

HEALTH BENEFITS E-NEWS

*Department of Human Resource Management
Office of Health Benefits*

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Tips for Traveling

Spring is almost here and with it thoughts of getting away on a vacation or special trip. Remind employees to add "medical care planning" to their pre-trip itinerary before they board that car, bus, train, or plane. It's one of the most important things they can do to prepare when going away from home. The attached article provides some tips about using the BlueCard PPO® network when traveling in Virginia and BlueCard Worldwide® when the destination is outside the United States.

Don't Forget the New Process for Prescriptions

Before employees go on vacation or out of the country, they may want an extra supply of prescription drugs. The key phrase is "plan ahead." Advise them not to wait until the last minute! COVA Care or COVA HDHP members may receive one early refill (up to a 34-day or 90-day supply) from a retail pharmacy that participates with their health plan or through the plan's mail service pharmacy. But if travel will be for a longer period, they need to fill out a Prescription Drug Refill Exception Request Form available on the DHRM Web site at www.dhrm.virginia.gov under Compensation and Benefits, Health Benefits, For Employees, COVA Care or COVA HDHP, Prescription Drugs. The form should be submitted as soon as they know about their trip! It may be completed online and printed. Members then should send a signed version by fax to **(804) 371-0231** mailed directly to the Department of Human Resource Management (mailing address is on form). Allow at least two weeks for processing.