



COPRA CHRONICLE

Issued by and for the City of Phoenix Retirees Association
Your advocate in pension and insurance matters

March 2012

MEMBERSHIP IS OUR STRENGTH

Issue 8

INSIDE THIS ISSUE

	Page
President's Message.....	2
How You Can Help COPRA Save Money.....	2
Help is a Phone Call Away.....	3
Pharmacy Coverage and Step Therapy.....	4
New Retirees.....	4
Membership Renewal Notice.....	4
City Manager's Corner.....	5
Prescription Discount Card.....	6
In Remembrance.....	7
Tips.....	7
COPRA Board.....	7
Meeting Dates.....	8

GATHER, SHARE YOUR FAMILY HEALTH HISTORY THIS YEAR FOR SAKE OF FUTURE GENERATIONS

A life-saving new year resolution could be a family health history using a form provided by the U.S. Surgeon General

Gathering a comprehensive health history of your family can be a life-saving gift to your children and future generations of your family. However, it takes time and effort to do it well. It fits better as a resolution for the new year, rather than as a weekend or holiday project.

The updated Surgeon General's My Family Health Portrait tool can help you and your family to collect and organize family health history information and allows you to share this information easily with your doctor.

This information can help your doctor, or a doctor caring for other family members, decide which tests and screenings are recommended to help know the patient's health risks.

If you are concerned about a disease running in your family, collect your family health history, and talk to your doctor at your next visit. A doctor can evaluate all of the factors that may affect your risk of some diseases, including family health history, and can recommend ways to reduce that risk.

Family Health History is Important

- Family members share genes, behaviors, lifestyles, and environments, which together may affect their risk of developing health problems.
- Most people have a family health history of common chronic diseases (e.g., cancer, heart disease, or diabetes) and other health conditions (e.g., high blood pressure and high cholesterol).
- A person with a close relative affected by a chronic disease may have a higher risk of developing that disease than a person who does not have an affected relative.

Americans know that family health history is important to their health.

One survey found that 96 percent of Americans believe that knowing their family health history is important. Yet, the same survey found that only one-third of Americans have ever tried to gather and write down

(Continued on page 3)



MEMBERSHIP

Changed your address or phone number? For address and/or telephone number changes, or for any questions about your COPRA membership, please contact Marvin Roelse, Membership Chairman. Marvin can be reached by telephone at (480) 288-1046, or by mail at: COPRA Chronicle, 10701 E. Peralta Canyon Dr., Gold Canyon, AZ 85118, or by e-mail at marvinr567@msn.com

PRESIDENT'S MESSAGE



Hello, everyone. On Tuesday, February 14th, the City Council heard a Pension Reform Task Force presentation conducted by the committee chair and The Segal Company representatives who assisted the committee during its study period. Many of us who served on the Task Force and some COPERS and COPRA members were also in attendance. To refresh your memory, the Task Force was commissioned to begin its work in February 2011 and completed its assignment in early December. The final report was forwarded to the Mayor and City Manager at that time. The presentation clearly pointed out the significant amount of work that had gone into researching this issue and provided materials which supported the proposed recommendations. The City Council was very complimentary of the Task Force's work and acknowledged the level of detail that was taken in reaching its conclusions.

At least one Council member again voiced strong opinions about moving away from a Defined Benefit System to a Defined Contribution System. This presentation to the Council was informational only. The committee's recommendations will be taken under advisement and, possibly, further study by the elected officials. My special thanks to those retirees who appeared at the Council Chambers for this meeting especially since it was also Valentine's Day and the celebration of Arizona's Centennial. I am sure there were certainly more fun places to visit, but I appreciate your attendance at this meeting.

In essence, the final outcome of the Pension Reform process has yet to be determined. The Council was informed about the recent events regarding the State of Arizona pension reform. The State was sued by a group of employees regarding the changes the State Legislature made concerning contribution percentages between employees and the State. There had been a 50/50 split previously between these two entities. The Legislature last year increased the employee ratio while lowering the State's. The State employees prevailed recently in Maricopa County Superior Court regarding contribution formula changes and the State is now required to reverse the legislative decisions made last year. This may or may not have relevance to the City of Phoenix Task Force's recommendation which occurred prior to the Superior Court's decision. The Task Force proposed a gradual change in the contribution ratio between employees and the City to a 50/50 split within the next few years. As this process continues, we will make every effort to keep you updated. For those of you who desire more current information, we encourage you to visit the City of Phoenix Website.

In closing, I want to remind all of you that our first 2012 General Membership meeting has been scheduled for Thursday, March 15th, with COPERS. Our new COPERS Representative, Cathy Gleason, is busy working with the Retirement Office and Kuhn's (COPERS Investment Consultant). This should be an excellent program providing updates on the current state of the retirement system and projections for the remainder of the year. There will be a brief update also on the Pension Reform status and a question and answer period. Please try to attend this 1:30 p.m. meeting at the Washington Activity Center.

Again, thank you for being a member of our ever growing COPRA organization. I look forward to seeing and sharing important information with you on March 15th.

Jack

HOW CAN YOU HELP COPRA SAVE SOME \$\$\$\$?

If you receive the monthly Chronicle by mail and have e-mail access, please consider electronic distribution as an alternative.

As of January 2012, COPRA has 2909 members. However, **only 20%** are receiving our newsletter by e-mail. So what would be the cost savings? If all members received the Chronicle electronically, COPRA could save over \$9000.00 annually on paper, printing, and mailing costs.

We realize that some of our retirees do not have e-mail access. However, for those members who do, we strongly encourage you to help us with reducing our costs. Please contact our Membership Chair, Marvin Roelse (marvinr567@msn.com), who will assist you in making this conversion. Your cooperation is appreciated!

HELP IS A PHONE CALL AWAY!

Did you know that there are people who work in the City Human Resources Department whose job it is to help you deal with any issues that arise with your health care providers? Well there are! When you run up against a situation that is frustrating and difficult to resolve with CIGNA, Blue Cross/Blue Shield (BCBS) or CIGNA Pharmacy, there is someone to assist you. Human Resources has representatives from all of our health care providers who are experts in assisting you on issues and know who best to contact for their resolution. So next time something comes up that you need help resolving, contact one of the following individuals. Not only will they assist you, but they will also have a better idea of the types of issues that are coming up so that they can resolve them for other members. Here is the contact information you'll need:

CIGNA Medical	Sheila Prior	(602) 495-5724
BCBS	Kellee Maxwell	(602) 534-5165
CIGNA Pharmacy	Kim Baker or Lisa Peot	(602) 495-5417

Take advantage of this service. It will be helpful to you and it will help the City's representatives understand member health care issues.

FAMILY HEALTH HISTORY (CONTINUED)

(Continued from page 1)

their family's health history. Are you ready to collect your family health history but don't know where to start?

Talk to Your Family

Write down the names of blood relatives you need to include in your history.

- The most important relatives to talk to for your family health history are your parents, brothers and sisters, and your children.
- Next, you may want to talk to grandparents, uncles and aunts, nieces and nephews, and any half-brothers or half-sisters.
- It is also helpful to talk to great uncles and aunts, as well as cousins.

Ask Questions

Among the questions to ask are:

- Do you have any chronic diseases, such as heart disease or diabetes, or health conditions such as high blood pressure or high cholesterol?
- Have you had any other serious diseases, such as cancer or stroke?
- How old were you when you developed these diseases?

Also ask questions about other relatives, both living and deceased, such as:

- What is our family's ancestry?
- What country did they come from?
- What diseases did your deceased relatives have?
- How old were they when they died?
- What caused their deaths?

Record the Information

Write this information down, and update it from time to time. To organize the information in your family health history you could use a free web-based tool such as [My Family Health Portrait](https://familyhistory.hhs.gov/fhh-web/home.action) (<https://familyhistory.hhs.gov/fhh-web/home.action>)

Share with Your Doctor

Family health history can give you an idea of your risk for common diseases like cancer, heart disease and diabetes, but it is not the only risk factor. If you are concerned about diseases that are common in your family, talk to your doctor at your next visit. A doctor can evaluate all of the factors, including family health history, that may affect your risk of some diseases, and can recommend ways to reduce that risk.

Family health history isn't just important for your health—it's important for your child's health, too!

Source: SeniorJournal.com/NEWS

PHARMACY COVERAGE AND STEP THERAPY

Some employees and family members received several letters from Cigna Pharmacy informing them that a specific medication they take is subject to Step Therapy. As the letters explain, Step Therapy is a clinical cost management program that promotes the use of cost-effective and therapeutically appropriate medications. There are several medication options, including generic medication, for many conditions. Step Therapy promotes cost savings for the patient and the employer. The patient's co-pay is lower and the City saves by paying for a more affordable medication. Because the City self-funds our medical and pharmacy coverage, lower costs mean lower increases to our premium each year.

Step Therapy is used for several common ongoing medical conditions such as high blood pressure, high cholesterol, heartburn, and asthma. Step Therapy requires that certain medications, typically generics and low cost brands, are used before other more costly medications are covered.

When you fill a prescription for a Step Therapy medication, you and your physician will receive a letter explaining what needs to be done before you fill the medication a second time.

At any time your physician can request authorization to continue coverage for a Step Therapy medication for medical reasons. If you have questions about Step Therapy please contact the City's onsite Cigna Pharmacy Rep, Kim Baker, at 602-534-5370.

NEW RETIREES (DECEMBER 2011)

Linda Anderson	Human Services
Barbara Bellamy	Human Services
Sylvia Chavez	Police
Robert Ciotti	Public Transit
Leon Deas	Water
James Donahue	Human Services
Michael Gage	Water
Theodore Greene	Water
Janice Haldorsen	Finance
Ronald Hess	Neighborhood Services
Brian Hinrichs	Street Transportation

Elouisa Lavin	Public Works
Stephanie Miller	Public Works
Patricia Murrieta	Housing
Joseph O'Brien	Street Transportation
Denis O'Shaughnessy	Parks & Rec
Susan Perkins	Finance
Donald Radford	Street Transportation
Paul Sharkey	Fire
Candy Sleeper	Aviation
Steven Turner	Street Transportation
Jackie Walker	Planning



GET THE POT OF GOLD AND RENEW YOUR COPRA MEMBERSHIP

Please check the mailing label on this Chronicle for the "Dues Paid Thru:" year. If the "Dues Paid Thru:" year is "2011", you should renew your COPRA membership now!

As a retiree, it is important that you stay abreast of events happening in the City that may have an impact on your benefits and the retirement fund. Please renew your membership today. As our motto on the front page of the Chronicle says, "Membership is Our Strength."

If you receive the COPRA Chronicle by email which doesn't have a mailing label, you should have received an email in December advising you of the status of your COPRA membership.

COPRA membership dues are \$10.00 annually. The dues special is still available so if you pay dues for 4 years (\$40.00), you get credit for 5 years. To renew your COPRA membership, send a check payable to "COPRA" to the following address:

COPRA
 % Marvin Roelse
 10701 East Peralta Canyon Drive
 Gold Canyon, AZ 85118-5130

CITY MANAGER'S CORNER

Like us at [facebook.com/cityofphoenix](https://www.facebook.com/cityofphoenix)

We are all very proud of our city employees. Each of them works tirelessly to serve the public, as evidenced by the city's 95 percent customer-satisfaction rating in the 2010 Community Attitude Survey.

This month, our Budget and Research and Finance departments deserve special attention. The Finance Department's responsibilities include providing accurate and reliable revenue and expenditure forecasting and maintaining the city's AAA bond rating, the highest bond rating of the six largest cities in the United States.

Each year, in accordance with the City Charter, Finance produces a detailed financial report formally known as the Comprehensive Annual Financial Report (CAFR). Since 1976, the city's CAFR has earned the distinguished Certificate of Achievement for Excellence in Financial Reporting by the Government Finance Officers Association of the United States and Canada.



David Cavazos

The award is the highest form of recognition for government accounting and financial reporting.

The CAFR is a technical report that does an outstanding job of detailing the city's financial position to finance and government professionals. To the lay person, however, the CAFR was difficult to understand.

With the Mayor and City Council's leadership and in the interest of transparency, I asked Finance Director Jeff DeWitt to create a financial report that residents could easily understand. Jeff and his team responded by condensing the CAFR into a report that doesn't require a degree in accounting to appreciate.

The City of Phoenix Financial Condition Report, which covers the fiscal year that ended June 30, 2011, provides a clear overview of the city's economic condition and outlook. The document also includes information about the city's economic outlook and key financial information concerning the city's revenues, expenditures, capital assets and debt.

Bold charts and graphics are used to illustrate the report, which includes the following sections:

- Where We've Been
- Where We're Headed
- Basis of Accounting
- Statement of Net Interests
- Capital Assets
- Debt
- Where the Money Comes From
- Where the Money Goes
- Business-Type Net Assets
- Pension Plans
- Key Statistics

There's much to be proud of in the Financial Condition Report, which explains how we managed through a more than \$330 million deficit over the last two years. Today, we are projecting no deficit for fiscal year 2012-13 and may restore some important city services.

We addressed the deficit through a combination of employee pay concessions, staff reductions, financial transactions, and innovation and efficiency initiatives — all significant actions that helped the city move to a long-term structurally balanced budget. Reducing the deficit to zero was a team effort involving the leadership of the Mayor, City Council, city employees and the community.

I hope you take a few minutes to read the Financial Condition Report at phoenix.gov/finance and feel free to share your feedback by emailing me at contactus@phoenix.gov.

(Continued on page 6)

CITY MANAGER'S CORNER (CONTINUED)

(Continued from page 5)

As I indicated earlier, this report is an example of the city's ongoing commitment to transparency. At a recent City Council meeting, the Budget and Research Department introduced the first of many steps to make the community budget process more easy to understand and transparent.

By visiting phoenix.gov, and clicking on the "Budget Information" button, residents can read line-by-line details of the city's budget, broken out in a simple format and by citywide and department-specific information.

Providing accessible, easy-to-understand information about the city for the Mayor, City Council and residents is a big priority. That emphasis on transparency will be apparent at the 2012-13 community budget hearings that begin in April (details in next month's column).

A final note: the 2012 Spring Training season begins March 2. Please support spring training in Phoenix by attending a game at Phoenix Municipal Stadium or Maryvale Baseball Park, the city's spring training facilities. Hope to see you there!






PRESCRIPTION DISCOUNT CARDS

The city of Phoenix partnership with Coast2CoastRx has saved people more than \$3 million on their prescriptions in just over a year. The free prescription drug discount card is saving card users an average of 62% - anyone can use it at almost all pharmacies in the country. There are no age, income or health status requirements. The program comes at no cost to the city and actually has generated more than \$70,000 to help support city services.

The card also offers discounts on hearing, dental and vision services and can be used by family members and friends anywhere in the country. Even many pet prescriptions are covered. The card saves money for the uninsured and underinsured, people who have high deductibles for their prescription insurance and also those in the Medicare "donut hole." You cannot use it along with your insurance – the discount is off of retail prices.

To create your free prescription card, enter your full name (in the name box) and in the Member ID box, enter your 10-digit phone number (area code and number) or any 10-digit number of your choosing. We will not contact you for any reason and your information is kept strictly confidential.

Cut out the card below and bring it to a pharmacy along with your prescription. You can use it as many times as you like. For more information, visit www.coast2coastrx.com or call 1-800-931-8872. To print out more free cards, go to www.coast2coastrx.com/phoenix. Cards also are available at all city of Phoenix libraries.

 <p>CUT THIS CARD OUT AND FOLD IN HALF</p>	<p>Coast2Coast Rx Card <i>Your Prescription Savings Solution</i></p>  <p>City of Phoenix</p>	<p>Present this card and your prescription to any participating pharmacy. At the time of service, you are responsible for payment of your prescriptions. This program is VOID WHERE PROHIBITED BY LAW</p> <p>Patient/Member Help Desk: 1-800-931-8872 Additional Benefits: Dental/Vision/Hearing Prepaid Lab/Imaging Discounts/Diabetes Savings Program</p> <p>Pharmacy Locator: www.coast2coastrx.com Pharmacist Only Help Desk: 1-888-886-5822</p>
	<p>Name: _____ Member ID: (10-digit #) _____ Processor NetCard Systems/RxWest Bin#: 008878 Group#: PHOENIX7 Coverage: Individual & family</p> <p>This Plan Is Not Insurance</p> <p style="text-align: center;">WellDyneRx is the PBM</p> 	

In Remembrance

Patrick E Garcia	01/05/12
Lawrence Gardina	01/10/12
Barbara Stinard	01/20/12
L. Deane Good	01/28/12
Kathryn Hanson	01/29/12
Marylouise Schmude	01/13/12 Survivor
Faith Patterson	01/29/12 Survivor
Nancy Bock	02/03/12
Tommy Torres	02/06/12
Mary Manfredi	02/10/12

HEALTH AND COMPASSION

We care about our members and their families. If someone in your family is ill, whether at home or in a care facility, or if a loved one has passed away, please call Mary Dysinger-Franklin at (602) 705-8822.

TIPS

FOR CIGNA MEMBERS

Be your own hero!

If you're 50 or older, getting tested for colorectal cancer could save your life. Here's how:

- Colorectal cancer usually starts from a growth in the colon or rectum that shouldn't be there. This growth is called a polyp.
- Overtime, polyps can turn into cancer.
- Screening tests, like colonoscopies, can find polyps so they can be removed before they become cancerous.
- Other screening tests, such as tests for blood in the stool, can find colorectal cancer early, when the chance of being cured is greatest.

Getting tested is the most important step you can take to protect yourself. If you are between the age of 50-64 and have not had a recommended colorectal screening test, watch for a postcard from Cigna about our free home screening program available to you FREE of charge. Call us at 1.866.908.9441 for more information.



Electric Vehicle Car Charging Stations at City Hall

The week of January 17, 2012, four electric vehicle car charging stations were installed at the 305 parking garage. These stations are located on the 4th floor in the northeast corner, including one handicapped spot and three regular parking spots. These charging stations are being added to the map at <http://www.blinknetwork.com>, which lists participating electric car charging stations.

2012 COPRA BOARD

President:	Jack Thomas	(623) 825-6999
	E-mail	jtnt@cox.net
Vice President:	Laura Ross	(623) 878-3334
	E-mail	ljross50@gmail.com
Treasurer:	Barbara Kellogg	(623) 322-5227
	E-mail	avidgolfer@aol.com
Secretary:	Dawnell Navarro	(623) 412-0854
	E-mail	navarro2@cox.net
Board Members:	Robert Salemi	(480) 821-6707
	E-mail	rsalemi451@gmail.com
	Cathleen Gleason	(623) 399-9190
	E-mail	cgleason2@cox.net
	Sue Stites	(602) 819-7106
	E-mail	sstites@cox.net
	Karen Clifford-Anderson	(623) 772-7472
	E-mail	kcliffander@yahoo.com
	Yvonne Warren	(602)952-1025
	E-mail	yimmons@yahoo.com
	Marvin Roelse	(480) 288-1046
	E-mail	marvinr567@msn.com
Benefits Committee Chair & Health Task Force:	Laura Ross	(623) 878-3334
	E-mail	ljross50@gmail.com
Retirement Board Representative:	Cathleen Gleason	(623) 399-9190
	E-mail	cgleason2@cox.net
By-laws Review Chair:	Karen Clifford-Anderson	(623) 772-7472
	E-mail	kcliffander@yahoo.com
Member Support and Social Committee Chair:	Yvonne Warren	(602)952-1025
	E-mail	yimmons@yahoo.com
Membership Chair:	Marvin Roelse	(480) 288-1046
	E-mail	marvinr567@msn.com
Chronicle Chair:	Robert Salemi	(480) 821-6707
	E-mail	rsalemi451@gmail.com
Chronicle Editor:	Mary Dysinger-Franklin	(602) 705-8822
	E-mail	copranewsletter@gmail.com

COPRA website.....	www.phoenixcopra.com
COPERS website.....	www.phoenix.gov/phxcopers
COPMEA website.....	www.copmea.com
City Retirement Systems (COPERS).....	(602) 534-4400
Personnel - Benefits Section.....	(602) 262-4777
COPMEA.....	(602) 262-6857

Chronicle Article Deadline

Please be advised that the deadline for submitting articles for the Chronicle is the **20th day of the month** before you want the article to appear. Any member may submit material for publication, but the Editor determines what will appear in the final copy based on suitability and available space.

This is your Chronicle. Help us by submitting articles of general interest. Tell us about yourself, your family, a trip you've taken or an interesting hobby you have. Suggestions are always welcomed.

E-mail to: COPRAnewsletter@gmail.com

Or mail to: Mary Dysinger-Franklin, 6208 E. Desert Cove Ave, Scottsdale, AZ 85254

Disclaimer

Acceptance of advertisements or articles in the COPRA Chronicle does not constitute an endorsement by COPRA of goods or services.



MARCH COPRA CHRONICLE

Annual dues includes \$5.00 for the COPRA Chronicle
Dues are \$10.00
COPRA Chronicle (**USPS No. 0016-924**) is published
Monthly, except June, July and August
By City of Phoenix Retirees Association
1465 E. Rosemonte Dr., Phoenix, AZ 85024-2962
Periodicals Postage Paid at Phoenix, AZ

POSTMASTER

Please send address corrections to:
COPRA Chronicle, %Marvin Roelse
10701 East Peralta Canyon Dr.
Gold Canyon, AZ 85118



2012 MEMBERSHIP MEETING ANNOUNCEMENTS

Washington Adult Center
2240 W. Citrus Way
Phoenix, AZ

*Looking forward to
seeing you at the
March Meeting!*

March 15 at 1:30 pm - COPERS
May 24 at 1:30 pm - Benefits
Date to be determined - State of the City
December 6 at 11:30 am - Holiday Party

Board meetings are at 10 am on the 2nd Thursday of the Month
Except for June, July and August