

# Health Connection

## Live "Your Best Life"

Issue 10, Winter 2012



### Start the new year off right!

You can decide right now to improve your health and quality of life in the new year. We invite you to make the start of 2012 a time of renewed commitment to good health.

Take the first steps by reviewing the screening record on page 4. If you're missing any screenings (or if you're not sure), please take the form to your doctor and ask for an update.

This newsletter also includes information about how to schedule your free medication consultation, get a flu shot and attend upcoming workshops and classes. They're free for our members. Please join us!

If you have suggestions or questions, please contact us. Stop by our offices or give us a call at (661) 716-8800 or Toll Free at (877) 697-2464.

Here's to living "Your Best Life" in the new year!

Ramon Neufeld, M.D.  
Chief Medical Officer

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*There's still time to get your free flu shot!*

**Tuesday, Jan. 24, 2012 • 2:30 – 5:30 p.m.**

**Friday, Jan. 27, 2012 • 10 a.m. – 2 p.m.**

**Location: GEMCare Corporate Office**  
4550 California Ave., Suite 100 • Bakersfield



**GEMCare Health Plan Member Services Department**  
(661) 716-8800 • Toll-Free (877) 697-2464  
TTY/TDD (888) 833-9312  
Member Service Hours: 8am – 8pm, Sun. – Sat.

**You can visit GEMCare Health Plan's office at:**  
4550 California Avenue, Suite 100  
Bakersfield, CA 93309  
Office Hours: 8am – 5pm, Mon. – Fri.

**You can visit GEMCare Health Plan's website at: [www.gemcarehealthplan.com](http://www.gemcarehealthplan.com)**



## What is happening with Lipitor?

*The popular brand-name Lipitor has begun the transition to generic.*

For many years, the company that first discovered Atorvastatin, the active ingredient in Lipitor, was the only company that could make and sell the drug. That meant they could charge any price they wanted since they had no competition.

Now that the patent has expired, other companies can make and market Atorvastatin. As more and more companies make it, the supply will increase and the price will go down. In California, when a generic is available, the pharmacy automatically fills the generic equivalent if it is less expensive for the patient.

The law requires that the generic equivalent is the exact same active drug and the exact same amount. Other things (like the kind of outer capsule they use or the coloring) can be different — but not if it affects the way the chemical works. Even though other companies are now allowed to make the medication, though, they cannot call it Lipitor.

## Free Medication Consultation

Members can meet one-on-one with our pharmacist who will review medications, provide information and make recommendations. If you'd like to make sure your medications are the most effective, give us a call to schedule your time with the pharmacist! For more information or to set up an appointment, call (877) 697-2464, Press 5

### *Have you stopped taking your medication?*

If you were prescribed medication and stopped taking it before your doctor advised, you are not alone. It's a common problem — but people are often reluctant to tell their doctor due to embarrassment or other concerns.

Some common reasons people stop taking medications:

- *inability to pay for medications*
- *don't believe they are necessary or helping*
- *confusion about how and when to take the medications*

If you are having any of these or other problems with medications, it can be hurting your health and quality of life.

***Schedule yours today!***

Please call us and we'll meet with you one-on-one to help. Call today for your personal consultation with our pharmacist. Call (877) 697-2464, Press 5

**GEMCare Health Plan will put the generic Atorvastatin on the formulary as soon as it is approved by the FDA and available. In the meantime, the brand name Lipitor will be on the formulary so that members taking this medication can continue to have it covered by their plan.**

# Time to make good on those New Year's resolutions to become as healthy as possible in 2012!

*The first step is to make sure you're up on your health screenings.*

Please take this with you to your doctor and make sure you're up to date.

## My Screening Record

*Please take this form to your doctor's office to track the date and results of your last screening tests, and when you should be tested again.*

*This is for your own records.  
Please keep for your own reference.*

My Name: \_\_\_\_\_

My Physician: \_\_\_\_\_

Test For	Last Test	Results	Next Test Due
Cholesterol - LDL (Bad)			
Cholesterol - HDL (Good)			
Cholesterol - Total			
Colorectal Cancer			
Diabetes			
Flu shot			
High Blood Pressure			
Obesity (BMI)			
Pneumonia shot			
<b>ADDITIONAL FOR WOMEN</b>			
Breast Cancer (Mammogram)			
Cervical Cancer (PAP)			
Osteoporosis Test (DXA Scan)			

**PHYSICIAN:** *Please complete and give a copy to your patient.*



4550 California Avenue, Suite 100  
Bakersfield, CA 93309

## Health or wellness or prevention information

### Upcoming Events, Workshops & Classes: *Free For Members!*

*(Please call to reserve your seat for workshops and classes.)*

**Fitness: New Year–New You:** 1/19/2012 • 3 p.m.

Mercy Hospital, Clerou Lecture Center  
2215 Truxtun Ave., Bakersfield

**Diabetes Basics:** 1/20/12 • 10 a.m.

GEMCare Corporate Office  
4550 California Ave., Suite 100, Bakersfield

**Flu Shot Clinic:**

1/24 • 2:30 – 5:30 p.m. **OR** 1/27 • 10 a.m. – 2 p.m.

GEMCare Corporate Office  
4550 California Ave., Suite 100, Bakersfield

**Heart Health:** 2/8/12 • 9 a.m.

Bakersfield Memorial Hospital, BMH Auditorium2/  
Founders Hall • 420 34th St., Bakersfield

**Healthy Nutrition:** 3/7/2012 • 10 a.m.

Mercy Hospital, Clerou Lecture Center  
2215 Truxtun Ave., Bakersfield

**Medication Consultation Program Overview:**

3/22/12 • 10 a.m.

GEMCare Corporate Office  
4550 California Ave., Suite 100, Bakersfield

**Skin Cancer Awareness:** 5/15/2012 • 2 p.m.

Mercy Hospital, Clerou Lecture Center  
2215 Truxtun Ave., Bakersfield

**Call (661) 716-8800 or (877) 697-2464 (Toll Free)**

## February is “GO RED” Month

GEMCare is a proud sponsor of Bakersfield Magazine’s “GO RED” issue in February. “Go Red” is the American Heart Association’s initiative to empower women to take charge of their heart health.

**LEARN MORE: [GoRedforWomen.org](http://GoRedforWomen.org)**



If you prefer that we stop sending you health or non-plan related information, you may opt out of these mailings by: sending a written notice to GEMCare Health Plan, 4550 California Avenue, Suite 100, Bakersfield, CA 93309, or call Member Services at (661)716-8800, Toll Free (877)697-2464, or TTY/TDD (888) 833-9312 (for the hearing impaired); 8:00 am-8:00 pm, seven days week from Oct. 15, 2011 through March 1, 2012, and 8:00 am - 8 p.m., Monday through Friday (except holidays) from March 2, 2012 to October 14, 2012.