

NEWS YOU CAN USE

Take Care

See What's New



Emory is introducing **Take Care**, a message designed to encourage you and your family to live a healthy – or healthier – life.

We're all in this together. Emory provides the programs, tools, and support that you need. And then it's up to you to **Take Care** of your health. Together, we can continue building a culture of health at Emory.

What's New for 2008

A fourth option joins our medical plan line-up for 2008.

Emory is offering the Aetna Health Fund with a Health Reimbursement Account. The Aetna Health Fund is a medical plan with a health reimbursement account (HRA) funded by Emory. HRAs give you more control over how you spend your health care dollars. You can use the funds in your HRA to pay for eligible medical expenses during 2008, as well as, earn money for your HRA by participating in various health programs. More details coming soon.

A new prescription drug tier.

Certain generic prescription drugs that treat chronic conditions will move to a new tier – Tier Zero. Emory will waive the co-pay for Tier Zero drugs, helping those with chronic conditions afford the drugs used to maintain their health. (See the Tier Zero article on the other side for details).

A change in tiers for some drugs.

This is another step that Emory is taking to help with care management. Several brand name drugs, including Lipitor® and Crestor® for high cholesterol, will move to Tier 1. Brand name drugs designed to treat insomnia will move to Tier 4.

An increase in co-pays for mail-order drugs.

But keep in mind that you still pay less for mail-order drugs than retail drugs.

A powerful, new care-management tool.

Walk Me Through®, Aetna's personal health record tool, gives you online access to detailed health history, health care alerts and clinical information, all in one convenient, confidential resource. You can store, update and view health records for all members of your family, add information about your health history, and even keep track of your medications. What's more, **Walk Me Through®** will evaluate your information and show you how to save money and choose the right care.

Learn more about your benefit options by attending a general meeting:

Date	Location	Time
October 10	1599 Clifton Road, Room 1.415	9 am – 11 pm
October 10	Gambrell Hall	1 pm – 3 pm
October 17	1599 Clifton Road, Room 1.415	9 am – 11 pm
October 17	DUC – Winship Ballroom	1 pm – 3 pm
October 24	1599 Clifton Road, Room 1.415	9 am – 11 pm
October 24	Goizuetta Business School, Room W300	1 pm – 3 pm
October 31	1599 Clifton Road, Room 1.415	9 am – 11 pm

Or, if you want to know more about the Aetna Health Fund (HRA), attend a special Information Session:

Date	Location	Time
October 18	1599 Clifton Road, Room 1.415	1 pm – 3 pm
October 26	Rollins School of Public Health, Room 860	9 am – 11 pm

Look for more Annual Benefits Enrollment information coming soon. And keep reading to find out all that the Take Care message offers you!

**2008 Annual Benefits Enrollment:
October 15 - November 2**

**Look for your Benefits Enrollment
Guide in early October.**

A New Prescription Drug Tier Helps You *Take Care*...For Free!

Emory understands that managing chronic health conditions is an important part of achieving better long-term health. As part of our **Take Care** message, Emory is committed to providing assistance in helping you get the medications you and your covered family members may need to treat chronic conditions.

Tier Zero is available regardless of which medical plan you choose during Annual Enrollment.

Beginning in 2008, Emory's previous four-tiered prescription drug benefit will have a new prescription drug tier. This tier – known as Tier Zero – will make it easier for you to **Take Care** of yourself.

Medications on Tier Zero are generic drugs for diabetes, congestive heart failure, high cholesterol and high blood pressure. Co-pays for Tier Zero medications will be waived for 2008. **That means you won't pay anything!**

If you are currently taking a brand name prescription drug for any of the following chronic conditions, talk to your doctor and find out if there is a generic* equivalent that's right for you:

<i>Diabetes</i>	<i>Congestive Heart Failure</i>
<i>High Cholesterol**</i>	<i>High Blood Pressure</i>

*A full list of Tier Zero drugs will soon be available on the HR website, <http://emory.hr.emory.edu>, under the Benefits tab and then the Prescription Drug Benefits link.

**If you use Lipitor® or Crestor® to treat high cholesterol, you can still benefit from the prescription drug changes. Lipitor® and Crestor® have moved from Tier 2 to Tier 1.

JOIN THE EMORY HEARTWALK



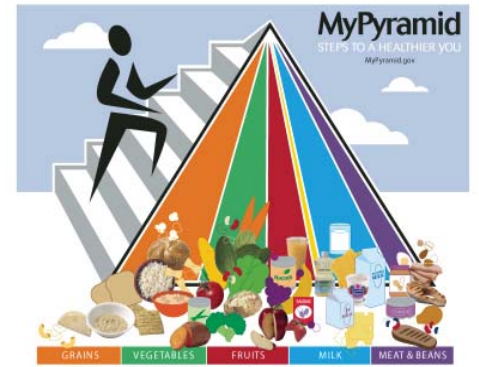
One of every 2.5 deaths is a result of heart disease, and heart disease is a leading cause of death for those over 25. You can do your part to help Emory fight cardiovascular disease and stroke by joining the 2008 Emory Heart Walk Team.

The American Heart Association 2008 Heart Walk is **Saturday, November 3, 2007**, at Piedmont Park. To join the Emory team or to learn more, visit at www.emoryheartwalk.org.

If you would like to help lead the effort or learn more about being a team captain, you can do so by contacting Sheryl Marbach at 404-778-7311.

Please note that the second installment in the Sustainability series will be available next month.

Not the Same Old Food Pyramid



Have you seen the U.S. Department of Agriculture's (USDA) revised food pyramid? Chances are it's nothing like you remember from when you were a kid. In fact, the old food pyramid's been turned on its side.

The new approach is that "one size doesn't fit all." And the USDA's interactive website lets you create a personalized approach to what you eat – and what you do.

Talk about personalized...the website allows you to build your own food pyramid with these tools:

My Pyramid Plan	My Pyramid Tracker
Lets you enter your age, gender and average level of physical activity to create your own pyramid plan.	Helps you compare your diet and physical activity level to current health recommendations.

Additional topics include Dietary Guidelines, Steps to a Healthier Weight and Tips & Resources – including a useful Tip of the Week and Food Group Tips.

It's important and – best of all – it doesn't have to be complicated. Take a tour of My Pyramid today at www.mypyramid.gov.

Bike | **EMORY** Announces:

MOBILE BIKE SHOP – Now Open for Business

Bike South is available on campus to make bicycle repairs for Emory employees and students. They accept payment by check, credit card, and Emory Card.

Times/Locations:

Wednesdays - 8:30 am - 10:30 am - SAAC
Wednesdays & Fridays - 11:30 am - 1:30 pm – DUC
Fridays - 4 pm - 5:30 pm - SAAC

To contact Bike South please call 404-636-4444 or visit www.bike.emory.edu.

The lucky winner is... Melody Porter from Campus Life.

She won the Bike Emory Raffle during the recent Step UP Emory Wellness Fair. Happy Riding Melody!



STAPLES CONTRACT DIVISION

You're invited to ride the waves with Staples.

Customer Appreciation & Vendor Show

Staples would like to express our appreciation for steering the course to a successful procurement program. In your honor we are having a

Emory Customer Appreciation Show

Wednesday, September 19, 2007

Winship Ballroom/DUC - 10:00 am - 2:00 pm

- Order your 2008 calendars
- Enjoy Lunch & Snacks
- Free Samples

- View product demonstrations
- Win Door Prizes
- Meet our Key Suppliers

Brought to you by the Emory University Purchasing Department.

that was easy.