

healthy

SPRING/SUMMER 2014

communities



Tips for tick season

Pay less for
acid-relief meds

Join us on our Zip
Trips!

WHAT'S IN A NAME?



A message from Patrick Hughes, President and CEO of Fallon Health

Back in February, we marked an exciting moment in our history at Fallon Community Health Plan as we went public with our new, shorter name—**Fallon Health**. The new name—and logo—are part of a broader rebranding effort that reflects how we've grown and expanded over 37 years.

We are reintroducing ourselves to the communities we serve as Fallon Health—a name that brings together all of the health care solutions we offer. Yes, we are still proud to be one of America's top ranked health plans—with a network that covers 95% of the Commonwealth—and we are committed to remaining so.

But, we also are a growing enterprise that is entering new markets and lines of business and offering new solutions to a diverse population of all ages, income levels and health statuses. Our new brand catches up to this unique role as a health care services organization.

The Fallon Health name better encompasses our commercial and MassHealth insurance products; senior care services and facilities (Fallon Senior Plan™, and our coordinated NaviCare® and Summit ElderCare® solutions); programs for Medicare-Medicaid eligible individuals with complex care needs (Fallon Total Care™); home-support services (Home Staff, LLC); and partnerships by which we are sharing our expertise around the country.

Fallon Health is a simpler name that presents a clear picture of all that we do and what we stand for. This organization is a jewel. We have a culture of innovation, caring and service that sets us apart. It's part of our DNA. Our employees are committed to the Fallon brand and to the communities we serve. We are still very much a mission-driven, not-for-profit organization, and plan to remain that way.

So, as you can see, Fallon Health is a name and organization that packs quite a punch. It captures who we are today and who we will be tomorrow. I hope you will embrace the name, as we at Fallon do, and continue to be our partners on this journey.

Have a healthy and happy summer! Share your thoughts with us at healthycommunities@fchp.org. ●

For more information

Fallon Health benefits and coverage may vary by product, plan design and employer.

For specific details about your Fallon coverage, including your plan, its benefits and features, please check with your employer and/or be sure to review your *Evidence of Coverage* or, for MassHealth members, your *Covered Services List* and *Member Handbook* from Fallon.

You also may call the Customer Service number for your specific plan, which you'll find on the back of your membership ID card, or call the numbers below.

Main Fallon Customer Service

1-800-868-5200 (TRS 711)
Monday, Tuesday, Thursday,
Friday, 8 a.m. - 6 p.m.
Wednesday
10 a.m. - 6 p.m.

Fallon MassHealth members

1-800-341-4848
(TRS 711)
Monday through
Friday, 8 a.m. -
6 p.m. ●



Fallon Health's health guide for members is produced by the health plan's Communications Department. The content of this magazine has been reviewed by our physicians and administrators. This publication does not advance any particular medical treatment, nor does it endorse the management of medical problems without the advice and care of health care professionals. We are not responsible for the content of websites referenced in this publication. Please note that some of the articles included in this magazine may describe services and/or procedures that are not covered benefits. Also, eligibility for programs and benefits may vary by employer, plan and product.

For clarification of your covered benefits, please contact Fallon Health's Customer Service Department at 1-800-868-5200 (TRS 711), or contact customerservice@fchp.org.

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Tips for tick season

The words “tick” and “Lyme disease” make many of us shiver regardless of the warm weather—and with good cause.

The Centers for Disease Control and Prevention (CDC) estimates that some 300,000 people are diagnosed with tick-transmitted Lyme disease every year in the United States—and Massachusetts is one of the top “hot” zones. Ticks can also carry other diseases, such as babesiosis, which can be severe among seniors, newborns and people with weakened immune systems.

Not all ticks carry disease. The culprit is an infected blacklegged tick, which must be attached to you for at least 24 hours before it can transmit disease. That’s why it’s so important to routinely check for ticks, especially after gardening, camping, hiking and playing outdoors, and to remove a tick as soon as you find it. There’s no vaccine for Lyme disease.

First, prevention! Avoid wooded and bushy areas with high grass and leaf litter, where ticks thrive. Apply a tick repellent on skin and clothing that contains at least 20% DEET.

Second, precautions! If you’ve been in tick-prone areas, conduct a full-body tick check (partner with someone to check hard-to-see areas). Shower as soon as possible and dry clothes on high heat for up to an hour to kill any attached ticks.

Third, act fast if bitten! If you do find a tick on you, use fine-tipped tweezers, placed as close to its mouth as you can, and gently pull to remove it, then wash the bite area with a lot of warm water and soap.



Learn more about Lyme disease

Provider Speaker Series
Friday, July 18 at noon and
Monday, August 18 at 6 p.m.

Sarika Aggarwal, M.D.
Fallon Information Center,
White City Shopping Center
Route 9 - Shrewsbury



Lyme disease is diagnosed by considering your possible exposure to ticks and the symptoms you have. Symptoms mimic the flu: fatigue, chills, fever, headache, muscle and joint aches and swollen lymph nodes. A telltale sign of Lyme disease is the appearance, usually within a week of the bite, of a reddish “bull’s-eye” rash that gradually expands. If caught early, most cases of Lyme disease can be treated successfully with antibiotics.

If you’ve been in tick-prone areas, be sure to discuss any of the above symptoms with your doctor.

We invite you to attend our *Provider Speaker Series* presentation on Lyme disease. Dr. Sarika Aggarwal, Fallon’s Chief Medical Officer, will discuss ways to protect yourself from tick bites and Lyme disease. Join us! Please pre-register by calling us at 1-866-209-5073 (TRS 711). ●

Safe medication disposal

If you have medications you no longer take or that are outdated, you should dispose of them properly to avoid harm to others, especially children or pets who could be accidentally poisoned.



Don’t flush! Flushing leftover medications down the toilet sends them into our waterways, where they can do serious harm to fish populations—and sometimes end up in our drinking water.

Drop off

Some pharmacies, police stations and sheriff’s offices allow you to drop off unwanted medications. To find drop-off locations, visit these websites:

- productstewardship.us/drugtakeback-locations
- deadiversion.usdoj.gov/drug_disposal/takeback

One-day medication collection events may also be held in your area.

Dispose in trash

If there are no drop-off sites near you, discard your medication in the trash by following these guidelines:

- Cross out any personal information on the medicine bottle.
- Empty the medication into a sealable, disposable container. Add cat litter, coffee grounds or another undesirable substance to discourage abuse.
- Throw out the sealed container with your household trash.

It takes only a few minutes to throw away medications in a way that’s safe for your family’s health and the environment. ●



Even during the lazy, hazy days of summer, it seems like there aren't enough hours in a day to do everything we need to get done. Do you always aim to make the most of your time? Then you know that putting aside only 5 minutes here and there in your day to do "the little things" can add up to bigger achievements by the end of your week.

Here we suggest several ways you can "Take 5" for a healthier summer. As the Centers for Disease Control and Prevention (CDC) says in its "Five Minutes (or Less) for Health" feature, "Being healthy and safe takes commitment, but it doesn't have to be time-consuming. Most things are so simple and take so little time, that you'll wonder why you've been avoiding them."

Be safe in the sun

Sun protection isn't only for beach or pool times. The effects of sun exposure add up day after day, even on cloudy days. Take 5 to *Slip!* *Slop!* and *Slap!*—three easy ways to protect yourself from the sun's damaging ultraviolet (UV) rays.

- **Slip on a shirt:** A lightweight, white T-shirt offers very basic protection (less so when wet)—but it's a start.
- **Slop on sunscreen:** Use a broad-spectrum, water-resistant sunscreen of SPF 30 or higher to prevent sunburn and skin damage. Take 5 to reapply it at least every two hours.
- **Slap on sunglasses:** Protect your eyes and the sensitive skin around them with sunglasses that block 99 - 100% of UV rays, which will be noted on the label. And Take 5 to **slap on a wider-brimmed hat** that will protect your neck, forehead, nose, ears and scalp.



TAKE 5 FOR

Beat the heat

Summer practically comes with the guarantee of a heat wave. High temperatures and humidity are great triggers for heat rashes and cramps, heat exhaustion, and potentially fatal heat stroke.

Staying in air-conditioned places is a good choice. If you must be, or like to be, outdoors, wear lightweight, light-colored, loose-fitting clothing. Protect yourself from the sun (see “Be safe in the sun” tip) and Take 5 to drink water often to avoid dehydration (see “Drink up” tip).

Plan outdoor chores or exercise for earlier morning or evening hours to avoid the more intense sunlight hours between 10 a.m. and 2 p.m. Take 5 for frequent mini breaks in the shade. Cool showers help, too.

And, be sure to also Take 5 to check on any elderly or ill neighbors and loved ones—who are at higher risk for heat-related illnesses.

Drink up

When you don’t drink enough fluids on hot summer days, especially if you sweat a lot, you can quickly become dehydrated. Take 5 throughout hot days to drink one or more glasses of water at a time. Remember, by the time you feel thirsty, you may already be dehydrated. Some signs of dehydration are dry or sticky mouth, rapid heart rate, dizziness and low or no urine output.

Water is best to drink—plus it’s calorie-free, inexpensive and readily available! Drink alcohol and caffeinated coffee, tea and soda only in moderation.

Gear up

It’s the season to “play” outdoors—and that often includes skateboarding, biking, pick-up baseball, swimming and other physical activities. To protect against injuries, it’s important to gear up properly.

Take 5 to make sure you and your kids put on appropriate protective gear such as wrist guards, knee and elbow pads, life jackets—and especially helmets. Take 5 to check that family members are wearing their helmets properly. A helmet should sit flat on your head and be level, and the straps on each side of

continued

A HEALTHIER SUMMER

your head should form a “Y” over the ears, just below your earlobes. Now, go out and have fun!

Think food safety

Nothing says summer like outdoor grilling and cookouts. Don’t spoil it by getting sick because food isn’t properly cooked or is left out of the refrigerator too long.

When grilling, take an extra 5 to thoroughly cook meat and poultry—use a meat thermometer to be sure—and put the cooked food on a *clean* plate, not on the same plate that held raw food. Remember this rule: Always keep cold foods cold and hot foods hot. So, be sure to Take 5 to refrigerate leftovers promptly—within an hour of eating.

Talk safe driving with your teenager

More teens die in car crashes during the summer than any other season. If you have a teenager, Take

5 to review the materials available from the Centers for Disease Control and Prevention’s campaign, *Parents are the Key to Safe Teen Drivers*, available at cdc.gov/parentsarethekey.

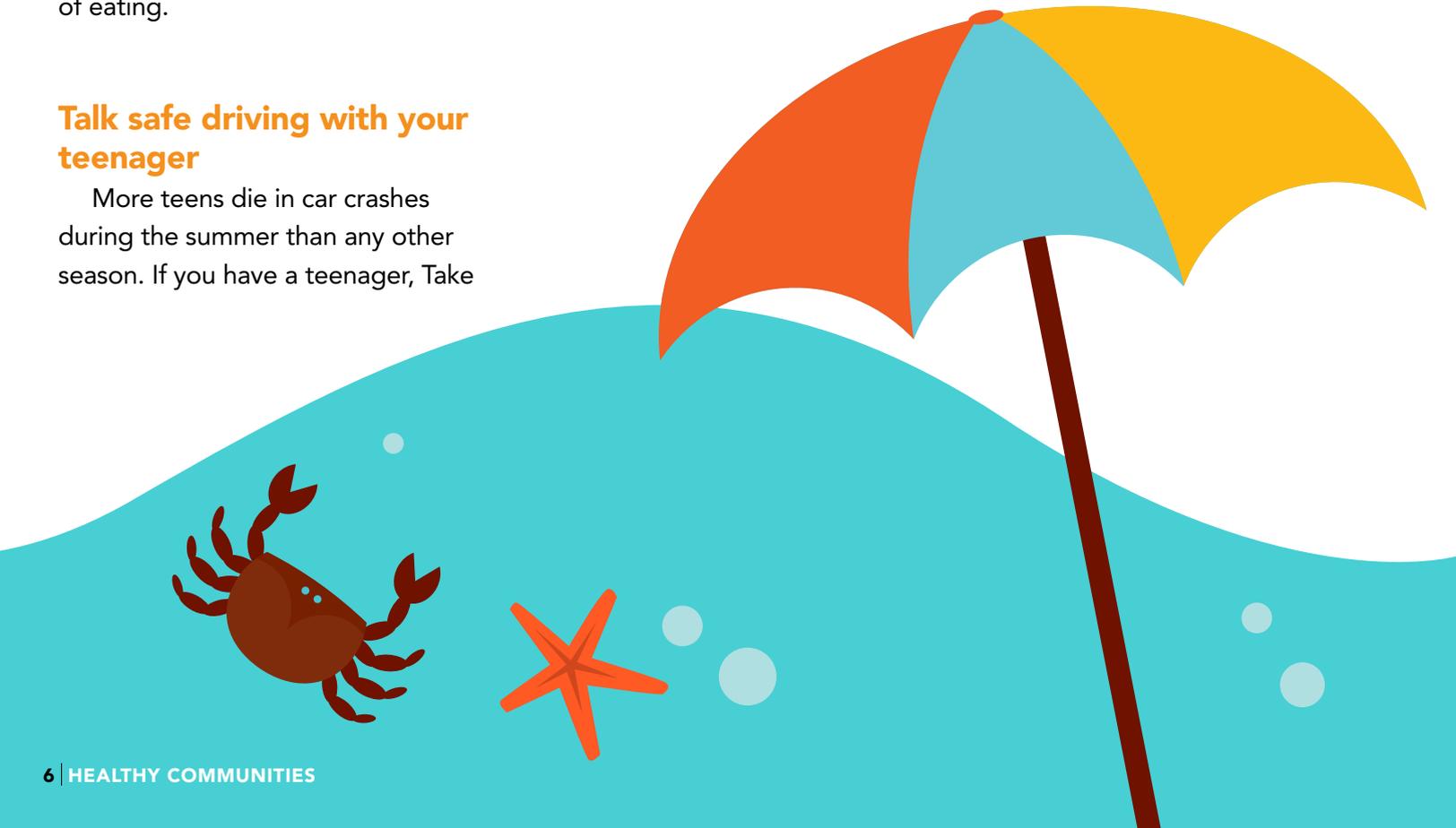
Draft and sign a parent-teen driving agreement (the CDC has a guide to download) so that everyone is on the same page about your family’s rules of the road. Post the agreement in a visible spot, and Take 5 now and again to review it with your teen to keep the rules top of mind.

Take a break

After all, isn’t that what summer is about? For many of us, daily stress is the norm, not the exception. And when you’re stressed out, even the little annoyances in life can seem like a big deal. Take 5 to learn healthy

BEING HEALTHY AND SAFE TAKES COMMITMENT, BUT IT DOESN’T HAVE TO BE TIME-CONSUMING.

ways to deal with stress—such as a five-minute walk or a deep-breathing exercise. Make some “me” time in the coming weeks to read a book, call a friend or simply take a power nap—great ways to take care of mind and body. ●



Need eye or vision care?

For the past two years, Fallon Health has been using EyeMed Vision Care, one of the country's top vision networks, to offer you eye care services. We'd like to remind you that you must go to a provider in the EyeMed network to be covered for these services.



To see if a provider is in the EyeMed network, go to fallonhealth.org and click on "Find a doctor." Under "Advanced Search," click on "Specialist" and then choose "Optometry" or "Vision Center" from the drop-down menu.

For routine eye care that we cover (to detect diseases or determine if you need glasses), you may go to any of the thousands of providers in the EyeMed network, which include popular retailers, such as LensCrafters®, Sears OpticalSM, Target Optical®, JCPenney® Optical and most Pearle Vision® locations, plus many community doctors and optical shops.

Please note: If you need to see an ophthalmologist, a medical doctor who is an eye specialist and surgeon, for the diagnosis or treatment of an eye disease, the doctor does not have to be in the EyeMed network (but still must be contracted with Fallon).

However, if you see an ophthalmologist for routine eye care, *he/she must be in the EyeMed network.* (In our online "Find a doctor" tool, under "Advanced Search," then "Specialist," choose "ophthalmology." Select a doctor who indicates "Routine eyecare available.")

If you have questions about your eye and vision care benefits, call Fallon Customer Service at the number on the back of your member ID card. For more information, go to the Members section of Fallonhealth.org and look under How Your Coverage Works. ●

Benefits and coverage may vary by product, plan design and employer.

Fallon commercial plan members

Managing the cost of high-tech radiology

This spring, Fallon Health introduced a new program, called SmartChoice, which aims to reduce the cost of high-tech radiology services. It currently applies to our fully insured commercial HMO members. Both doctor and member engagement is a part of this program.

SmartChoice is a high-tech radiology (CT scan, MRI) program administered by our partner,

MedSolutions. If a doctor or other provider initially requests a higher-cost location for a test, MedSolutions will recommend a more affordable high-tech radiology facility to use.

The cost of these services varies greatly. For example, a "CT scan of the abdomen with contrast" might range in cost from \$823 to \$2,333, depending on the hospital or medical facility you use. The savings associated with cost-conscious referrals can add up significantly for both you and Fallon.

The SmartChoice program is voluntary for both the doctor and the member. If a doctor chooses to send a patient to a higher-cost location, MedSolutions will offer alternatives to the doctor and reach out to our member to educate them on other more cost-effective, and often more convenient, options.

If you have any questions about this program, call Fallon Customer Service (see the phone number on the back of your member ID card). ●

Welcome new members!

You've received your new Fallon Health member welcome kit with a *Schedule of Benefits* and a Fallon ID card and received a welcome call from us to answer any questions you might have. Be sure to register for our member portal, *myFallon*, to access benefits and claims information and much more.

Now we encourage you to visit fchp.org/newmember* to find out what to do next and get answers to frequently asked benefit questions.

You'll also find information about our **Smooth Switch** program that will help you transition to Fallon coverage if you're taking a prescription medication, receiving care for an ongoing medical condition or pregnancy, or if you are looking for behavioral health services.

Of course, you can always call Customer Service at the number on the back of your member ID card. ●

* Please note that the information on the fallonhealth.org welcome page does not apply to MassHealth members. For more information, see fchp.org/masshealth-members.

BENEFIT UPDATES CONT.

Fallon commercial plan members

A closer look at prescription drug coverage

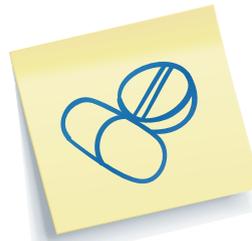
At Fallon Health, we do everything we can to ensure that you get the prescription medications you need when you need them. We use a 4-tier formulary (list of covered drugs) for all our standard plans, and we are very competitive with other health plans when it comes to our formulary and its management.

Sometimes, we may require prior authorization for a prescription medication, which means that your doctor must ask us to cover the

medication and give us medical information to back up the request. This is a step to ensure your safety and manage out-of-pocket costs. Depending on your plan, you may have a copayment or coinsurance cost for a prescription, or pay the full cost until a deductible is met.

Here are a couple of things you can do to help the process:

- **Think generic.** Ask your doctor about generic alternatives to brand-name drugs that can lower your out-of-pocket costs. Tiers 1 and 2 in our formulary generally include generic drugs that cost less, are equally effective and seldom require a prior



authorization. In Massachusetts, prescriptions are automatically filled with a generic drug, if one is available.

- **Ask your doctor about brand Rx requirements.** Your doctor can write a new prescription to specify a brand-name drug (commonly Tiers 3 or 4). Be aware that brand-name medications are more likely to require prior authorization—and we recommend you mention this to your doctor up front. Otherwise, the doctor might send the prescription to the pharmacy without verifying that information. If the drug is not covered or if it needs prior authorization, there could be a delay in filling the prescription.

Fallon commercial plan members

Wellness bucks add up!

■ The Healthy Health Plan—now spouses and adult dependents rewarded, too!

The Healthy Health Plan wellness program has been financially rewarding eligible Fallon Health subscribers (*the person whose name the health insurance policy is in*) for being—and becoming—healthy. Now, *all adult dependents (age 18 and over)* on a plan are eligible for the financial incentive, too!

The Healthy Health Plan is offered with many of our employer plans—ask your Human Resources representative if your plan has it, or check with Fallon Customer Service. (You'll find the phone number on the back of your membership ID card.)

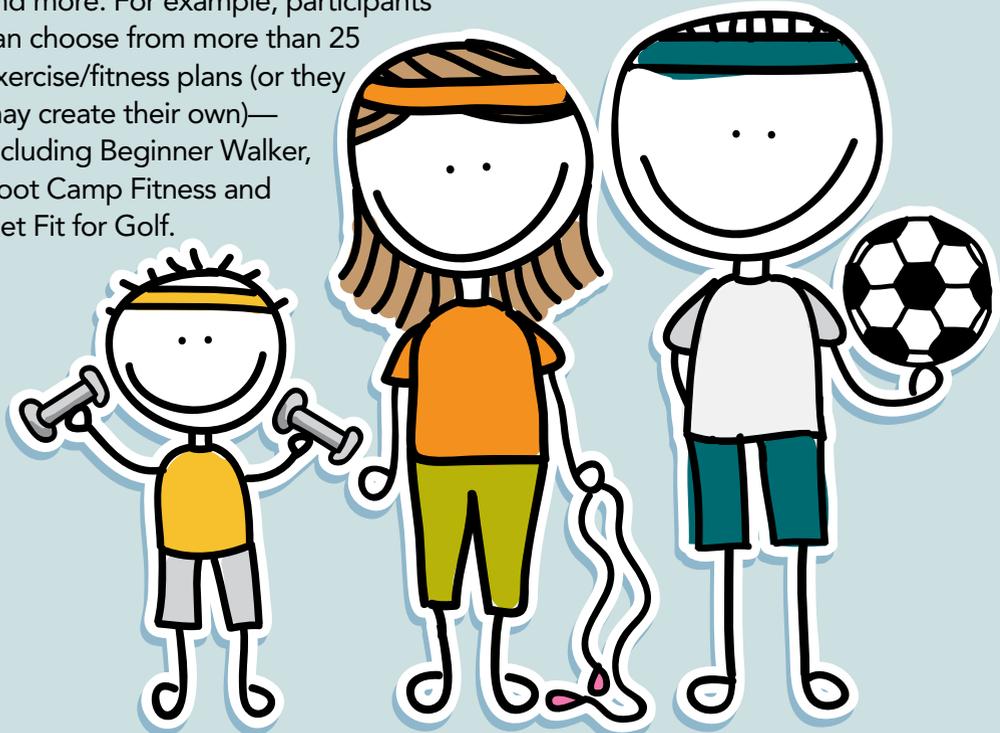
Each family member who qualifies can simply click on the My Healthy

Health Plan link on fallonhealth.org, fill out a health assessment, and be eligible to receive up to \$200.

If you could use a little help to get healthier, you can choose to enroll in a customized action health plan that may include regular health coaching, wellness workshops, interactive tools and more. For example, participants can choose from more than 25 exercise/fitness plans (or they may create their own)—including Beginner Walker, Boot Camp Fitness and Get Fit for Golf.

■ Use It Fits! for even more cash back!

Many of our members take advantage of our It Fits! reimbursement program that as a standard benefit pays families \$400 and individuals \$200 annually



Next steps

Check our most current formulary online (fallonhealth.org, in the Members section) or call Customer Service (see phone number on member ID card) for help to clarify whether or not your medications are covered, what tier they are on, and if they require prior authorization.

You can get prescriptions filled at thousands of pharmacies nationwide. For certain medications taken regularly, you can save time (and even money!) with our mail-order pharmacy service. Learn more at fchp.org/members/Pharmacy. ●

for participating in healthy activities.

Do you love the gym, prefer yoga, or have a child playing on a Little League team or at a sports camp? We'll reimburse you for that—and a variety of other healthy activities—everything from race entry fees and swimming lessons to eligible weight-loss programs and cardiovascular home fitness equipment.

Visit The Well at fchp.org/members/health-wellness for program information and reimbursement forms. You may also call Fallon Customer Service for information—the number is on the back of your member ID card. ●

Program eligibility and benefits may vary by employer, plan and product.

To our MassHealth members

When are urgent care centers a good option for you?

Urgent care centers are clinics that give you a different option than going to the emergency room for common urgent health issues. These centers usually have walk-in visits, later hours and offer a range of medical services, such as X-rays and lab work. You can often be seen and treated more quickly than in the ER.



When to go to the Emergency Room (ER):

If you have a serious condition (see examples below) go straight to the nearest ER or call 911. Don't take a chance with anything life-threatening. The ER is the best place to get care for critical conditions, including:

- Chest pain/heart attack
- Sudden loss of vision or blurred vision
- Loss of consciousness
- Severe bleeding or head injury
- Difficulty breathing
- Thoughts of hurting yourself (or someone else)

When to go to an urgent care center:

Urgent care is for conditions that require prompt attention but don't pose an immediate or serious threat to your health or life. For example:

- Minor burns or injuries
- Coughs, colds and sore throats
- Fever or flu-like symptoms
- Ear infections
- Sprains and strains
- Allergic reactions (non-life-threatening)
- Rash or other skin irritations

Here is a list of urgent care centers available to you:

CVS MinuteClinic® 1-866-389-2727 (for all)

Acton, Amesbury, Andover, Beverly, Charlton, Clinton, Danvers, Franklin, Grafton, Hudson, Maynard, Medford, Medway, Natick, Newton, Northborough, Salem, Sudbury, Tewksbury, Uxbridge, Watertown, Wellesley, Westford, Wilmington, Worcester

ReadyMEDSM

Shrewsbury: 1-508-831-4080

Auburn: 1-774-221-5135

Reliant Medical Group Urgent Care

Worcester: 1-800-283-2556

Leominster: 1-978-466-3210

Hallmark Health Urgent Care

Medford: 1-781-306-6100

Reading: 1-781-213-5500

CareWell Urgent Care

Tewksbury: 1-978-851-4683

Billerica: 1-978-362-2443

Lexington: 1-781-538-4526

Needham: 1-781-400-1383

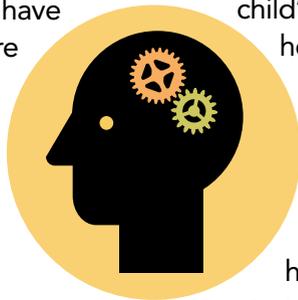
When in doubt, call ahead. If the urgent care center is not the best option for your condition, they will suggest you go to the nearest ER. ●

Attention MassHealth members

More community-based behavioral health services

There are several behavioral health services available for children and youth under age 21 who have a MassHealth plan and are enrolled in Fallon Health. No referral is needed for these services. In our winter magazine, you read about in-home therapy, intensive care coordination and mobile crisis intervention. Here are three more services you may use.

If your child gets outpatient therapy, in-home therapy or intensive care coordination, he/she may also be able to get the following services:



- **In-home behavioral services**

Sometimes a child will do something over and over that bothers other people or harms the child. It can be hard to get the child to act differently. A therapist will work with you and others in your child's life to try new ways to help your child change these behaviors.

- **Therapeutic mentors**

Some children want to get along with others, but need help and practice learning to talk or act in new ways. A therapeutic mentor will go with your child to the places where he/she has the most trouble and will teach new skills, such as better ways to talk or act with other children and adults.

- **Family support and training (Family Partners)**

Do you need support? Family Partners help parents and caregivers help their children reach their treatment goals. They are parents or caregivers (not professionals) of children with special needs who have "been there" and can share their experiences. They work closely with parents to help them get the services their children need.

Who to call

Families can learn more about these and other behavioral health services for MassHealth members by calling Beacon Health Strategies, who manages behavioral health services for Fallon Health, at 1-888-421-8861. ●

Members can pay less for the same acid relief

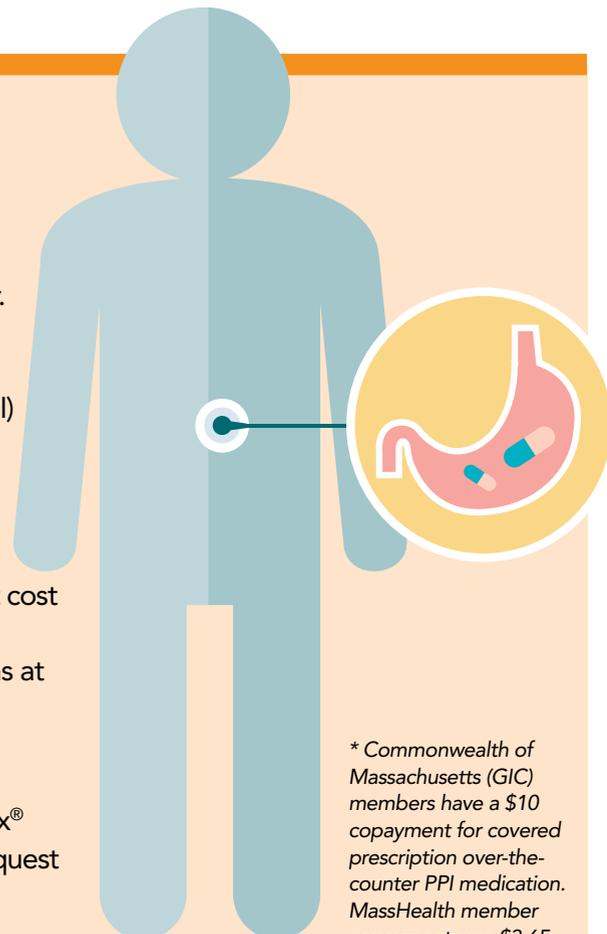
As a Fallon Health member, you can get over-the-counter acid relief medication for a \$5 copayment* if you have a prescription from your doctor.

We cover prescriptions for up to 42-tablets of Prilosec OTC®, Prevacid® 24HR and generic over-the-counter omeprazole, which have the same dosage as their brand-name counterparts. These proton pump inhibitor (PPI) medications are used to treat stomach acid conditions, such as heartburn and acid reflux.

If you have a stomach acid condition, please talk to your doctor about which over-the-counter PPI may work for you. Studies and medical experts agree that these OTC medications work just as well and are just as safe, but cost much less than their prescription brand-name versions.

You can get your prescription filled for any one of these OTC medications at your local pharmacy—for just a \$5 copayment (once any deductible is met), which is considerably less than the standard retail price.

Fallon has three prescription PPI drugs on its formulary (list of covered medications) that have higher tier-3 or tier-4 copayments. These are Acipehx® and Nexium®, which requires your doctor to submit a prior authorization request to us, and Dexilant®, which does not require prior authorization. ●



* Commonwealth of Massachusetts (GIC) members have a \$10 copayment for covered prescription over-the-counter PPI medication. MassHealth member copayments are \$3.65.

Benefits and coverage may vary by product, plan design and employer.

Congrats to our iPad winners

Thank you to the more than 3,000 members who newly registered to use the myFallon member portal during February and March—and became eligible along with current users for our iPad giveaway! Congratulations to the 10 members who received iPads from our random drawing.

More than 15,650 members are registered for myFallon. If you're not one of them, what are you waiting for? It's an easy-to-use self-service tool. You can search for and view your claims before paying bills to providers, view your specific benefit information, print a temporary ID card and more!

Register today! Go to <http://myfallon.org>. You just need to enter some basic information (such as your member ID number) and create a password! Please visit soon! ●

Caregiver support from fallon

Visit fchp.org/caregivers, where we provide useful information about healthy aging, illnesses like diabetes and depression, and other topics that concern the health and well-being of older adults. We also explain how to get the caregiving support you need, including coordinated care options from Fallon Health. Check it out today—and share the link with family and friends. ●

Apps for summer health

These apps are free and available on iTunes or Google Play for phones and tablets.

- The **OSHA Heat Safety Tool** is geared to people who work outside, but has good information for anyone who spends a lot of time outdoors. Get the heat index in your area, find out what protective measures to take and how to recognize symptoms of heat-related illness.
- The American Red Cross has two apps you'll want to have on hand this summer. ARC's **First Aid** app puts expert advice for everyday emergencies in your hand. It has



videos, interactive quizzes and simple step-by-step advice. ARC's **Swim** app puts their Learn to Swim program in the palm of your hand. Brush up on your water safety knowledge, play parent-child games together and track your child's progress. ●

IN THE NEWS

Fallon commercial plan members Plymouth's former Jordan Hospital remains in our network

In January, Jordan Hospital officially joined the Beth Israel Deaconess Medical Center (BIDMC) family of hospitals and became Beth Israel Deaconess Hospital-Plymouth. The newly named hospital remains in Fallon Health's Direct and Select Care networks as part of our very positive relationship with Beth Israel Deaconess Medical Center.

BID Hospital-Plymouth serves more than 250,000 residents on the South Shore and Cape Cod. According to BIDMC, the new affiliation will strengthen and expand several key patient-care services at the hospital.

We've got Boston covered, too!

Fallon's provider network extends throughout the state. If you are a Select Care member, you have in-network access to Boston hospitals such as: Beth Israel Deaconess Medical Center, Brigham and Women's Hospital, Children's Hospital, Dana-Farber Cancer Institute, Massachusetts General Hospital, New England Baptist Hospital, Tufts Medical Center and more! ●



- [facebook.com/fallonhealth](https://www.facebook.com/fallonhealth); [facebook.com/falloninfocenter](https://www.facebook.com/falloninfocenter)
- Twitter:
 - **General health and wellness tips:** @fallontips
 - **Quitting smoking:** @quittowin
 - **General Fallon news:** @fallonmedia
 - **Jobs at Fallon:** @falloncareers ●

NEWS CONT.

Fallon “zips” around the state this summer

We had such fun meeting so many of our members during last year’s FOX25 Zip Trip broadcasts that we’re doing it again this summer—for the third year. We hope you’re tuning in!

We’re partnering with the Zip Trip broadcasts to promote our mission,

making our communities healthy. Every Friday morning (6 a.m. to 10 a.m.) now through August, Fallon will be visiting a new community in Massachusetts with the FOX25 TV hosts and doing a special health segment.

Be sure to watch for some great health tips, a peek at your neighboring communities and lots of laughs. We hope to see you in person, too! Visit myfoxboston.com (click the Zip Trips navigation bar) for what towns we’ll be visiting soon. ●

Fallon Health recipient of two awards

In recent months, Fallon Health was recognized twice by the *Worcester Business Journal (WBJ)*.

We were voted the **Best Health Insurance Provider (HMO/PPO)** in *WBJ*’s first Best of Business awards competition last fall. We are very proud of this distinction and thank all the *WBJ* readers who voted for us!

Earlier, *WBJ* named us its 2013 **Top Workplace for Education, Training and Career Development**. We seriously invest in our employees with innovative benefits, recognition and wellness programs as well as extensive education and training alternatives. As a result, our employees are enthusiastic about their role in our organization, and are ready to meet the needs of the communities we serve and exceed your expectations for service. ●



Save the date: Canal Diggers 5K in September

Fallon Health is again the presenting sponsor of a Worcester tradition, the 8th annual Canal Diggers 5K Road Race and 1-mile Fun Run/Fitness Walk on Saturday, September 6. This historic course through Worcester’s Canal District is now a USATF-certified 5K.

There are t-shirts and prize money for Canal Diggers runners, plus a free barbecue, refreshments, Irish music and all the festivities of the Blackstone CanalFest!

For details or to register, go to canaldiggers.org. ●

