



February 12, 2015

Spotlight:
Free Biometric Screenings
Coming to a Place Near You
Helps you keep your Living Well Promise

The Kentucky Employees' Health Plan is touring the Commonwealth to provide biometric screenings at no cost to its members. Thirty-nine screening events are scheduled, and the first event takes place in Franklin County, February 17-19.

"To reference an old adage — an ounce of prevention is worth a pound of cure," said Joe Cowles, KEHP commissioner. "We have watched this simple health screening bring critical issues to light, stop or slow deadly diseases, and help our members better manage their health status."



For several years, the KEHP has shown a deep commitment to improving members' health. In 2014, the KEHP further incentivized healthy behaviors by introducing wellness requirements in two health plan options. These LivingWell plans have the same or higher monthly rate than the standard plans, but provide lower coinsurance, deductibles and out-of-pocket maximums to members. This year, 86% of eligible employees chose one of the wellness plans, up from 81% last year.

The wellness plans require participants to complete a "LivingWell Promise" by taking either an online health assessment or, new for 2015, a biometric screening.

The biometric screening consists of a finger prick or lab work to measure cholesterol, blood glucose and blood pressure. Height, weight, and waist measurements are also collected. The health assessment consists of about 30 lifestyle questions, which provide a general overview of the member's health status and a personalized plan of action to improve or maintain good health.

Both are early steps members take as part of HumanaVitality, a data-driven wellness and rewards program designed to motivate members to make healthier choices.



A recent HumanaVitality study found improved health (as shown through lower health care costs and fewer unscheduled absences) among associates who actively participated in the program. The study concluded the largest impact on healthcare costs was on members with lifestyle-related

chronic conditions like high blood pressure or diabetes. Engaged members with these conditions had 60% lower health claims costs than unengaged members with these conditions.

"Unlike the health assessment, which can be completed anywhere a member has internet access, the biometric screenings require members to visit a provider location. Offering regional events makes completing this key screening even more convenient for many members," said Cowles.



Primary care physicians, retail clinics, local health departments, Frankfort First Onsite, and worksite locations are alternatives for members who cannot attend a regional event.

The LivingWell Promise Tour will stop in nearly 30 counties, including: Anderson, Boone, Boyd, Boyle, Breathitt, Breckinridge, Bullitt, Christian, Daviess, Estill, Fayette, Franklin, Garrard, Harlan, Henderson, Henry, Jefferson, Knox, Laurel, Lincoln, Madison, Magoffin, Mason, Oldham, Powell, Scott, Shelby, Spencer, Warren, and Whitley. For a detailed list of events, dates, times and locations, visit LivingWell.ky.gov/Pages/promiseevents.aspx.

For more information, visit LivingWell.ky.gov. For KEHP member information, visit KEHP.ky.gov.

Anthem Cyber Attack Update

Employees encouraged to be vigilant in monitoring their credit information



You may have heard that Anthem, Inc., the parent company of our health insurance administrator, was recently the victim of a highly-sophisticated cyberattack.

Please be aware: Scam email campaigns targeting current and former Anthem members have been reported. These scams, designed to capture personal information (known as "phishing") appear as if they are from Anthem and the emails include a "click here" link for credit monitoring. These emails are NOT from Anthem.

- DO NOT click on any links in email.
- DO NOT reply to the email or reach out to the senders in any way.

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PERSONNEL MOVES

Janet Lile, formerly with the Commonwealth Office of Technology, has recently transitioned to the Office of the Secretary. She will primarily be focused on supporting several cabinet initiatives such as:

Next Generation-Ky Information Highway
Managed Print Services
Data Analytics
Grant Opportunities
Shaping Our Appalachian Region (SOAR)
Commonwealth Energy Management & Control System (CEMCS)
Public Private Partnerships (P3s)
Procurement reorganization and process changes

Cyber Attack Cont'd from Pg. 1

- DO NOT supply any information on the website that may open, if you have clicked on a link in email.
- DO NOT open any attachments that arrive with email.
- DO NOT provide your information to anyone over the phone.

Anthem is not calling members regarding the cyberattack and is not asking for credit card information or social security numbers over the phone.

This outreach is from scam artists who are trying to trick consumers into sharing personal data. There is no indication that the scam email campaigns are being conducted by those that committed the cyberattack, or that the information accessed in the attack is being used by the scammers.

Anthem will contact current and former members via mail delivered by the U.S. Postal Service about the cyberattack with specific information on how to enroll in credit monitoring. Affected members will receive free credit monitoring and ID protection services.

Additional information about the cyberattack against Anthem is available at www.AnthemFacts.com or the Anthem hotline, 1-877-263-7995.

For more guidance on recognizing scam email, please visit the FTC website: <http://www.consumer.ftc.gov/articles/0003-phishing>

Spring is Right Around the Corner... Thank Goodness We Don't Live in New Hampshire... 😊

Police in snow-swamped New Hampshire are hunting for Public Enemy No. 1: The suspect is described as short and furry with brown eyes and big, pointy teeth. Looking to lighten the mood after a series of snowstorms, Merrimack police posted a gag on their Facebook page asking the public to rat out Punxsutawney Phil, the Pennsylvania groundhog who last week predicted six more weeks of winter.



"We have received several complaints from the public that this little varmint is held up in a hole, warm and toasty," said the posting.

Did you know...

That Kentucky's Exports are at an All-Time High?

Fourth straight year for record growth

Kentucky-made products are being sold around the world at a record pace.

Gov. Steve Beshear today announced that the Commonwealth exported a state-record \$27.5 billion in 2014. It's the fourth-straight year Kentucky has broken the previous mark.



"Kentucky's impact on the global economy is significant," said Gov. Beshear. "The fact that we've shattered export records for four years running shows our initiatives to help businesses succeed are working. Expanding Kentucky's market is

important to our business community, to our economy and to the prosperity of every person in the Commonwealth."

The record represents a 9 percent growth in exports since 2013. By comparison, the average export growth rate nationwide was just over 2 percent. In 2013, Kentucky's exports totaled \$25.3 billion.

Leading Kentucky's export growth is aerospace. Last year, the state shipped out \$7.8 billion in aerospace parts and products, a 38% increase from 2013. Kentucky's other top exports include motor vehicles, parts, and bodies and trailers (\$5.9 billion), synthetic rubber and resin (\$1.4 billion) and pharmaceuticals (\$1.3 billion).

Among the state's major industries, the export that accounted for the highest percentage increase in 2014 was motor vehicle bodies and trailers, up nearly 2,100 percent from the previous year. The products are being sold in Canada, Mexico and Japan.

In 2014, the Commonwealth exported to 191 nations. Kentucky's top trading partner is Canada, with \$7.6 billion in products and services. Mexico (\$2.3 billion), United Kingdom (\$2.3 billion), France (\$2 billion) and China (\$1.7 billion) round out the top five.

Kentucky experienced a significant jump in exports to France. Exports to France grew 93 percent. The increase in exports to the region is attributable to aerospace products and parts (up from \$832 million in 2013 to \$1.8 billion in 2014).

The Commonwealth's yearly exports have increased 42 percent since Gov. Beshear created the Kentucky Export Initiative (KEI) in 2010. KEI is designed to better facilitate international trade opportunities for Kentucky businesses. Gov. Beshear also has led KEI trade missions to the United Kingdom and Canada. Another international trade mission also is being planned.

"To achieve success, we have to be focused on the global marketplace," said Mandy Lambert, commissioner of business development in the Kentucky Cabinet for Economic Development. "We make