



OCTOBER 2017  
FEEL YOUR BEST

## CARE CONNECTION

### YOGA MAY BE BETTER FOR YOUR BACK

Chronic back pain affects about 10 percent of Americans and costs a whopping \$200 billion per year to treat, usually with expensive physical therapy or addictive pain medications. Recently, studies have been looking into alternative treatments for chronic lower back pain. Earlier this year, a study in the *Annals of Internal Medicine* showed that yoga can be as effective in treating back pain as physical therapy.

In the study, Boston Medical Center researchers took 320 people suffering from chronic back pain and divided them into three groups — the first of which received “educational materials” about lower back pain, the second of which attended 15 physical therapy visits, and the third of which attended 12 weeks of yoga classes designed to help their pain. The results showed that yoga classes reduced pain and improved function as much as physical therapy. By the end of the 12 weeks, yoga participants were more than 20 percent less likely than the education participants to use pain medication for their back pain, and the yoga-goers were more satisfied with their treatment. The benefits of yoga even held out a year later if the patients continued their exercises.

Yoga has some pretty powerful wellness benefits. Among them, it’s less expensive than physical therapy and does not have the negative addictive effects of pain medication. It’s also great for your physical and mental health. Yoga can help you increase your flexibility and muscle strength as well as your energy. It can help you maintain a balanced metabolism and reduce your weight. Yoga is also great for lowering blood pressure and reducing insomnia. Practicing yoga regularly can benefit your mental well-being too because it helps to relieve stress and creates mental clarity and mindfulness.



Sources: [Popular Science](#), [American Osteopathic Association](#)

### REMINDER!

#### NEW ID CARDS FOR 2018

Plan members will be receiving new ID cards with new ID numbers at the end of the year that will become valid on 1/1/2018. For all claims incurred in 2017, please continue using your current ID cards.

You will receive your new ID cards before the end of the year, so look for them in the mail — and save them for 2018!

### WELLNESS TIP!

Research shows you can lower your risk for Type 2 diabetes by 58% by:

- Losing 7% of your body weight
- Completing moderate exercise for 30 minutes per day for five days per week
- Eating a balanced diet



Sources: [Diabetes.org](#), [NDPP](#)

### DON'T FORGET!

*Make sure your healthcare providers are in-network.*

You can do this by calling the PPO Provider Locator phone number at 1-800-810-BLUE or by using the Anthem Provider Locator online.

To use the Provider Locator, visit Anthem’s website at [www.anthem.com](#). Access the navigation menu and click on **Find a Doctor** under the **Care** header. You’ll be prompted to either login or search as a member with your alpha prefix. Select the type of provider and specialty you’re looking for. Enter your zip code or address and select how far you’d like to search. You can also filter by providers who are accepting new patients! When you click **Search**, your results will be displayed, and you can click on the provider’s name for more information.

### ELIGIBILITY ISSUE WITH THE DOCTOR?

If your provider says that the Anthem website shows that you are not eligible, ask him or her to call Anthem Provider Benefits & Eligibility at 1-800-676-BLUE at that time. (Sometimes the Provider phone line has more up-to-date eligibility information than the Anthem website.)

On the rare occasion that the Anthem phone line also claims that you are not eligible, then either you or your provider should call FMCP Customer Service at 1-877-937-9602 for assistance.

### DID YOU KNOW?

*Sav-Rx has a smartphone app for mail-order prescription customers!*

Using the Sav-Rx app, you can:

- Quickly and easily refill your mail order prescriptions
- Check the status of your refill requests
- Track the delivery of your refill orders
- See a history of your mail order prescriptions at Sav-Rx
- Update your shipping address & credit card on file

Download the Sav-Rx app from Google Play or the App Store!



### BEST DOCTORS

When you’re facing a critical medical decision, getting it right is everything. That’s why FMCP members and their dependents have access to Best Doctors’ Expert Second Opinion at no cost. Let a top-rated Best Doctor perform an expert review of your medical case with just a phone call. After review, the expert will either confirm your diagnosis and treatment plan or recommend critical changes.



Best Doctors

Here’s how it works:

- STEP 1.** Best Doctors collects all your records, X-rays, scans, test results and pathology samples. You don’t travel, visit doctors’ offices or hunt down files.
- STEP 2.** Files are reviewed. Images are re-read. Samples are retested at world renowned centers of excellence.
- STEP 3.** The Best Doctors expert provides you with a comprehensive, confidential report, including diagnostic and treatment recommendations.
- STEP 4.** Best Doctors enables collaboration with your treating physician to ensure you make the best treatment decisions.

Best Doctors is available to help you guarantee that you’re making the right medical decisions for you — especially when your diagnoses or treatment options feel overwhelming. You can access Best Doctors services, including Expert Second Opinion, by calling 1-866-904-0910 or by visiting the member website at <https://members.bestdoctors.com/>.

### GRAPEFRUIT IS GOOD FOR YOU — BUT NOT FOR YOUR MEDICATION

Although grapefruit and its juice can be great sources of vitamin C and potassium, they aren’t good for you when they interfere with your medication — and with some medications, grapefruits do just that. In fact, the FDA has required some prescription and over-the-counter drugs to include warnings against eating grapefruit or drinking grapefruit juice while taking the medication.

Some types of drugs that grapefruit juice can cause problems or interact with include:

- Some statin drugs to lower cholesterol, such as Zocor (simvastatin) and Lipitor (atorvastatin).
- Some drugs that treat high blood pressure, such as Procardia and Adalat CC (both nifedipine).
- Some organ-transplant rejection drugs, such as Sandimmune and Neoral (both cyclosporine).
- Some anti-anxiety drugs, such as buspirone.
- Some corticosteroids that treat Crohn’s disease or ulcerative colitis, such as Entocort EC and Uceris (both budesonide).
- Some drugs that treat abnormal heart rhythms, such as Pacerone and Nexterone (both amiodarone).
- Some antihistamines, such as Allegra (fexofenadine).

Grapefruit juice does not affect all drugs in the categories above, and the severity of the interaction can be different depending on the person, the drug, and the amount of grapefruit juice you drink.

Talk to your doctor, pharmacist or other health care provider and read any information provided with your prescription or OTC drug to find out:

- If your specific drug may be affected.
- How much, if any, grapefruit juice you can have.
- What other fruits or juices may also affect your drug in a similar way to grapefruit juice.



Also be sure to read the medication guide that comes with your prescription or the Drug Facts label on your over-the-counter drug to find out whether or not grapefruit and grapefruit juice will affect it. If your medications are affected, be careful to read labels of fruit juices and drinks flavored with fruit juice to ensure that they do not contain grapefruit or similar fruits, like Seville oranges and tangelos (a tangerine-grapefruit cross), which may also impact your medication.

Source: [FDA](#)

### GET OUR NEWSLETTER SENT STRAIGHT TO YOUR INBOX

If you enjoy our quarterly newsletter, you can get each new issue sent *straight to your email inbox!*

[Click here](#) and fill out the contact form with your **name** and **email address** and list the message as “FMCP newsletter”. We’ll add you to our subscriber list, and you’ll get each new issue delivered right to you!



### IMPORTANT CONTACT INFORMATION

PPO - Anthem  
1-800-810-BLUE  
(Provider locator services)  
[www.anthem.com](#)

Rx Drugs - SavRx  
1-866-233-4239  
[www.savrx.com](#)

Best Doctors  
1-866-904-0910  
<https://bestdoctors.com/>

Dental - MetLife  
1-800-942-0854  
[www.metlife.com/mybenefits](#)

Vision - VSP  
1-800-877-7195  
[www.vsp.com](#)

NECA/BEW Family Medical Care Plan  
410 Chickamauga Avenue, Suite 301  
Rossville, GA 30741  
1-877-937-9602  
[www.nifmcp.com](#)