Upcoming Dates:
2/17 Chair Massages

2/21 12:30-2pm Drumming Circle Strebel Lounge

**Drum Circles** provide an opportunity for participants to feel connected with others and gain a sense of interpersonal support. A drum circle provides an opportunity to connect with your own spirit at a deeper level. Group drumming alleviates self centeredness, isolation and alienation. There are great benefits to feeling connected to others, especially those in similar situations.

Drumming is a path of healing that guides us into experiencing the flow of our mind and emotions so we may grow to experience more about our soul.

Drumming induces deep relaxation, lowers blood pressure, produces feelings of well-being, releases emotional trauma and reduces stress. It also releases negative feelings.

**Project Resiliency Mind Body Drum**

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**When to go to an Urgent Care Center?**

Urgent Care is convenient care.

When a medical issue doesn't require an Emergency Room visit, or if you can't get in to see your physician, you can visit an Urgent Care Center and get the care you need.

**Shorter wait times**  **Convenient locations**  **Licensed professionals**  **Extended and weekend hours**

**LEAVE THE EMERGENCY ROOM FOR EMERGENCIES**
Maybe choosing generic drugs adds up for you?

ALL FDA-APPROVED GENERIC DRUGS MUST BE EQUIVALENT TO THE BRAND-NAME DRUG.

Any generic drug modeled after a single, brand name drug must perform approximately the same in the body as the brand name drug. There will always be a slight, but not medically important, level of natural variability just as there is for one batch of brand name drug compared to the next batch of brand name product.

This amount of difference would be expected and acceptable, whether for one batch of brand name drug tested against another batch of the same brand, or for a generic tested against a brand name drug.

80-85% LESS
Average cost of a generic drug vs. its brand-name counterpart

In 2010 alone, the use of FDA-approved generics saved $158 billion.

$3 BILLION SAVED EVERY WEEK!

Did you know these drugs are now available in generic form?

- **Rosuvastatin** is the generic of Crestor® (for cholesterol)
- **Omeprazole** is the generic of Prilosec® (for reflux)
- **Naratriptan** is the generic of Amerge® (for migraines)
- **Zolpidem** is the generic of Ambien® (sleeping aid)
- **Metformin** is the generic of Glumetza® (for diabetes)

Ask your doctor if your prescriptions are available as generics.

Info from Excellus BC/BS 2016
Introducing: Telemedicine

Excellus BC/BS now offers another alternative to receive care. Visit with a US board certified MD right from your home, office or on the go for non-emergency medical conditions.

When to use telemedicine:

24/7/365

If your primary care MD is not available
Instead of going to the ER or urgent care center
To request a prescription refill (restrictions apply)
If traveling and in need of medical care

Common conditions treated:

Allergies, asthma, bronchitis, cold & flu, diarrhea, fever, headaches, ear infections, insect bites, rashes, sinus infections, sore throat, constipation, nausea, pink eye and more...

From Human Resources. If you have any questions about anything you see in this newsletter, please contact Caren at cbsummers@utica.edu
On-demand access to affordable, quality health care—Anytime, Anywhere.

Why wait for the care you need now? Excellus BlueCross BlueShield (BCBS) via our partner, MDLIVE, now offers another alternative to receive care. Visit with a U.S. board certified doctor right from your home, office or on the go for non-emergency medical conditions.

About the doctors
- On average, doctors have 15 years of experience practicing medicine and are licensed in New York state
- Specialties include primary care, pediatrics, emergency and family medicine
- You may even see your own doctor in the roster

Cost of a telemedicine visit for insured employees of Excellus BCBS
- FREE registration
- Once you’ve registered: Payment by credit card or your health savings card will be required
- Visit charge - $10/Visit for HealthyBlue base/buy-up;
- $40/visit for HealthyBlue HDHP until the annual deductible is met, then $10/visit; $0/visit if the visit normally would have been $0
- If you do not indicate you are an insured employee of Excellus BCBS: $49.00 charge
- Co-payment responsibility varies by group and plan
- Our telemedicine service partner, MDLIVE, will be aware of your co-payment amount when you contact them

*MDLIVE does not guarantee that a prescription will be written. MDLIVE does not prescribe DEA controlled substances, non-therapeutic drugs and certain other drugs which may be harmful because of their potential for abuse. MDLIVE physicians reserve the right to deny care for potential misuse of services. For complete terms of use visit mdlive.com/pages/terms.html

**Parents must be present on each call for children under age 18.

Disclaimer: MDLIVE does not replace the primary care physician. MDLIVE is not an insurance product nor a prescription fulfillment warehouse. MDLIVE operates subject to state regulation and may not be available in certain states. MDLIVE does not guarantee that a prescription will be written. MDLIVE does not prescribe DEA controlled substances, non-therapeutic drugs and certain other drugs which may be harmful because of their potential for abuse. MDLIVE physicians reserve the right to deny care for potential misuse of services. MDLIVE phone consultations are available 24/7/365, while video consultations are available during the hours of 7 am to 9 pm ET. 7 days a week or by scheduled availability. MDLIVE and the MDLIVE logo are registered trademarks of MDLIVE, Inc. and may not be used without written permission. For complete terms of use visit www.mdlive.com/pages/terms.html. MDLIVE is an independent company, offering telehealth services in the Excellus BlueCross BlueShield service area. Excellus BlueCross BlueShield is a nonprofit independent licensee of the Blue Cross Blue Shield Association.

ExcellusBCBS.com/Telemedicine 1-866-692-5045
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Registration is required