



“Providing an opportunity for multiple myeloma patients and their loved ones to come together to exchange information for mutual support, comfort, and friendship”

Meeting: Tuesday February 19, 2019 3:30pm – 5:30pm
451 Junction Road
Madison, WI
UW West Clinic Room 1287

Enter the clinic... turn left and walk down a short hall...turn left again and conference room 1287 is the last one on the left.

Group Information:

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Madison Multiple Myeloma Support Group website
madisonmultiplemyeloma.org

Mailing Address: Wisconsin Multiple Myeloma Support Group
3309 Chicago Avenue Madison, WI 53714-1815

Information Sources :

International Myeloma Foundation (IMF)
Phone: 800 - 452 - 2873
Email: TheIMF@myeloma.org
Website: www.myeloma.org

Multiple Myeloma Research Foundation(MMRF)
Phone: 203 - 972 - 1250
Email: info@themmrf.org
Website: www.multiplemyeloma.org

Upcoming Meeting Speakers... **Mark your calendars now!**

Dr Aric Hall will be our guest speaker for the March meeting. He is a group favorite so mark your calendars now.

Dr Sara Christensen Holz, Associate Professor Dept of Orthopedics and Rehabilitation will be our featured speaker for the February meeting. Her presentation is from 3:30pm – 4:30pm.

From our group member Mary.....

A question asked in the Quarterly 1 Medicare Part D newsletter about how high cost drugs are treated by Medicare Part D in 2019. The rules have changed. This will affect many in our group:

First, Medicare Part D or Medicare Advantage plans cannot cancel or deny coverage based on the cost of your medications.

Second, if you are using a medication with a retail cost over \$8,200, you will move through all phases of your drug coverage with a single purchase: in your first month. You will satisfy your deductible (if any), leave your Initial Coverage phase, then enter and exit the Donut Hole and finish in Catastrophic Coverage.

Third, you can estimate your cost-sharing with the PDP-Planner (out-of-pocket cost estimator). For example, if you have a medication that has a retail cost of \$17,000:

- Your first purchase will have an out-of-pocket cost of about \$2,845 (assuming a \$415 standard deductible and 25% standard co-insurance).
- All remaining purchases will be in the Catastrophic Coverage phase and you will pay 5% co-insurance. Using the same example, the next purchase of this \$17,000 drug will be in the Catastrophic Coverage phase will cost around \$850.
- You will remain in Catastrophic Coverage through the remainder of the 2019 plan year.

Dane County Wisconsin participants only....

YMCA LiveStrong program..... website:<http://www.ymcadanecounty.org/livestrong>. If you click on the “more information” tab you will get the pdf file for the brochure. The next session will start the first week of March at the West YMCA. East and Sun Prairie Y's will start a session the beginning of April. Contact for more information and to sign up now. Program is fully funded so it is free!

Katie Meland

Personal Trainer

YMCA OF DANE COUNTY, INC.

LUSSIER FAMILY WEST YMCA

5515 Medical Circle

Madison, WI 53719

(West) 608 276 6606

(LSC) 608 906 8828

www.ymcadanecounty.org

Check out the IMF website for information about the recent ASH conference. There are several great videos and articles to read. Most sessions were archived.

IMF Info Line – If you or someone you care for has Myeloma, you have questions. Probably, lots of them. You can search the Internet all you want, but other than asking your doctor, there is no better way to get your questions answered than to call the IMF Info Line. Missy, Judy and Paul know their stuff and they want to share what they know with you. Just ask anyone who has called the IMF Info Line. Patients or caregivers are welcome to contact the Info Line staffed by trained specialists at 800-452-CURE (800-452-2873). The Info Line is staffed between 9am and 4pm Pacific Time, 11am to 6pm Central time or infoline@myeloma.org.

The Trillium Fund was established by our founding support group members to facilitate Multiple Myeloma research here in Madison at the Wisconsin Institute of Medical Research. If you or your family wish to donate or send a memorial to this program, checks can be made payable to the “UW Foundation – Trillium Fund”. Sean Lynch Director of Development UW Carbone Cancer Center University of Wisconsin Foundation 1848 University Ave Madison, WI 53726 (608) 422-1714 cell sean.lynch@supportuw.org

www.mycarbhone.org has been established as an easier way to contribute. Check it out!

