

## November 2019 Bulletin from the H&W Trustees

The Trustees of the PPWC – Employer Trusteed Health & Welfare Plan met on October 21<sup>st</sup> and would like to update you on a number of items relating to your group benefit coverage.

Drug Supply Limits for Maintenance Medication is 100 days, from previous 3 months or 90 days

Maintenance drugs are used to control and manage a variety of chronic or long-term conditions such as high cholesterol, high blood pressure, and diabetes. **Pacific Blue Cross' standard supply for maintenance medication is 100 days.** The Trustees would like to encourage you to remind your physician to provide you with a **100-day supply** rather than old 3-month prescription limit, so that you do not have to visit the pharmacy frequently, which will save you in dispensing fees over time.

If a longer supply is needed, Pacific Blue Cross may be able to provide an exception. For an exception, you will need to indicate the reason for a supply that is longer than 100 days on the claim form and submit to Pacific Blue Cross for processing.

### Pharmacy Compass

The Pharmacy Compass is an online tool developed by Pacific Blue Cross that may help you save money by comparing the average price for prescription drugs at different pharmacy locations near you and across British Columbia based on claims submitted to Pacific Blue Cross over the past three months. Please keep in mind that Pharmacy Compass is for information purposes only; price and availability change all the time. They show an average price based on the past three months from their claim database. The actual price may vary from what is shown.

The Trustees encourage you to utilize this tool when filling your prescriptions. Please visit the Pharmacy Compass site at <https://www.pac.bluecross.ca/pharmacycompass> for more information.

### New Trustee Announcement

Bobbie Guenther, Total Rewards Manager of Paper Excellence, has been appointed to replace Greg Katz as an Alternate Management Trustee of the PPWC – Employer Trusteed Health and Welfare Plan effective September 2019.

### Beneficiary Designations

The Trustees would like to remind you that it is your responsibility to keep your beneficiary designation up to date, and it is very important to do so as it relates to your basic life insurance and accidental death and dismemberment benefits. Keeping your beneficiary designation current is important because it is not automatically updated if there is a life event such as divorce, marriage, birth or death of children, or any other changes in your personal situation. Please see your Plan Administrator for the appropriate form.

### Trustee meeting dates for 2020

The Trustees established their 2020 meeting dates as follows:

March 2, 2020

June 11, 2020

October 22, 2020