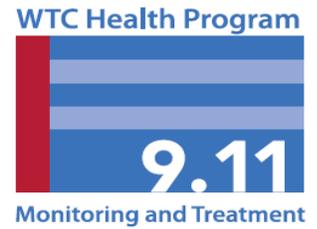




FDNY WTC Health Program



Issue 111

November 2012

Were You Affected by Hurricane Sandy?

FDNY Employee Support

We are here to serve our members, offering free help and support. Active and retired members can receive assistance with the following:

- Filing insurance claims for property damaged or lost in Hurricane Sandy
- Applying for disaster assistance with US Department of Homeland Security (FEMA)
- Applying for IAFF one time financial assistance in the amount of \$500(Only active Firefighters and Officers whose homes are uninhabitable)
- Peer Program Representatives offering help overcoming difficulties created by Hurricane Sandy
- Emergency Mental Health Counseling

Locations:

*Our Lady of Miracles
730 East 87th Street
Brooklyn, NY 11236
(718) 922-2981/2982/2985/2986*

*FDNY-CSU
1688 Victory Blvd
Staten Island, NY 10314
(718) 815 -4111
(718) 448-2391*

*Hours:
Monday-Saturday
9:30AM -7:30PM*

Program Updates: WTC Pharmacy Benefit Manager Transition

Your new Pharmacy Benefit Manager(PBM) for FD WTC Prescriptions will be Emdeon. This will replace Express Scripts. The transition was made necessary due to a provision in the Zadroga Act requiring that all WTC Health Programs(FDNY and Non-FDNY) have one PBM.

Transition Basics

- If you have one or more WTC certified conditions you will receive a letter concerning the Pharmacy Benefit Manager Transition. The letter will contain information on the new WTC Prescription plan including the plan number, as well as your new WTC Prescription Plan I.D. number- **Please save this letter**
- On the fairly rare occasions when you need to fill a WTC prescription at a local pharmacy you will need to present the pharmacist with the WTC Prescription Plan particulars, including your new I.D. number. At this time there will **not** be a new WTC prescription card issued
- You will continue to receive your maintenance medications by mail. Walgreens will process the mail order and home delivery of FD WTC prescriptions
- Open Refills of prescription medications at Express Scripts will be transferred to Walgreens and automatically processed and shipped as they become due
- In the future, order prescription refills by phone-Walgreens Customer Care Center (1-888) 516 8010 or online: Walgreenshealth.com/wtc
- All local pharmacies in the US will be participating in the revised WTC Prescription Plan
- Need help with a prescription issue? Please call Sofia (718)999-1937, WTC Nurses (718) 999-1878 or Phil(718) 999-0305
- After the transition, for a local pharmacy issue during the evening or weekend: WTC Health Program (1-888) 982-4278 weekdays until 8PM and Saturdays from 8AM to 8PM

**We Look Forward to
serving You!**

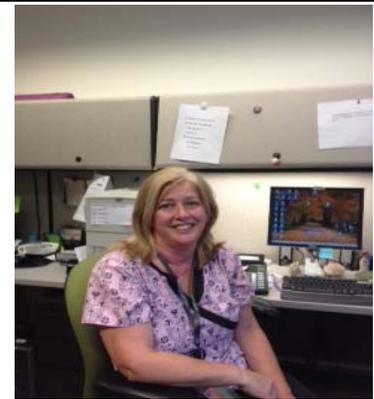
WTC Staff Profile: Laura Wilson

A typical day for WTC nurse Laura Wilson includes everything from sitting down with a firefighter to complete their WTC Medical Monitoring Exam to trouble shooting a prescription problem to finding a way to squeeze one more member with lung disease into an already tight schedule with one of the WTC doctors. Laura is a master at multi-tasking, and you'd never guess from her calm demeanor that she finds it challenging to "keep all the balls in the air."

Laura has stepped into a variety of roles in the five years she has worked with the FDNY, including working on the Sleep Study and

assisting with opening of the Ft Totten and Staten Island satellites. She has traveled as far as Florida in order to provide medical monitoring to members in Miami and Naples.

Laura's willingness to explore different areas of work is reflected in her 27 year career. She came to the FDNY from a hospice program where she did home care. Before that, Laura worked in medical surgery, pediatrics, ER, foster care, endoscopy-bronchoscopy, and chemical dependency. She is currently continuing her education in Emergency Management, and once that is completed plans on pursuing a Masters in Public Health.



Whether she is helping a member in crisis newly diagnosed with cancer, or reinforcing healthy lifestyle and diet habits with retired firefighters, Laura applies the breadth of her clinical experience to the work she does and we are indeed lucky to have her on the FDNY WTC Health Program team.

Winter Depression

As the seasons turn and fall begins to progress toward winter, you might also notice changes in your mood and behavior. Many people can experience less enthusiasm or energy for things that they normally enjoy, a tendency to isolate, or a feeling of hopelessness.

The winter blues, or seasonal affective disorder (SAD), is a common experience with several contributing factors. The long winter nights with less hours of sunlight is considered a major cause. Also, the holidays can be difficult because they serve as reminders of lost loved ones and add social and financial pressures. Poor sleep habits, a more sedentary lifestyle, a shift in diet to the comfort foods of winter, and the accompanying weight gain can all contribute to seasonal depression.

As the season gets underway, a good place to start in order to avoid, or at least better manage, winter depression, is with healthy lifestyle habits. Commit to regular exercise; eat healthy foods; and try and go to sleep at the same time every night whenever possible. Spend time with family and friends, but be mindful that it's easy to get in over your head with holiday parties and gatherings. Try and keep your balance both with your lifestyle habits and the financial burden that gift giving can bring by not overindulging with holiday treats and alcohol or overextending yourself financially.

Finally, it is important to acknowledge any losses you may have suffered by spending time at your place of worship or with a quiet ritual of remembrance. This may serve to free you to engage in the joys of the season more fully.

If your depression persists, or includes thoughts of suicide, be sure to seek out a mental health provider for treatment. A combination of antidepressant medications and psychotherapy are very effective in relieving depression. **Contact the Counseling Service Unit (CSU) at 212-570-1693 to speak with a counselor.**

Did You Know? The Flu

1. If you have a respiratory disease, i.e. asthma, the flu is more dangerous for you. T__F__
2. The flu is a serious disease. T__ F__
3. It is necessary to get a flu shot every year. T__ F__

The seasonal or annual flu is a virus that affects the lungs, throat, nose and other parts of the body. Unlike the common cold, the flu comes on suddenly and makes you very sick for a week or longer, and it can send you to the hospital. In fact, each year in the United States, over 23,600 people die from the flu.

If you have a chronic respiratory disease such as COPD, asthma, or a WTC illness, you are especially at risk because the presence of respiratory disease weakens your body's ability to fight off the flu. Also, the flu can make respiratory disease worse.

When a sick person coughs or sneezes, tiny droplets fly through the air. You can get sick from the droplets if they land in your nose, eyes, or mouth. You can also get the flu by touching a surface like a table or doorknob that has the flu virus on it, and then touching your mouth or nose.

The best known way to protect yourself against serious illness or even death from the flu is to get a flu shot. If you have a respiratory disease you should get a shot in the fall as soon as they are available.

It is very important to get a flu shot every year. The flu virus changes every year and so does the flu vaccine.

Some people worry whether the flu shot is safe. The most common side effect of the flu shot is soreness and/or redness at the site of the shot. Other side effects are extremely rare.

One common myth about the flu shot is that it can actually give you the flu. Rest assured, it is impossible to get the flu from a flu shot, as it is made with only dead flu virus.

Fortunately, getting a flu shot couldn't be easier. They are available at local pharmacies, private doctors' offices and at all FDNY WTC Program Sites.



Flu shots are available at all FDNY WTC Program Sites.

For more information, or to make an appointment, call 718-999-1858.

Answers: 1. True. 2. True. 3. True.

FDNY WTC HEALTH PROGRAM

9 MetroTech Center, Room 2E-13
Brooklyn, NY 11201

Phone: 718-999-1858

E-mail: wtcmed@fdny.nyc.gov

WTC Health Program



FDNY WTC HEALTH PROGRAM

When was the last time you came for your WTC Medical?

Call 718-999-1858 to make your appointment.

For questions about prescriptions, please contact 718-999-1937 or 718-999-0305.

WTC Medicals

**are available annually to active members in Brooklyn (MetroTech)
and retired members at all 5 locations.**

Not all testing is done On-Site at every location.

Retirees, please use table below to find your location and testing information:

	Brooklyn HQ	Fort Totten	Orange County	Staten Island	Long Island
Address	9 MetroTech Center Brooklyn, NY 11201	Building 413A Bayside, NY 11364	2279 Goshen Turnpike Middletown, NY 10941	1688 Victory Blvd Staten Island, NY 10314	Suffolk County Community College 1001 Crooked Hill Rd. Brentwood, NY 11717
Days	Tuesday — Friday & Occasional Sundays	Monday — Thursday	Thursday & Friday	Monday, Tuesday, & Wednesday	Monday & Friday Tuesday Treatment Only
Hours	8:00AM to 2:00PM	8:30AM to 3:30PM	9:00AM to 1:00PM	8:30AM to 3:30PM	8:00AM to 3:30 PM
Blood Tests	On-Site	On-Site	On-Site	Off-Site	Off-Site
X-Rays	On-Site	Off-Site	Off-Site	Off-Site	Off-Site

Referrals to nearby facilities for off-site tests will be given to you by a WTC nurse on the day of your appointment.