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## A Healthy New You for 2010!

Atlantis Health Plan is dedicated to supporting your health and wellness by offering new benefit programs for qualifying members\*.

At Atlantis Health Plan, your health is our top priority. That's why we are proud to announce that we've partnered with American Specialty Health (ASH) to offer the **Healthyroads** program, made possible through a partnership with Healthyroads, Inc., a subsidiary of American Specialty Health Incorporated (ASHI) and one of the nation's leading personal health improvement organizations. The Healthyroads program features an Online Wellness Portal, providing members with an integrated suite of interactive tools for prevention, wellness and health education. Beginning with a personal health assessment tool, individual members can establish a current health status profile, create a personalized screen page, manage blogs and receive optional wellness messages and daily e-mail tips. The portal also provides fitness and wellness management tools, such as cardio and resistance exercise planners and trackers, a meal/nutrition planner and a wellness library.

In addition to Healthyroads, eligible members can also participate in ASHI's **ChooseHealthy** – a complementary health services discount program. Members will have access to a national network of complementary healthcare practitioners offering discounts of up to 25% off their usual and customary fees. This expansive network consists of more than 22,000 credentialed providers, including acupuncturists and massage therapists.

ChooseHealthy participants can save up to 40% off Manufacturer's Suggested Retail Price (MSRP) on a wide variety of health products, including vitamins and minerals, homeopathic, nicotine replacement therapy, home fitness, skin care and sports nutrition products, with free shipping on most items. ChooseHealthy also provides an online health library that includes information and resources on complementary healthcare, common health conditions and drug interactions.

Best of all, Atlantis is offering these new health and wellness benefits to eligible members **at no additional cost**.

In order to get started, go to [www.Healthyroads.com](http://www.Healthyroads.com) and register by entering your first name, last name, and date of birth. Once registered, complete the Personal Health Assessment to gain access to the online tools and resources on the Web site. You'll then be well on your way to more knowledge and better health.

\*Member eligibility is subject to the terms and conditions set forth in the contract and/or agreement. Eligible members must be 18 years or older. Healthy NY members are not eligible for these benefits.



## Atlantis Supports Haiti Earthquake Relief

On January 12, 2010, Haiti was devastated by a 7.0 magnitude earthquake – a tragedy that injured hundreds of thousands of people. Worldwide aid immediately began pouring into the country, even as aftershocks continued to shake the landscape. In late January, Dr. Jean Claude Lemoine, Chief Medical Officer of Atlantis Health Plan, joined humanitarian efforts in Port-au-Prince, Haiti to volunteer his surgical skills in treating the many critically injured. Dr. Lemoine, a native of Haiti, obtained his medical degree from the University of Haiti in 1958 and trained in general surgery at New York's Columbia Presbyterian/Harlem Hospital. While serving in the U.S. military, Lemoine completed a tour of duty in Vietnam and received several service medals. He is currently a Senior Surgeon at the Brooklyn Hospital Center in New York.

### How Can We Help You Help Others?

At Atlantis we know that, just like Dr. Lemoine, many of our members devote their time and resources to charitable activities focused on health, wellness and disease prevention. We believe these important causes should be shared with our entire membership. In fact, as part of the New York community, it's our responsibility to support our members who work to improve the lives of others.

Atlantis would love to help promote your cause or celebrate your volunteer efforts and accomplishments. If you are participating in an upcoming charitable event or have recently contributed to a worthy cause, please email our staff at [marketing@atlantishp.com](mailto:marketing@atlantishp.com) so we can include a story about you in our next newsletter!



Dr. Jean Claude Lemoine

## Atlantis Partners with the Crohn's & Colitis Foundation of America

### Register Today and Take Steps in New York City!

Atlantis is a proud sponsor of the 2010 **Take Steps Walk for Crohn's & Colitis** New York City event. Join us at 4:00 p.m. on Saturday, June 12, 2010 at the South Street Seaport for our third annual Take Steps NYC event. In addition to raising awareness and much-needed funding to find a cure for Crohn's disease and ulcerative colitis, participants in our 2010 event will enjoy all New York City has to offer in our multi-cultural borough festival – "A Walk through the Boroughs" at the South Street Seaport.

### Why We Walk

Take Steps for Crohn's & Colitis is CCFA's national evening walk and celebration of the nation's largest event dedicated to finding cures for Crohn's disease and ulcerative colitis. Over 1.4 million American adults and children are affected by digestive diseases – one in every 200 Americans. While many suffer in silence, Take Steps brings this community together and encourages them to make noise and be heard. The money raised through Take Steps helps support patient programs, education efforts and furthers crucial research. In the past 2 years alone, CCFA has been able to bring together over 75,000 people and raise over \$13 million to help further this mission.

Atlantis has sponsored the Take Steps New York event for 3 years and has assembled a team to support our members. If you are interested in participating in the walk, please contact Vanessa Torres at [marketing@atlantishp.com](mailto:marketing@atlantishp.com).

## Atlantis Partners with **HealthWarehouse**

Atlantis Health Plan and CatalystRx are proud to announce we've partnered with **HealthWarehouse.com, Inc.** as our exclusive mail order pharmacy for generic drugs. This new service offers the convenience and savings of online ordering for generic prescriptions and certain diabetic supplies, as well as free shipping to your home. CatalystRx will continue to manage your pharmacy benefits and services for retail and brand name drug needs.

Atlantis Health Plan chose HealthWarehouse.com, Inc. because of the company's outstanding record of reliability and customer service. HealthWarehouse.com is a fully-licensed pharmacy headquartered in Cincinnati, Ohio. The company specializes in mail-order delivery and is known for its high level of customer satisfaction.

To take advantage of this valuable service or for additional information, please contact one of Atlantis' dedicated HealthWarehouse.com customer service representatives at 866-885-0508 or CatalystRx customer service at 888-341-8570. We're confident you'll be pleased with the savings and services HealthWarehouse.com provides.

# Health Reform: What's Happening to My Healthcare?

by Regulatory Compliance

On March 23, 2010, President Obama signed into law the most sweeping piece of social legislation since the enactment of Medicare and Medicaid. This over 2,000-page bill is unlike any other recently enacted legislation in that it will ultimately affect each and every American.

Several provisions are already in place in New York State's law that either meet or exceed the new federal bill's requirements. The federal bill expands dependent coverage to age 26; New York State has already expanded coverage through age 29 for qualified dependents. The federal bill additionally stipulates that U.S. citizens can no longer be denied coverage or dropped from their policy due to pre-existing conditions or severe illness. Likewise, New York State law has already enacted both these provisions.

For several years now, New Yorkers have been protected by both guaranteed issue and a pre-existing condition limitation, improving our insurability and access to treatment. In contrast, patients in other states have been turned away, or worse – dropped from their coverage. The new federal bill extends the coverage security New Yorkers have already enjoyed to all Americans. Provisions in the federal bill also extend Medicare benefits to poor adults, offer subsidies to low income families to help pay for coverage, provide tax credits to small businesses for providing employee coverage and improve seniors' prescription drug coverage. In return however, the wealthy will pay higher taxes to help finance the 10-year plan, which is projected to cost approximately \$940 billion.

Although most of the federal provisions are set to take effect on a rolling timeline over the next few years, measures slated for immediate enactment include a temporary reinsurance program that budgets \$5 billion to assist employers in providing coverage to employees over the age of 55 who do not qualify for Medicare. Additionally, businesses that meet certain qualifications will soon receive a tax credit to help them provide employee health coverage. To offset the bill's cost, an immediate 10% tax will be levied on indoor tanning services.

As the federal bill begins to take shape, provisions that work well will be maintained in legislation, while measures that present unforeseen challenges will be either improved or phased out. Republican legislators have expressed determination to continue to oppose the bill, and have already been successful in amending two provisions.

Regardless of the ups and downs in enacting federal health reform legislation, Atlantis will continue to provide members with the quality and affordable coverage and care our community has come to expect from us.



# Get Smart on the GO...

Even though you know that eating a diet rich in fruits and vegetables is good for you and your kids, being constantly on the go makes it seem nearly impossible. Below are some simple tips for including this healthy food group in your everyday routine to be sure you have a balanced diet anytime, anywhere – whether you're on the road or at home.

## On the Go with Fruits and Veggies

- Blend a fruit smoothie or drink to take with you on your commute.
- Fresh fruits and veggies are nature's original fast food. Throw a banana, apple or celery stick in your bag for a quick and easy snack.
- When dining out at a restaurant, try a vegetable stir fry, vegetable fajitas, veggie wraps, or vegetable soup. When ordering a sandwich, ask for extra veggies such as lettuce, tomato, onions, sliced peppers or cucumbers. Order a side of veggies with your meal, or pick three or four veggie sides to create your own vegetable plate.
- Salads are a great way to get a variety of fruits and veggies. Choose a salad with low-fat dressing and limit high calorie toppings like croutons.
- Roll it up: make a fruit roll-up that travels anywhere. Spread peanut butter on a flour or corn tortilla, add your favorite fresh or dried fruits – then roll and go!

## On the Go with Kids

- When ordering a kids meal, substitute fruit for the fries.
- Have your kids help you make a large batch of trail mix at home using seeds, nuts and dried fruit. Store trail mix portions in small bags so they're ready to go at a moment's notice.
- Add strawberries, blueberries or bananas to kids' waffles, pancakes, cereal, oatmeal or toast.
- Make "Ants on a Log": spread peanut butter on a stick of celery, then top with raisins "ants" for a fun and healthy treat.

Visit [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov) for even more great tips and recipes.

### Atlantis Health Plan

*By Doctors. For New Yorkers.*

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