



FUNDamentals

The newsletter from your Wisconsin Health Fund
PO Box 601 Milwaukee WI 53201

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OUR MISSION

Enriching lives
through
progressive
benefits,
compassionate
care, and
exceptional
service.

Are you really getting the best prices on your prescriptions?

Are you aware, in most cases, you will get the best possible prescription prices through the Wisconsin Health Fund (WHF) Pharmacy? For those not living in the eleven county area you can still take advantage of these prices by using our mail order service. For your regular maintenance drugs it's possible to receive up to a 90-day supply shipped right to your house. There is no mailing fee. The procedure to transfer your prescriptions to the WHF Pharmacy is quite easy and can usually be accomplished in the same day. The WHF Pharmacy staff is eager to help you achieve these savings. Just give us a call during regular business hours at (414)771-5606 or (800)527-2023. When the automated machine answers press -0- to be connected directly to one of the pharmacy staff members. We will explain your benefits and the necessary steps to take full advantage of your pharmacy plan.

The WHF Pharmacy is open:
Monday, Wednesday and Friday 8:00am to 6:00pm
Tuesday and Thursday 8:00am to 7:00pm
Saturday 8:30am to 12:00pm

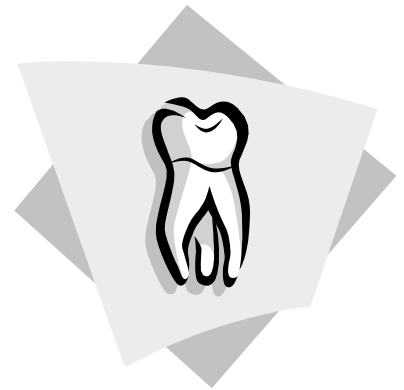
Pardon our dust...

The City of Wauwatosa is installing a new water main on the north side of Bluemound Road. In addition, a street paving project will begin in late spring of this year. Due to the on-going construction the city has issued a NO PARKING zone between 7am-5pm on Bluemound from 59th to 67th Street. We regret any inconvenience this may cause. As always, the parking lot next to the pharmacy may be used. Please allow ample time to get to your appointment. Should you need assistance, just ask.



DON'T WAIT UNTIL IT HURTS!!

Cavities, gum disease, and other dental problems often do not cause discomfort or noticeable symptoms until a toothache occurs. When regular preventative care is missed, treatment often becomes more costly and time consuming. Due to the complexity of some procedures immediate pain relief and treatment are not always possible. Regular preventative care is your best defense against these problems.



The enhancements made to your on-site dental benefits on January 1, 2004 have made preventative care more affordable than ever. Most exams, x-rays, cleanings and fillings are free to our members at the WHF on-site Dental Center. Additionally, your deductible is waived for services performed on-site.

Why not be proactive? Find problems early, pursue treatment sooner and thus save time, money and sleepless nights. To schedule an appointment, please call (414)771-5600.

Don't wait! Prevent Problems now.

Women's Health and Cancer Rights

The Women's Health and Cancer Rights Act of 1998 requires the Fund to notify you, as a participant or beneficiary of the Wisconsin Health Fund Plan, of your rights related to benefits provided through the plan in connection with a mastectomy. As a participant or beneficiary of Wisconsin Health Fund you have a right to coverage provided in a manner determined in consultation with your attending physician for: (a) all stages of reconstruction of the breast on which the mastectomy was performed; (b) surgery and reconstruction of the other breast to produce a symmetrical appearance; and (c) prostheses and treatment of physical complications of the mastectomy, including lymphedema.

These benefits are subject to the plan's regular deductible and co-payment described in the Plan Document. For further details, refer to your Summary Plan Description (SPD).

Keep this notice for your records and call your Plan Administrator at Wisconsin Health Fund, (888)208-8808 for more information.

In May 2003, WHF opened its doors to the community after 37 years of exclusively serving its members. Since that time WHF has seen 541 new patients. Help spread the word - please think of WHF when family or friends are looking for compassionate and personal Medical and Dental care.

In December, your updated Summary Plan Description (SPD) was mailed. Did you receive yours? If not, please contact the Customer Service Department at (888)208-8808



Meet Ann Markuson, R.D., C.D., C.D.E. the dietician at Wisconsin Health Fund. In March, Ann will be starting a group weight loss program based on the LEARN® program for weight management by K.D. Brownell, Ph.D. This course will focus on how to change habits for life long weight loss and improved health. By the end of the program you will discover new ways to eat healthier, sneak more physical activity into your lifestyle and develop new and healthier coping skills.

The group will meet on Tuesdays from 5:30pm - 6:30pm for 8 weeks beginning March 30th, in the Medical Center. The cost of \$75 will include class instructions and book. Come join us for a free informational session on March 23, 2004 at 5:30pm, or reserve your spot by calling (414)479-3697.

The Epidemic:

Obesity is a complex medical condition afflicting millions of Americans today. Studies show that more than 50% of the U.S.A. is overweight and nearly 30% is considered obese. Obesity is responsible for approximately 300,000 deaths in America alone.

What is BMI?

Body Mass Index or BMI is a measurement based on height and weight as it relates to body fat. BMI is one method doctors use to determine if an individual is at a healthy weight.

The chart on this page is an easy way to estimate your BMI. To calculate your BMI, use the following formula:

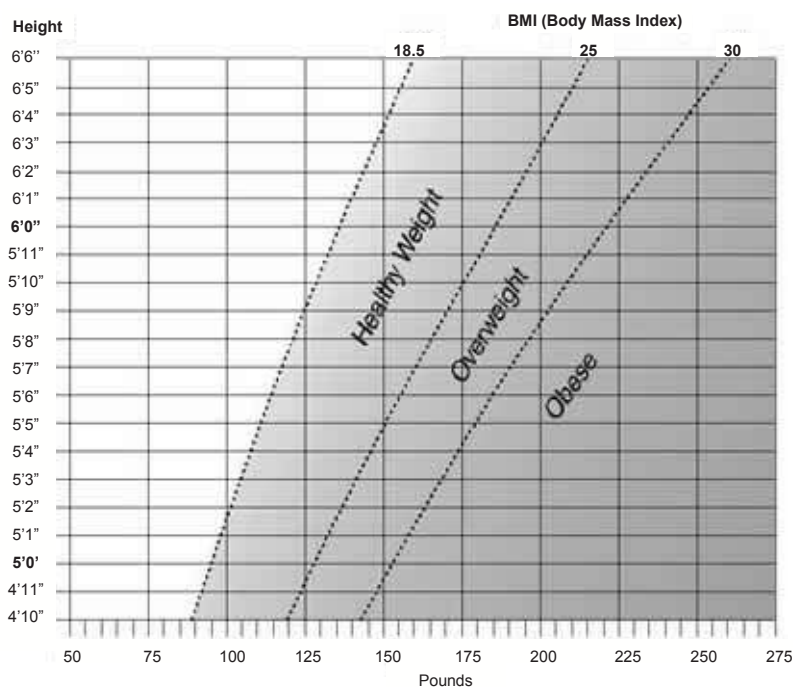
Weight in pounds times 704.5 divided by height in inches squared. A healthy BMI is between 18.5 and 25.

Example: A person who weighs 220 pounds and is 6 feet 3 inches has a BMI of 27.5.

$$220 \text{ lbs} \times 704.5 = 154990$$

$$75 \text{ in} \times 75 \text{ in} = 5625$$

$$154990 / 5625 = 27.55$$



The Health Effects:

Obesity has been linked to many medical and psychological health problems. These are a few of the health effects that can be caused and worsened by obesity:

- High Cholesterol
- Urinary Incontinence
- Gallbladder Disease
- Degenerative Joint Disease
- Heart Attack/Stroke
- Gastric Reflux Disease
- High Blood Pressure
- Type 2 Diabetes
- Anxiety
- Low Back Pain
- Sleep Apnea
- Asthma
- Fatty Liver
- Depression
- Infertility
- Some Cancers

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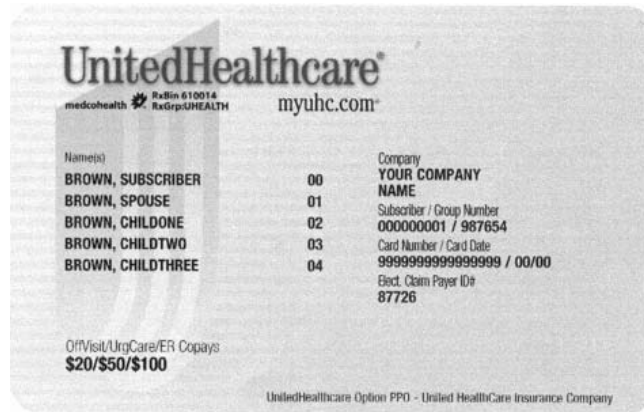
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WHF Customer
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WHF On-Line
www.whfund.org

Coming Soon...



Members who are part of the UnitedHealth Care Preferred Provider Organization Network will be receiving new medical ID cards in March. The cards will list all dependents and include a newly assigned subscriber number. A magnetic strip will be added to enable providers to obtain more timely benefit and eligibility information. Please watch for it in your mail and feel free to contact the WHF Customer Service Department with any questions.

