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ext 6415 and ext 6417
(941) 741-2960

Employee Health Benefits
(941) 748-4501 ext 6403

Member Advocacy
(941) 748-4501 ext 6407,
ext 6409, and ext 6411

Lifestyle Assistance and
Modification Program (LAMP)
(941) 741-2995

Diabetes/Nutrition Program
(941) 748-4501 ext 6410

Communications Coordinator
(941) 748-4501 ext 3967

Fitness/Exercise Programs
(941) 748-4501 ext 3979

Pharmacy Advocate
(941) 748-4501 ext 6406

Prescription Solutions
(800) 797-9791

Precertification
(941) 741-2963

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Heartburn



Heartburn Overview

Do you ever have the feeling that your throat or chest is burning after you eat? Your symptoms are most likely caused by heartburn. Heartburn is due to stomach acid that backs up into your esophagus, the tube connecting your mouth to your stomach. More than 60 million Americans get heartburn at least once a month.

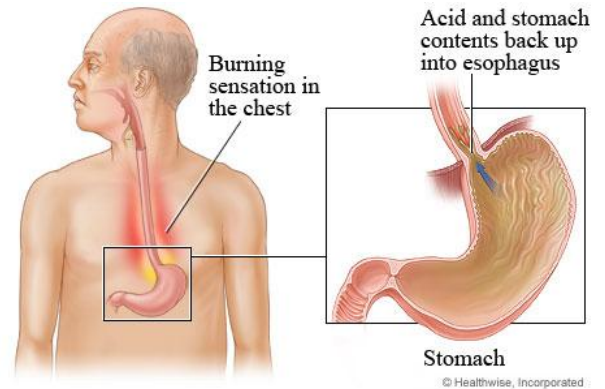
Symptoms usually occur after eating since food may back up into the throat and cause irritation. Heartburn pain often becomes worse when lying down or bending over. Many people can prevent heartburn by avoiding certain foods and drinks such as the following:

- Fatty food
- Spicy food
- Fried food
- Black pepper
- Ketchup
- Mustard
- Onions
- Tomato sauce
- Vinegar
- Peppermint
- Chocolate
- Alcohol
- Soft drinks
- Coffee
- Orange juice

Limiting the amount of alcohol you drink during the holidays, and all year round, to prevent heartburn symptoms. It is also important to stop smoking, avoid wearing tight-fitting belts, and to maintain a healthy weight. You may find that eating smaller meals and exercising before eating or 2 to 3 hours after eating can also help.

Talk to your doctor if you have heartburn symptoms more than twice a week, if you have trouble swallowing, or if over-the-counter (OTC) products do not help.

If you suffer from heartburn, you are not alone. Fortunately, there



are many OTC and prescription medications to help relieve your symptoms. The following table outlines some common choices for treating and preventing heartburn.

Drug type	Examples	What they do
Antacids	Maalox, Mylanta, Rolaids, Tums	Provide quick relief of heartburn. Will not heal damage to esophagus caused by stomach acid. Overuse may lead to constipation.
Histamine-2 (H2) blockers	Pepcid (famotidine), Tagamet (cimetidine), Zantac (ranitidine)	Reduce stomach acid production. Provide longer-lasting relief than antacids but may take longer to start working. Side effects may include diarrhea or constipation. H2 blockers are covered under the health plan with a prescription.
Proton pump inhibitors	Prevacid (lansoprazole), Prilosec (omeprazole), Protonix (pantoprazole)	Block acid production in the stomach and allow damage to the esophagus to heal. The effects of one dose may last up to 24 hours. Long term use in older patients may increase risk of bone fracture.

If you rely heavily on OTC medications or can't find one that works for you, talk to your doctor about alternatives.

What If It's Not Just Heartburn?

Heartburn is not the only type of pain that you may feel in your chest. Gallbladder attacks or muscle spasms in your esophagus may also cause pain that feels similar to heartburn. Chest pain may also be a warning sign of a heart attack, which could be life-threatening. So, how do you know whether you are having a heart attack or just heartburn? Here are some heart-related warning signs that you should not ignore.



- Shortness of breath with or without chest pain
- Chest tightness during physical activity or while under emotional stress
- Pain or discomfort spreading to your back, neck, jaw, or arm (especially the left arm)
- Tightening, squeezing, or crushing chest pain that occurs suddenly and lasts for more than a few minutes
- Sweating, lightheadedness, or nausea that occurs with chest pain

If you are having chest pain that feels different or worse than your usual heartburn – especially if it is accompanied by other symptoms such as shortness of breath, sweating, or pain spreading to your arm – get emergency medical help right away. Calling 911 at the right time could save your life.

New Generics

Did you make a resolution to save money in the New Year? Having your prescriptions filled with generic drugs may help! Here's a chart outlining some brand medications that are now or will soon be available as generics.

Brand Name	Generic Name	Used for
Combivir	Lamivudine & zidovudine	HIV
DermOtic Oil	Fluocinolone acetonide otic oil	Eczema of the outer ear
Derma-Smoothe Oil	Fluocinolone acetonide topical oil	Eczema and psoriasis
Focalin XR	Dexmethylphenidate HCl	ADHD
Sanctura XR	Trospium chloride	Overactive bladder
Solodyn	Minocycline	Acne
Symbyax	Olanzapine & Fluoxetine	Depression and bipolar
Zyprexa	Olanzapine	Bipolar and schizophrenia



Has your doctor prescribed Nexium or Dexilant for you? These require a prior trial of Prevacid or Protonix.

Plan Change Highlights

The benefits for the four plan levels will be the same in 2012 as they were in 2011. While the overall premium for medical benefits went up, Manatee is absorbing the increase, so your portion for medical premiums has not changed. Your prescriptions can still be filled with generic medications at no charge to you at preferred pharmacies because Manatee pays for the entire cost. The table below outlines changes to pharmacy benefits.



Tier	Preferred Pharmacies	Non-Preferred Pharmacies
Generic	\$0 copay	20% or \$10
Brand	25% or \$15	30% or \$20
Non-Formulary	45% or \$40	55% or \$50
Specialty Pharmacy	25%	Not available

*Employee's portion is the greater of the percentage or dollar amount listed in the table. Maximum copay for Generic, Brand, or Formulary: \$100. Maximum copay for Specialty: \$150.



Manatee County Government's Center for Health & Lifestyle Management * www.ManateeYourChoice.com

Manatee Health Disclaimer

The information in this newsletter is not a substitute for medical advice. It is for reference only and should not be used to determine treatment for your specific medical conditions-only a health care provider can do this. You should seek prompt medical care for any specific health issues and consult your physician regarding the use of over-the-counter products to treat any medical condition or consult your physician regarding the use of prescription or over-the-counter products to treat any medical condition or before starting any new diet, fitness, or supplement regimen.

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