



Health Connections

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Staying Germ Free

ABC News reported hand sanitizer that contains 60% alcohol kills the same amount of germs and bacteria as washing your hands for 20 minutes. So, if you are unable to wash your hands, please use hand sanitizer to help the spreading of germs and bacteria to your co-workers and family members.



DCSD

1638 Mono Ave
Minden NV 89423

Phone: 775-782-7177
Fax: 775-782-8351

High Standards for
Peak Performance

For new Hometown Health Members

Hometown Health has an in-network program for care providers. This plan encourages you to use in-network providers by charging you lower deductibles, co-

payments and co-insurance amounts. You can visit the website at www.hometownhealth.com for a list of participating providers. For

further information visit our DCSD website and under benefits you can see Summary of Benefits and Coverage link. Please feel free to visit the link for a brief explanation on benefits.

Prescription changes

With the new year, comes new changes. Catalyst our prescription drug plan provider is now called Catamaran. The other big change is that there is now a one-time \$50 Deductible for each member for prescriptions. Co-pays are as follows:

GENERIC \$10

PREFERRED BRAND \$30

NON-PREFERRED BRAND \$45

You can log into CatamaranRX.com website for further information on your prescription needs.


For Member Services you can also call 1-888-869-4600




ANNOUNCEMENTS



If you have something that you would like me to consider putting in our Health Connection newsletter, send me an email to cisherwo@dcsd.k12.nv.us.



Debe Thomas has become a Grandma to a beautiful granddaughter named Gabrielle on 1/25/2013.



Your HR Team

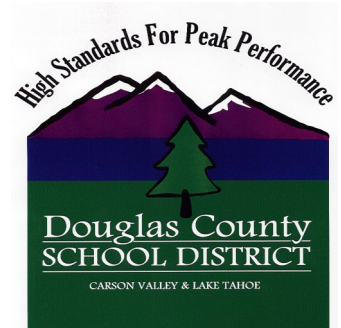
Rich Alexander—Assistant Superintendent

Bonnie Castiglione—Administrative Assistant, Certified Staff

Debe Thomas— Administrative Assistant, Classified Staff

Cori Isherwood—Benefits Coordinator

Marilyn Richardson—Receptionist, Sub Caller



HR can be reached at
775-782-7177