January 2015
NEWSLETTER
SERVING IOWA

Which group of people suffer from more than 90% of lupus cases? (Scroll down for the answer)

Dear Friend of LFA-Iowa,

It is the New Year and January has been filled with numerous exciting initiatives. Here at the office we are embracing a warrior culture, we are voicing the change we need, and we are expanding our reach to all of Iowa. We are looking for lupus warriors all over the state to join us in our mission: to improve the quality of life for all people affected by lupus through programs of research, education, support and advocacy.

We are very proud of the strides you have made in letting your story be known. You have a voice and we can hear you, you're fighting spirit is driving our foundation's growth across all of Iowa. We are being BOLD and INNOVATIVE, we are COLLABORATING in the community and we are demonstrating EXCELLENCE, INTEGRITY, and COMPASSION in everything we do. We want you to be compelled to become a lupus warrior, be empowered to live knowing we are doing everything we can to improve your quality of life.

You are a part of this, we exist solely for you...You are... Our Iowa Lupus Warriors

#iowalupuswarrior

Sincerely,

Melanie Redmond Guanci
President & CEO
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www.lupusia.org

Our recent education event, Living with Lupus, Lifestyle was a huge success! The speakers were all experts on creating one on one connections with your needs. If you...

Upcoming Events

Walk to End Lupus Now™
www.iowalupuswalkcr.kintera.org
Cedar Rapids
May 2nd, 2015
Noelridge Park

Walk to End Lupus Now™
Des Moines
September 26th,2015
Jordan Creek Town Center

Lupus Awareness Month
May 2015
May 15, 2015 Put on Purple Day

Golf Outing
Website coming soon...
Beaver Creek Golf Course
June 5th, 2015
Shotgun Start 12:30

Support Groups
Des Moines
February 12th, 2015
March 12th, 2015
April 9th, 2015

Cedar Rapids
February 18th, 2015
March 18th, 2015
April 15th, 2015

Education
Living With Lupus
Newly Diagnosed
April 23rd, 2015
missed this event and would still like to utilize these experts in their field please visit our website. Learn More

In The News - LFA-Iowa

Lindsey Wisham, Chairwoman of LFA-Iowa's Board of Directors, speaks at the Iowa State Capitol on behalf of all of those living with lupus. The Partnership to Fight Chronic Disease hosted a public briefing to announce and discuss findings in a recent study pertaining to prescription drug transparency.

New research shows Iowa health exchange would benefit from improvements...

DES MOINES, Iowa, Jan. 23, 2015

− The Partnership to Fight Chronic Disease (PFCD) released a public opinion poll of Iowa health care leaders and a new study analyzing the impact of increased cost sharing on patient adherence to prescription medications. The PFCD is a nationwide coalition working to educate policy makers and the public on the costs of chronic diseases. The research released at the Capitol was focused on how the Iowa healthcare exchange could be improved to help patients better understand their insurance options. Learn More
In January we attended two public hearings being held to discuss **prior authorization proposed rules**. Most of those reading this are all too familiar with prior authorization and the process you have been through to get authorization for any third tier or specialty drugs. The stories are a wide array of pure frustration, extended time frames for medications to be denied or approved. Power struggles between doctors and insurance companies. Doctor's fatigued by the administrative burden to care for their patients. Higher out of pocket costs to consumers. Some of you have reached out to the office wanting to know more about what this all means, specifically? First let us revisit prior authorization by simple definition.

**What is prior authorization?**

This means we need to review a medication before your plan will cover it. We want to know if it's the right medication for the right situation.

If you don’t get prior authorization, a medication may cost you more, or the provider may not cover it.

**What kinds of drugs need prior authorization?**

- Drugs that have dangerous side effects
- Drugs that are harmful when combined with other drugs
- Drugs that you should use only for certain health conditions
- Drugs that are often misused or abused
- Drugs that a doctor prescribes when less expensive drugs might work better

We left the Iowa State Capitol burdened with need, the need to let our voice be heard. We returned to the office to draft a letter to Governor Branstad, requesting that he review the prior authorization rules. The proposed rule states: Urgent claims will be processed whether approved or denied within but no later than 72 hours and non-urgent claims within but no later than 15 days. We know the reality is that urgent claims can actually extend past 72 hours or even 15 days, go through multiple appeals, and in the end may never be authorized. Increasing out of pocket costs to consumers. We requested in our letter to Governor Branstad that he review the time frame, and if the time frame must remain unchanged, then a physician override for urgent claims be written into the rule to protect the patient. We asked him to empower the physician to create the treatment plan needed by the patient. All of the individuals that attended our recent education event were able to sign this letter.
Help Us Solve the Cruel Mystery!

The Lupus Foundation of America, Iowa Chapter is part of the only national force devoted to solving the mystery of lupus, one of the world's cruelest, most unpredictable, and devastating diseases, while giving caring support to those who suffer from its brutal impact. Through a comprehensive program of research, education, and advocacy, we lead the fight to improve the quality of life for all people affected by lupus.

Answer: Women between the ages of 15-44 are 90% of the population that suffers from lupus.