



Patty Contreras, Licensed Insurance Agent

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Dear Client,

I hope you and your family have enjoyed the summer months, and hopefully have had an opportunity to take a vacation – even if it's a weekend getaway.

School is now upon us, and those with children know that California requires children to be up-to-date on their immunizations (shots). Most children need booster shots before starting kindergarten. Seventh grade entry requirements went into effect July 1, 1999. A varicella (chickenpox) requirement for kindergarten entry and child care attendance went into effect July 1, 2001.

A new school immunization law, for 2011 – 2012 school year, requires all students entering 7th through 12th grades to be immunized with pertussis (whooping cough) vaccine booster called Tdap. Whooping cough is a very contagious respiratory disease that can be severe and last for months. The immunity received from early childhood immunization wears off over time, leaving older students and adults susceptible again to peruses.

Please make sure your kids are protected. If you have school age children please make your appointment today with your doctor.

Sincerely,

Patty Contreras

We're back to school already! To help your child with ADHD, Autism, Learning or Behavior Disorders, and to assist you in these poor economic times, we are offering a limited time special offer of 50% OFF NEUROFEEDBACK BRAIN Training. We have a solution for academic and behavior struggles which can lead to poor self esteem. Start today to enable your child to experience success in school. DON'T WAIT –CALL NOW. (909) 931-9000. Center for Success – Upland. www.CentersForSuccess.com

Health Care Reform Alert

NEW GUIDELINES PROVIDE ADDITIONAL WOMEN'S PREVENTIVE CARE WITH NO COST SHARING

I'm not sure if you heard the news coverage, but on August 1 the Department of Health and Human Services (HHS) released an amendment to the Interim Final Regulations for preventive care under the Patient Protection and Affordable Care Act (PPACA). The amendment applies to non-grandfathered individual insurance policies as well as non-grandfathered insured and self-insured group health plans.

The amendment provides additional guidelines for women's preventive services. Health plans will need to cover women's preventive services, including birth control, without payments or deductibles.

Non-grandfathered plans will be required to cover the following additional preventive care services for women with no cost sharing beginning for *plans effective August 1, 2012 and after.*

- Annual well-women visits
- Screening for gestational diabetes
- HPV DNA testing for women 30 years and older
- Sexually-transmitted infection counseling
- HIV screening and counseling
- FDA approved contraception methods and contraceptive counseling
- Breastfeeding support, supplies and counseling
- Domestic violence screening and counseling

For more detail on the amendment and the additional preventive care services for women, visit: www.hrsa.gov/womensguidelines

CIGNA's Home Delivery Pharmacy

ATTENTION ... clients who are covered under CIGNA's medical plan Are you taking advantage of their home delivery pharmacy plan?

CIGNA's home delivery pharmacy offers you convenience and quality you can trust. It's a great choice for anyone who takes medication regularly, such as those prescribed for: allergies, anxiety, arthritis, asthma, birth control, diabetes, growth hormone deficiency, high blood pressure, infertility, multiple sclerosis and many others.

Home delivery will even lower your out-of-pocket costs. For many benefit plans, you could receive a 3-month supply of medication for the same cost as a 2-month supply. Up to a 90-supply in one fill. Standard delivery at no additional cost.

To get home delivery, just call CIGNA at 1-800-285-4812. Have your medication, doctor's information and credit card information ready. They will request a prescription from your doctor for a 90-day supply. Then CIGNA will take care of the rest.

You can even manage your medications online at myCIGNA.com, you can order refills, compare prescription medication prices, track order and ship dates, and much more.

It's a great service. You should take advantage of it.

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