

PHARMACARE CHANGING TO CAREMARK

PharmaCare, a subsidiary of CVS, has been Optima Health's choice to fill mail order prescriptions for Optima Health members.



Earlier this year, Pharmicare and Caremark merged and are now consolidating services and facilities. Therefore, Pharmicare's mail order facility will close on September 30th, 2007. Beginning October 1, 2007, mail order services and service calls for Optima Health members will be handled through Caremark facilities by representatives specifically trained on Optima Health plans and products. Mail and calls will be forwarded for no less than one year.

Bringing together PharmaCare and Caremark pharmacy benefit management services under the CVS Caremark corporate name has many benefits. One benefit is the enhanced systems and services that puts them ahead of industry demands and delivers innovative programs to clients and plan participants. They are committed to making necessary changes to maintain or increase quality while ensuring Optima that there will be little to no disruption in service.

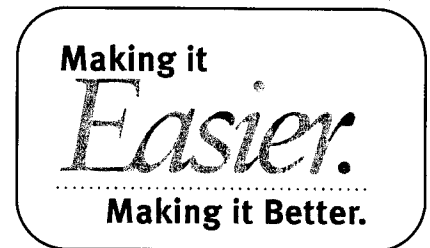


If you have questions regarding this change or the pharmacy mail-order process, please contact Member Services at the number on your member ID card.

Making It Easier. Making It Better.

Since January 2007, our Member Service hours have been extended from 8 a.m. to 7 p.m., Monday through Friday.

Call us at the phone number listed on your member ID card for questions and we look forward to hearing from you!



Behavioral Health News

September is National Alcohol and Drug Addiction Recovery Month

In recent news stories about celebrities with alcohol and drug problems checking in and out of rehab, the media has reported that up to 80% of people relapse after treatment. But there is another side to the story. Millions of people have gotten treatment and now lead happy and productive lives.

Visit www.facesandvoicesofrecovery.org/resources/index.php to read inspiring stories of real people in long-term recovery. In addition to professional counseling and self-help groups, such as Alcoholics Anonymous (AA), there are now medications that can help support recovery.

Optimahealth.com has links to online screening tools that you can use to help you decide if you need treatment. Talk to your doctor. Help is available and treatment can work for you.

www.optimahealth.com