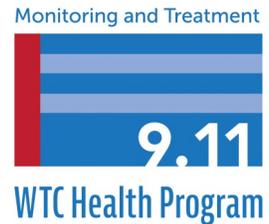




# FDNY WTC Health Program



Issue XIV

Spring/Summer 2016

## Prescription Reminders

Are you aware that **as of March 1<sup>st</sup> 2016**, the WTCHP has a '**Generics First**' Policy? This is a policy used in major federal prescription plans, as well as almost all pharmacy benefit plans in the U.S. NIOSH, the federal agency which oversees WTC healthcare, is requiring that - where available - **all WTC prescriptions should be filled for the FDA-approved generic equivalent of the WTC-covered brand medication**. Such medications have the same chemical composition as the brand, are equally safe, and provide comparable care and effective symptom relief. Using generic medications allows for substantial cost savings that can be applied to other underfunded areas of the FDNY WTC Program, such as Cancer Care.

There is an FDA approved **generic equivalent of Nexium (esomeprazole magnesium)**. Next time you receive a yearlong WTC Nexium prescription, it will be for the generic.

**WTC coverage for Erectile Dysfunction (ED)** medications are only for members with one of the following two WTC certifications: **Prostate Cancer or Mental Health**. Your prescribing doctor, either your Oncology physician (Urologist) or prescribing Mental Health clinician (Psychiatrist or Mental Health Nurse Practitioner) - must write a **letter of medical necessity** for you, indicating that the ED med is a **necessary part of your WTC treatment**. Please bring that letter with you to your next FD WTC appointment, so it can be included in your WTC medical file.

WTC Health Program Erectile Dysfunction Meds Prescribing Rules:

**Viagra, Cialis, Levitra, Stendra, etc – 6 tablets per 30 day period (i.e. a year's supply of this medication has to be written as 6 tablets, with 11 refills)**

**Low Dose Cialis 2.5 mg or 5mg – 30 tablets per 30 day period (i.e. a year's supply of this medication must be written as 30 tabs, with 11 refills)**

If you receive a **maintenance medication prescription** (intended for long term use) to treat a WTC-related issue from your personal physician or a WTC Health Program referred specialist, please schedule a **WTC Treatment appointment**. Your FD WTC Treatment physician will check your **WTC health certifications** to make sure you are eligible for this medication. Once confirmed, your FD WTC doctor will rewrite the prescription.

To schedule an appointment, please call the **FDNY WTC Member Services at 718-999-1858**. They will be happy to schedule an appointment for you at one of five FDNY WTC Metro NY area locations.

## Did You Know? HIPAA

### How does HIPAA impact my WTC Health Program Medical Record?

You may have heard members of your WTC care team talk about “HIPAA rules” or “patient privacy rules” that protect the confidentiality of your medical information that we maintain in our program. “HIPAA” is short for the Health Insurance Portability and Accountability Act that was passed by Congress in 1996. HIPAA creates two sets of national standards: the “Privacy Rule” is about protecting individuals’ medical records and other personal health information, while the “Security Rule” focuses on electronic information.

The HIPAA Privacy Rule provides some important benefits to patients. It gives patients more control over their health information. It sets boundaries on the use and release of health records. It generally limits release of information to the minimum amount reasonably needed for the purpose of the disclosure (the “Minimum Necessary Rule”). Combined with the Security Rule, the law establishes appropriate physical, administrative, and technical safeguards that health care providers and others must achieve to protect the privacy of health information. And it strikes a balance when public responsibility supports disclosure of some forms of data – for example, to protect public health and safety.

Knowing that HIPAA limits the sharing of medical information, patients frequently ask us “If I do not object, can my health care provider share or discuss my health information with my family, friends, or others involved in my care?” The answer is “Yes!”

As long as you do not object, your health care provider is allowed to share or discuss your health information with your family, friends, or others involved in your care or payment for your care. Your provider may ask your permission, may tell you he or she plans to discuss the information and give you an opportunity to object, or may decide, using his or her professional judgment, that you do not object. In any of these cases, your health care provider may discuss only the information that the person involved needs to know about your care or payment for your care.

Here are some examples:

- Your doctor may talk to your friend who is driving you home from the clinic about your keeping your foot raised during the ride home.
- If you and your spouse call your WTC case manager together to ask questions about your prescriptions, your case manager may discuss the drugs you need to take with your spouse on the phone.
- Your nurse may ask you if she has your permission to tell your brother how you are doing, and then your nurse may discuss your health status with your brother if you said it was all right.

BUT:

Your nurse may not discuss your condition with your brother if you tell your nurse not to.

If you have questions about how HIPAA impacts your WTC medical information or want to report a concern about the confidentiality of your WTC medical information, please call the confidential and anonymous Office of Health Care Compliance and Privacy Hotline Toll-free at 1-877- FDNY NYC (1-877-336-9692) or email [HealthCareCompliance@fdny.nyc.gov](mailto:HealthCareCompliance@fdny.nyc.gov)

*This program is funded by the National Institute for Occupational Safety and Health*

## Breathing for Stress

One of the most effective ways to relieve stress is to use a mental focusing technique such as a breathing exercise. When you focus on your breathing and let your thoughts go, you access a scientifically proven phenomenon called the relaxation response.

The technique first studied by Herbert Benson a Harvard trained physician back in the 1970s disrupts the fight and flight response and instead helps you to access a calmer state of body and mind where clear thinking, good emotion regulation as well as more optimal physical functioning is possible.

Over the years many other researchers have proven similar positive effects. John Kabat-Zinn proved that working with

### Try This Breathing Exercise

1. Sit in a comfortable seated position. Become aware of how your body feels, your spine and head upright but relaxed.
2. Close your eyes or rest your gaze in one place . Bring your attention to your natural breathing,
3. Begin to lengthen your inhale and exhale by counting silently 1-2-3-4 on the inhale and 1-2-3-4 on the exhale. Repeat a few times or more choosing a comfortable pace that doesn't feel like a strain.

FDNY WTC Health Program staff are experts in WTC-related conditions and how to treat them.

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

Mindfulness Meditation techniques helps people manage the challenge of chronic pain and Bessel Van Der Kolk the renowned Psychiatrist who treats trauma survivors has proven that Yoga can be helpful to people with PTSD.

You can always sneak in a few rounds of this breathing anywhere whether it's in your car, on a line at the bank or while waiting for a doctors appointment, no one will know. If you practice this method regularly you might just find that you naturally use your breath as a source of stress relief without having to plan to sit down and do this exercise separate from your daily routine.

## FDNY-CSU Locations

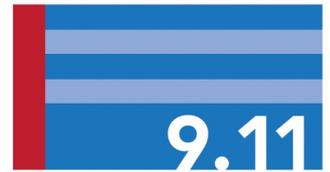
	Lafayette	Staten Island	Ft Totten	Orange County	Brentwood
Address	251 Lafayette St. 3rd flr. New York, NY 10012	1688 Victory Blvd Staten Island, NY 10314	Building 413A Bayside, NY 11364	2279 Goshen Turnpike Middletown, NY 10941	Suffolk County Community College 1001 Crooked Hill Rd. Brentwood, NY 11717
Call to make an appointment	212-570-1693	718-815-4111	718-352-2140	845-695-1029	631-851-6888

**FDNY WTC HEALTH PROGRAM**

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

Phone: 718-999-1858  
E-mail: wtcmed@fdny.nyc.gov

Monitoring and Treatment



**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:

	<b>Brooklyn HQ</b>	<b>Fort Totten</b>	<b>Orange County</b>	<b>Staten Island</b>	<b>Commack</b>
Address	9 MetroTech Center Brooklyn, NY 11201	Building 413A Bayside, NY 11364	2277 Goshen Turnpike Middletown, NY 10941	1688 Victory Blvd Staten Island, NY 10314	66 Commack Road Suite 200 Commack, NY 11725
Days	Tuesday — Friday & Occasional Sundays	Monday — Thursday	Monday , Thursday, Friday	Monday— Thursday	Monday, Wednes- day, Friday Tuesday Treatment Only Occasional Sundays
Hours	8:00AM to 2:00PM	M & W 8:30AM to 3:30PM  T & TH 9:00AM 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	<b>Off-Site</b>	<b>Off-Site</b>
X-Rays	On-Site	<b>Off-Site</b>	<b>Off-Site</b>	<b>Off-Site</b>	<b>Off-Site</b>

Referrals to nearby facilities for off-site tests will be given to you by a WTC nurse