

Why Implement Partners 2 Health (P2H)?

Gulfstream wants to help you attain the best health possible. That's why we offer comprehensive medical coverage for you and your eligible family members. But our commitment goes much further than that.

We are partnering with our health plan providers and other medical resources to provide the tools you need to attain and maintain the best possible health. Some of these tools include:

- Health risk assessments to help you identify potential health risks and address them before they become major illnesses
- Disease management programs to assist you in managing a chronic health condition if you have one
- Health information portals to provide quick access to additional resources for health information

Keeping You and Your Family Informed

This newsletter is the first in a series that will be mailed to your home. We want all of Gulfstream's families to become familiar with the tools and resources

Gulfstream is making available. All you have to provide is a commitment to your health and the know-how to use these resources.

Maintaining a Commitment Is Easier Than You Think

Maintaining a commitment to your health is easier than you think. Here are a few things you can do right away.

USE A PRIMARY CARE PHYSICIAN

Although not all medical plans require members to designate a Primary Care Physician (PCP), think about the benefits your family could receive. A Primary Care Physician could be considered a modern-day version of the "family doctor" who will:

- Record your medical history
- Provide you with preventive care
- Work with you to keep an eye on your overall health
- Tend to health care issues when they arise
- Help you find specialized care when you need it
- Assist you in navigating the sometimes confusing health care field

Don't have a PCP? For help in locating a physician convenient to you, call the number on your medical ID card or visit your health plan online.

SEEK PREVENTIVE CARE FROM YOUR PCP

If you have health coverage with Gulfstream, you and your enrolled dependents are automatically covered for routine physicals and well-child exams.

It is recommended that a routine check-up be performed every year -- regardless of how good you feel.

During a check-up, your overall health is evaluated. Your physician will look for signs that may cause you trouble down the road. You will also have lab tests done to check your glucose and cholesterol levels. These test results can help identify small problems before they become big ones!

OBTAIN MORE INFORMATION

For more information about programs that affect your health, contact your health plan or talk to your Gulfstream benefits or HR representative. Additional information is available on the last page of this newsletter.

Preventive Care

When you see your Primary Care Physician for a check-up, he or she may perform a number of tests based on your current health status, your health history, your age, your sex and other factors. Here are some of the checks* your doctor may perform or have performed:

All Adults	Height, weight, pulse, blood pressure, body mass index, blood tests for glucose, cholesterol, etc., as well as vision and hearing
Women over age 21	Pap test
Women over age 40	Breast exam and mammography screening
Men over age 40	Prostate-specific antigen (PSA) test
Men and women over age 50	Colorectal screening
Women over age 65	Screening for osteoporosis

*Source: U.S. Preventive Services Task Force

More Tips for Staying Healthy

VACCINES PREVENT INFECTIOUS DISEASES AND SAVE LIVES

Thanks to childhood immunizations, the United States currently enjoys near-record-low cases of diseases that were once common in this country, such as polio, measles and diphtheria. However, the viruses that cause these vaccine-preventable diseases still exist. Protect your children by ensuring their vaccinations are up-to-date. The Department of Health and Human Services' immunization schedule for 2006 is provided below for your reference.

DEPARTMENT OF HEALTH AND HUMAN SERVICES • CENTERS FOR DISEASE CONTROL AND PREVENTION

Recommended Childhood and Adolescent Immunization Schedule UNITED STATES • 2006

Vaccine ▼	Age ▶	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	24 months	4-6 years	11-12 years	13-14 years	15 years	16-18 years
Hepatitis B ¹	HepB		HepB	HepB ¹	HepB			HepB Series							
Diphtheria, Tetanus, Pertussis ²			DTaP	DTaP	DTaP	DTaP				DTaP	Tdap	Tdap			
Haemophilus influenzae type b ¹			Hib	Hib	Hib ²	Hib									
Inactivated Poliovirus			IPV	IPV	IPV					IPV					
Measles, Mumps, Rubella ⁴						MMR				MMR	MMR				
Varicella ⁵						Varicella					Varicella				
Meningococcal ⁶								Vaccines with broken line are for selected populations		MPSV4		MCV4		MCV4	
Pneumococcal ⁷			PCV	PCV	PCV	PCV				PCV	PPV				
Influenza ⁸						Influenza (Yearly)				Influenza (Yearly)					
Hepatitis A ⁹										HepA Series					

This schedule indicates the recommended ages for routine administration of currently licensed childhood vaccines, as of December 1, 2005, for children through age 18 years. Any dose not administered at the recommended age should be administered at any subsequent visit when indicated and feasible. Indicates age groups that warrant special effort to administer those vaccines not previously administered. Additional vaccines may be licensed and recommended during the year. Licensed combination vaccines may be used whenever

any components of the combination are indicated and other components of the vaccine are not contraindicated and if approved by the Food and Drug Administration for that dose of the series. Providers should consult the respective ACIP statement for detailed recommendations. Clinically significant adverse events that follow immunization should be reported to the Vaccine Adverse Event Reporting System (VAERS). Guidance about how to obtain and complete a VAERS form is available at www.vaers.hhs.gov or by telephone, 800-822-7967.

 Range of recommended ages Catch-up immunization 11-12 year old assessment

"Partners 2 Health" is the companywide initiative for employees and their families to work together with Gulfstream to achieve a healthy life and reduce health care costs. Under this partnership, Gulfstream will supply the resources (medical plans and health-related information) and families will make informed decisions (taking into consideration that health guidance) to maintain or improve their health. In addition to substituting for the preposition "to" ("Acting as partners will lead to better health"), the "2" signifies the two partners (employees and Gulfstream) and the two phases (short-term and long-term) of everyone's health. Additionally, the "2" represents the two goals of the initiative -- the primary goal of better health and the secondary goal of lower health care costs.



Resources

If this is your medical plan:	Here's how to access your Health Risk Assessment:	Log on to your health information Web site here:	Find Disease Management information here:
Aetna	Go to www.simplestepslife.com and log in or register.	Go to www.aetna.com , click on "Members and Consumers," then "Health Information," then "IntelliHealth." Or you can go directly to www.intellihealth.com .	Go to www.aetna.com , click on "Members and Consumers," then "Products and Programs," and finally "Disease Management" for information on Aetna's Healthy Outlook program. Or you can call Aetna Customer Service at 1-888-562-7822.
<ul style="list-style-type: none"> • Beechstreet PPO • CCN PPO • Gulfstream Indemnity • Memorial Health • SouthCare PPO 	Go to www.hfit.com/hfce/gulfstream . First-time users will be instructed to establish a login and password. Once logged in, select "My Assessments" on the left of the home page or click on "Take Your Health Risk Assessment."	Go to www.hfit.com/hfce/gulfstream . First-time users will be instructed to establish a login and password. Once logged in, use the navigation tools to select the topic you want.	Call Healthy Returns, sponsored by Memorial Health Partners, toll-free at 1-800-551-6923.
CIGNA	Go to www.cigna.com and log in or register. You will be transferred to an assessment tool called HealthQuotient.	Go to www.hfit.com/hfce/gulfstream . First-time users will be instructed to establish a login and password. Once logged in, use the navigation tools to select the topic you want.	Call Healthy Returns, sponsored by Memorial Health Partners, toll-free at 1-800-551-6923.
Health New England	Go to www.healthnewengland.com , click on "For Members." Then click on "Healthy Directions – Learn More," then "myhealthzone.com."	Go to www.healthnewengland.com click on "For Members," then "Healthy Directions – Learn More," then select the topic you want.	Go to www.healthnewengland.com , click on "For Members," then "Healthy Directions – Learn More," then "Disease Management Programs."
HealthPartners	Go to www.healthpartners.com and log in or register. You'll be looking for the "Health Assessment" area.	Go to www.healthpartners.com , click on "I am a Member or Patient," then "Health Resources," then select the topic you want.	Go to www.healthpartners.com , click on "I am a Member or Patient," then "Health Resources."
Network Health	HRAs with screenings are offered onsite once per year in autumn. Check with Human Resources for more information.	Go to www.networkhealth.com , then select "Network Connect," and log in. You will need your member ID to register. Once logged in, choose "Health Resources." Resources available include "Medline Plus Consumer Health Info," "Affinity's Tips for Better Health," and links to other resources.	Call Network Health at 1-800-236-0208 for information.
PacifiCare	Go to www.pacificare.com . Click on "Member/Visitor," select "California" under "I reside in..." and click on "Go." From there, choose "Health and Wellness," then "Health Risk Assessment" from the menu on the left.	Go to www.pacificare.com . Click on "Member/Visitor," select "California" under "I reside in..." and click "Go." From there, choose "Health and Wellness," then select the topic you want.	Call PacifiCare Member Services at 1-800-913-9133.
United Health care	Go to www.myuhc.com and log in or register. Then click on "Health Topics and Tools" followed by "Assess and Improve Your Health."	Go to www.myuhc.com and log in. Then click on "Health Topics and Tools," then select the topic that interests you.	Call United Health care at 1-866-633-2446.