

# **HEALTH BENEFITS E-NEWS**

**Department of Human Resource Management  
Office of Health Benefits**

**July 20, 2010**

## **Generic Version of Antidepressant Effexor XR Now Available**

A generic recently came on the market for *Effexor XR*, a brand name drug used to treat depression and anxiety. Medco Health Solutions and Optima are in the process of notifying COVA Care and COVA Connect members who currently take the drug that a generic version is available. The generic copayment is \$15 for an up to 34-day supply. Since both plans have a mandatory generic drug program, members who opt to continue purchasing the brand drug will pay the brand copayment plus the difference between the brand and generic cost. Please see the attached letter samples.

## **What Your EAP Can Do For You**

The link below from ValueOptions provides excellent information for employees on how the Commonwealth's Employee Assistance Program can help them deal with personal problems, from substance abuse to marital issues and legal problems. In addition, a second link has contact information for the COVA Care, COVA HDHP, COVA Connect and Kaiser Permanente EAPs.

[http://www.valueoptions.com/solutions/common/what\\_your\\_eap\\_can\\_do\\_for\\_you.htm](http://www.valueoptions.com/solutions/common/what_your_eap_can_do_for_you.htm)

<http://www.dhrm.virginia.gov/genlbenefits/employeeassistance.html>

## **New COVA Care Program Calls Members Recently Discharged from the Hospital**

COVA Care's new telephone outreach program, which begins this month, provides follow-up to patients who have returned home from the hospital. The program will make outbound calls to members one to two days after hospital discharge to help identify patients at risk for readmission and to trigger case management when it is needed.

Members can be connected to a nurse anytime during the call to ask questions about their surgery, hospitalization or after care needs. The call will address discharge instructions, follow-up appointments with physicians, post-discharge services such as home care and medical equipment, and self care while at home.