



Wabash Memorial Hospital Association  
1501 North Water Street  
Decatur, IL 62526

*Railroaders Serving Railroaders*



**Banner Blue News**  
130 Years of Railroaders Serving Railroaders

A Publication of Wabash Memorial Hospital Association

Spring ~ Summer — 2016



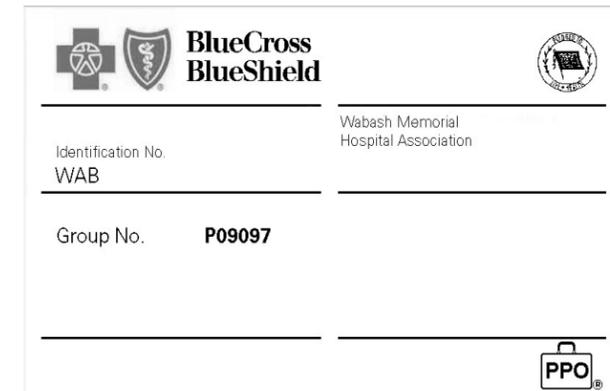
**Our Cards Are On the Table**

Wabash Management

- Jason Shannon, Board Chairman
- Tim Hunt, Vice-Chairman
- Dan Calhoun, SMART
- Todd Clark, BRS
- Steve Henley, IMAW
- Chris Jones, IBEW
- R C Smith, Retiree Representative
- Roger Snively, Alternate Retiree Rep
- Tim Southerland, BMWE
- Tracey Sumpter, BRC
- Tamara Bivins, Administrator

New identification cards were sent to all members this Spring. Remember the new card trumps your old card so please **dispose of your old card and present your new card to your provider to make sure your claims are filed properly.** Call Member Services at 888-800-9161 if you did not receive a new card.

Cannonball - Redbird - Bluebird - Banner Blue



*In Memory*

Wabash extends condolences to family members of Wabash members who have passed away (October 2015—March 2016). Life can be the same after a trinket has been lost but **never** after the loss of a treasure.

*Funny how a melody sounds like a memory.*

Phillip Boaz	Vada Fisher	Anna Kahler	Bertie Slade
Mack C Bowen	Jean Fitzgerald	Robert Leavene	Robert Stansberry
James A Brown	Roy Gordy	Evelyn Lusk	Edna Summers
Joyce Burton	John Hagan	Donald Lynch	Gaylord Swarms
Annie Butler	Frances Harter	Shirley McWhorter	Loy Tipton
Lenna Jo Carter	James Hopkins	Judy Milo	Mattie Tyus
Lorrene Connors	Hubert Hyatt	M J Ryherd	Lowell Wheeler
Cleo Davis	Everett Inman	Georgianna Scammahorn	Mary Windes
Howard Davis	Jerry Jennings	William Schmidt	Marjorie Wisdom
Robert Drury	Charles Johnson	Leona Shirkey	Mark Wooten

Medicare ID Card



WABASH MEMORIAL HOSPITAL ASSOCIATION  
MEDICARE IDENTIFICATION CARD

**MEMBER NAME**  
Your Name

**ID #**  
00000000

Piggyback ID Card



WABASH MEMORIAL HOSPITAL ASSOCIATION  
SECONDARY INSURANCE CARD

**MEMBER NAME**  
Your Name

**ID #**  
00000000

### ***Mental Health and Substance Abuse Services***



All mental health and substance abuse services, whether outpatient or inpatient, require precertification prior to receiving services. Effective March 1, 2016 these services must be pre-certified by calling Med Care Management at 800-391-3332. All other medical services requiring precertification should continue to be obtained through AHH at 866-458-4057. Specialty and injectable prescriptions should be pre-certified through LDI at 877-705-0111.

***Providers typically obtain the precertification as a service to the member and to expedite payment, but it is the member's responsibility to make sure that required precertifications are obtained prior to receiving services.***

### ***Prescription Drugs for Weight Loss***

Members who have a \$3,000 maximum weight loss benefit may receive reimbursement for pharmaceuticals prescribed for weight loss. Members must receive a prior authorization through LDI indicating that the member has a body mass index (BMI) of at least 30 and one or more co-morbidities to receive a 90-day supply. Member must show compliance with proof of a reduced BMI in order to receive authorization for refills after the first 90 days. Approved members pay 100% of the discounted price at the pharmacy and should submit receipts for reimbursement directly to Wabash.



### ***Accurate and Easy Dues Payments***

To ensure timely and accurate claims and dues payment processing, all members are encouraged to make their dues payments utilizing automatic withdrawals from their bank accounts. Forms are available on the Wabash website ([www.wabashcannonball.org](http://www.wabashcannonball.org)) or by calling Member Services at 888-800-9161. Payments may be withdrawn monthly, quarterly or annually. Quarterly and annual payments start in January of each year.

To ensure accurate payment posting, members continuing to pay by check or money order should identify the name of the member (s) who are to receive credit for that payment by including a note or printing the member's name in the memo section.



### ***Imaging Tests For Back Pain***



A recent study published in *Consumer Reports* with cooperation from the American Academy of Family Physicians found that many x-rays, CT scans and MRI tests are ordered for back pain unnecessarily or too soon. Many think these imaging tests are needed to find out what is the cause of their back pain, but these tests may not help. People who get imaging tests for back pain do not get better faster and sometimes they feel worse. Imaging tests can lead to unnecessary surgery or treatment. Many people with lower back pain feel better in a few weeks by following self-care steps such as:

- Staying active to reduce stiffness and add strength
- Using heat to relax muscles
- Taking over the counter medication to relieve pain and swelling
- Sleeping on your side or back with one or more pillows between your knees

If you still have pain after a few weeks, talk to your doctor about other treatments. Surgery is often the last choice of treatment and may be considered only if other treatments do not help your pain.

### ***Congratulations ~ 20 Years of Service***

***Congratulations to Ruthie Gadson,***

***Wabash Claims Processor,***

***for completing twenty years of service***

