

State of Michigan Employees For Your Benefit

provides a variety of timely information related to your health care benefits and needs



New ID card coming soon

We're upgrading our systems to improve our service. Nearly all of the changes related to this system upgrade will be seamless to you. However, we will send you a new ID card that includes codes that providers need to use when billing for services on the new system.

You should receive your new ID card within the next few weeks. Please begin using it as soon as you receive it and discard your current card.

Here are samples of your current ID card and your new ID card. Your card may have different numbers on it:

Current ID card (Discard when you receive your new ID card)

 	
Enrollee Name VALUED CUSTOMER	State Health Plan PPO
Enrollee ID MIG888888888	RxBIN 610014
Issuer (80840) 9101003777	RxGrp BCBSMRX1
Group Number: 81814	
	

 	
Enrollee Name VALUED CUSTOMER	State Vision Plan
Enrollee ID XYZ888888888	
Issuer (80840) 9101003777	
Group Number: 81818	

Please note:
There are no changes to your benefits or the out-of-pocket amounts you pay.

New ID card (Use upon receipt)

 	
Enrollee Name VALUED CUSTOMER	State Health Plan PPO
Enrollee ID MIG888888888	RxBIN 610014
Issuer (80840) 9101003777	RxGrp BCBSMRX1
Group Number: 00700562	Issued: 06/2012
	

 	
Enrollee Name VALUED CUSTOMER	State Vision Plan
Enrollee ID XYZ888888888	
Issuer (80840) 9101003777	
Group Number: 007035691	Issued: 06/2012

If you have questions, please call your State of Michigan Customer Service Center at 1-800-843-4876, Monday through Friday, 8 a.m. to 6 p.m., excluding holidays.



Be aware of the sun

Being outside on a sunny day can be fun, but too much of a good thing is bad for everyone. The sun's rays can be dangerous. Overexposure can result in a painful sunburn and worse. Too much sun can lead to serious health problems including skin cancer, premature skin aging and eye damage including cataracts.

Repeated unprotected exposure to the sun's ultraviolet (UV) rays can cause skin damage and skin cancer. Annually, there are more than 2 million new cases of skin cancer in the United States. The U.S. Environmental Protection Agency (EPA) recommends these action steps to keep you safe in the sun:

- **Don't burn**
Sunburns significantly increase your lifetime risk of developing skin cancer, especially for children. Sun damage as a child often results in skin cancer later in life.
- **Don't tan or use tanning beds or booths**
UV light from tanning beds or booths and the sun causes skin cancer and wrinkling.
- **Generously apply sunscreen**
Use it a lot and often. Generously apply sunscreen — about one ounce (a shot glass) to cover all exposed skin 20 minutes before going outside. Sunscreen should have a Sun Protection Factor (SPF) of at least 15 and provide protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply every two hours, even on cloudy days, and after swimming or sweating.
- **Wear protective clothing**
Wear a long-sleeved shirt, pants, a wide-brimmed hat (covering your nose and ears) and sunglasses.
- **Stay in the shade**
Seek shade when possible and remember that the sun's UV rays are strongest between 10 a.m. and 4 p.m.

- **Use extra caution near water, snow and sand**
Water, snow and sand reflect the damaging rays of the sun, which can increase your chance of sunburn.
- **Check yourself**
Do a monthly skin self-exam for anything unusual. Skin cancer can occur anywhere, so check more than the sun-exposed areas of your skin. In fact, among darker-skin people, melanoma, the most serious form of skin cancer, occurs mainly on non-pigmented areas of skin, such as the palms of hands, the soles of feet, and the skin beneath finger and toe nails. Look for a:
 - Change in the size, texture or color of a mole
 - Sore that doesn't heal
 - Lump that's small, smooth, shiny, waxy or pale
 - Lump that's firm and red
 - Red spot that's flat, rough, dry or scaly

Early detection is important

When skin cancer is found early, it's more likely to be treated successfully.

Check with your dermatologist or other health care professional if you find something new or different. For more information, visit BCBSM's BlueHealthConnection's Adult Library on bcbsm.com for a host of information on this subject and others.

Sources:

Center for Disease Control. cdc.gov/cancer/skin/basic_info/prevention.htm

U.S. Environmental Protection Agency. epa.gov/sunwise/summary.html

National Cancer Institute at the National Institutes of Health. cancer.gov/cancertopics/types/skin





Avoiding salt is tricky, but important

If you could describe the flavor of the typical American diet in one word, that word might be salty.

The Center for Disease Control (CDC) recommends that we limit ourselves to 2,300 milligrams of sodium each day. That amount should be even lower if you have a health issue such as high blood pressure. And too much salt can lead to heart disease, stroke and other vascular diseases. However, most Americans are getting more than the suggested amount. A lot more, in fact. On average, Americans take in about 3,300 milligrams of sodium daily. About nine out of 10 people are consuming more sodium than recommended.

Some of the high sodium foods are “salted” before they reach your table. These include processed and restaurant foods: breads and rolls, cold cuts/deli meats, poultry, soups, cheese, and snacks such as chips and pretzels.

What can you do to reduce the salt in your life?

Eating less salt can be a challenge. Some foods that may seem to be healthy, such as cottage cheese or turkey breast, are surprisingly high in sodium.

Here are some tips in taking the salt out of your diet:

- Although only about 10 percent of our sodium comes from salt that we add in the kitchen or at the table, eliminating that amount is a beginning.
- Read the sodium content on the nutrition fact labels on packaged products so you don't exceed your daily maximum.
- Eat fresh or frozen fruits and vegetables without sauces.
- Limit processed foods.
- When eating out, request lower-sodium options.

Be more aware of what you eat. The foods you consume add up. Just make sure they add up to keep you healthy.

For Your Benefit

State of Michigan Employees

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How to reach us

For benefit information or claim inquiries, call or write the BCBSM State of Michigan Customer Service Center.

To call

1-800-843-4876

Our customer service representatives are available from 8 a.m. to 6 p.m. Monday through Friday excluding holidays.

To write

Please send all correspondence to:
State of Michigan Customer Service Center
Blue Cross Blue Shield of Michigan
232 S. Capitol Avenue L04A
Lansing, MI 48933-1504

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