that you should take your Johnson Inc. card with you and don't be afraid to ask about the filling (dispensing) charge before you sign up. These pharmacies were checked in the Kelowna and Vernon area but the same results should hold for all of BC. And, direct deposits can be made directly into your bank account by sending a void cheque to Johnson Inc.

Highlights from the Health Matters magazine.

1. The Semi-Private Hospital and Dental Plans finished with a surplus, however the Extended Health Care Plan ended the year in a deficit.
2. Any suggested plan changes between now and Dec. 31/2010 will be considered in 2011 for the 2012 benefit calendar year.
3. For those participants taking a lengthy vacation and needing more than 100 days supply of their prescription medication, you can complete the Vacation Supply Form, which is now available on the Johnson Inc. web site.
4. A discussion of back pain.
5. Continuing on Diabetes Education
6. Surviving Dependent Process of RTO/ERO member.
7. Dangers of Carbon Monoxide.
8. Roloids Antacid Tablet (bottles of 100 and 150) are being recalled in Canada. Stop using them and contact McNeil Consumer Healthcare (Canada) at 1-800-661-4659 for instructions on how to return the product.
9. Eat Right Ontario provides easy to use nutrition information.

Beginning in May, 2010 Audrey Neumann will be your District Health Rep and I will be the Interior Unit Health Rep. Audrey will be also contributing to a health column for you on this web site for one year. If you have any questions re: our Health Plan please contact me at larry_hunt@telus.net