

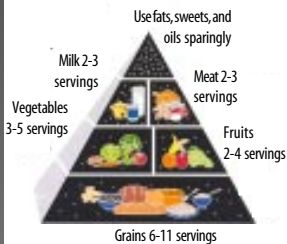
# ABenefits Xtra

Your Health & Benefits Awareness resource published by the Human Resources Department at ABX Air, Inc.

Volume 1 ~ Issue 7 ~ March 7, 2003

## •March is Nutrition Month.

### The Food Guide Pyramid



Use the Food Guide Pyramid to help you meet your daily nutritional needs.

Source: U.S. Food and Drug Administration

• Submit your questions or comments to [abx.benefits@airborne.com](mailto:abx.benefits@airborne.com)

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## Health Care Clinic

ABX is reviewing the concept of a health care clinic in Wilmington for our employees. The clinic's goal would be to deliver high-quality and cost-effective health care in a setting that is patient friendly. A convenient location has been identified in Commerce Park Building #2, which is located at the corner of Old St. Rt. 73 and Airport Road just south of the flight operations tower. Staffed by one or more primary care physicians and several registered nurses, the clinic would provide a variety of medical care for our employees including:

- Primary care services
- Urgent care services
- Treatment of on-the-job injuries
- Treatment of many off-the-job injuries and illnesses
- Medical management of chronic conditions
- Physical exams
- X-ray services
- Laboratory services
- Vaccinations
- Cancer screenings
- Cholesterol evaluations
- Blood pressure checks
- Referrals to appropriate specialists

With the introduction of an on-base clinic, employees still would have the ability to use their community based medical providers, just as today.

ABX has sent a Request for Proposals (RFP) to ten vendors asking them to provide us with proposals to build, staff, and run a clinic for us. The RFP was sent to healthcare companies that staff and run employee clinics for other employers and to community-based providers.

After a recent clinic visit Contract Assistant and EBAT Member **Christy Battig** said, "I was very pleasantly surprised. ... The facility is bright, clean, and looks like a new doctor's office." See story bottom of page 2.

Recently, members of the Employee Benefits Advisory Team had the opportunity to tour the Mead Family Medical Center in Chillicothe, Ohio. They saw first hand how a medical center works. They spoke with both the medical center staff and physicians about the type

and quality of care Mead employees receive.

Proposals from the vendors are due March 12. ABX will then review the proposals and narrow the field to finalists. We plan to make a decision by mid-April on whether or not to proceed with establishing a clinic for our employees.

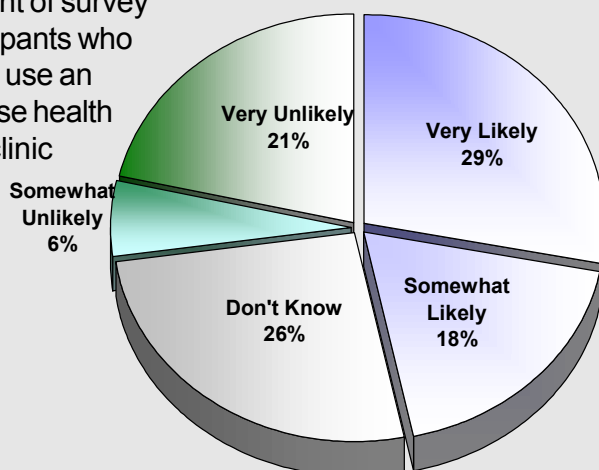
## Benefits Re-engineering Website

The ABX Benefits web site has a new page devoted to the entire benefits re-engineering process. On this page you can find news about upcoming benefit changes, the complete results from the recent employee survey on benefits, information from the recent town hall meetings, summaries of the Employee Benefits Advisory Team meetings, copies of *A Benefits Extra*, and frequently asked questions. Visit the benefits re-engineering web site at [www.abxair.com](http://www.abxair.com). Click on employee benefits tab on the right and then on "Benefits Re-engineering News."

See screen capture on page 2.

## ABX Snapshot

Percent of survey participants who would use an on-base health care clinic



# Questions & Answers

**Q. With the changes to the benefits program will I be able to make changes mid-year in 2003?**

**A.** Yes, we are planning to conduct a special mid-year open enrollment for employees this year. Everyone will have the opportunity to elect new coverage before the changes and new options become effective on July 1, 2003.

Once elected your new coverage will remain in place until the end of 2003, unless you have a family or work status change. Later this fall, we will conduct the regular open enrollment for changes effective Jan. 1, 2004.

**Q. Will I receive more information about the benefits changes and any new options?**

**A.** Yes, the Benefits Department plans to develop detailed summaries of the changes and any new plan options. This information will be distributed to employees in time for the mid-year open enrollment to allow employees the opportunity to review the information before they make their open enrollment elections. A new Benefits Handbook also will be developed and distributed to employees.

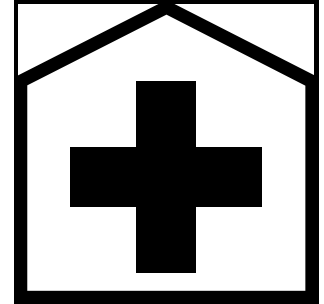
## Benefit Re-engineering Web Site



[http://www.abxair.com/public/benefits/News/benefits\\_re.htm](http://www.abxair.com/public/benefits/News/benefits_re.htm)

# Hospital Quality Comparisons

In previous issues of *A Benefits Xtra*, we have shared with you hospital quality comparisons for several medical conditions. Here are two more comparisons: **gall bladder removal** (laparoscopic) and **chest pains**. The rankings are based on criteria developed by the Leapfrog group and include the number of patients or procedures done, mortality rates, and complication rates. Hospitals score higher rankings with higher patient volume for that condition, lower mortality rates, and lower complication rates. For a hospital near you or for more information visit [www.myuhc.com](http://www.myuhc.com) and click on the Hospital Comparison tool.



*These rankings are just one of the multiple sources you should consult before making a decision as to which hospital can give you the best care. Always consult your treating physician about what decision is best for you.*

### Gall Bladder Removal (laparoscopic)

- 1<sup>st</sup> Miami Valley Hospital
- 2<sup>nd</sup> Greene Memorial Hospital
- 3<sup>rd</sup> Grandview Hospital & Medical Center
- 4<sup>th</sup> Kettering Medical Center
- 5<sup>th</sup> Sycamore Medical Center

### Chest Pains

- 1<sup>st</sup> Miami Valley Hospital
- 2<sup>nd</sup> Kettering Medical Center
- 3<sup>rd</sup> Highland District Hospital
- 4<sup>th</sup> Grandview Hospital & Medical Center
- 5<sup>th</sup> Clinton Memorial Hospital
- 6<sup>th</sup> Dayton Heart Hospital
- 7<sup>th</sup> Greene Memorial Hospital

*Within 30 miles of Wilmington, Ohio*

Source: [www.myuhc.com](http://www.myuhc.com)

## EBAT Visits Mead Family Medical Center

A group of employees serving on the Employee Benefits Advisory Team (EBAT) recently visited the Mead Family Medical Center in Chillicothe, Ohio. Below is a report on that visit.

*By Contract Assistant Christy Battig*

I was very pleasantly surprised with our Mead Family Medical Center tour. Before our visit, I had the impression these clinics were impersonal, assembly-line type operations that ran patients through as fast as they could with no real patient-doctor relationship. Not so.

We met with the staff including the medical director, Dr. Ellis. He talked about their focus on patient care. He specifically mentioned follow-ups they do every three months with about 300 diabetic patients. These follow-ups involve educating the patients about the importance of nutrition and exercise. The clinic not only treats their conditions but also, educates the patients about preventive options.

Mead has about 3,000 employees. Use of their clinic is optional. However, the co-pay is less at the clinic. About 50 percent of the employees are using it, with the trend toward increased participation. Some employees take advantage of the availability of same-day appointments, using the facility in place of urgent care, while many other employees are using the clinic doctors as their primary care physicians.

The Mead Family Medical Center has been in operation since 1996. The facility is bright, clean and looks like a new doctor's office. There are nurses' stations, exam rooms, a procedure room, X-ray, and mammography rooms. Their facility includes a pharmacy with a drive-through. Any prescription can be filled at the company pharmacy. Their pharmacy has an even higher participation rate than the clinic itself.