

# Benefits Bulletin

August 2023

## Three Points Elementary – Get Active Event Winner



Three Points ES Autism Acceptance Walk

Congratulations to Wellness Rep/Staffing Specialist Kay Smith and Three Points ES for winning the Get Active Breakfast for their Autism Acceptance Walk. The entire school participated in a week of fun events celebrating wellness and autism acceptance, culminating in a school wide walk on April 14, 2023.

Three Points ES employees received a healthy breakfast on August 7 sponsored by Cigna Healthcare. Thanks to all the schools that submitted Get Active events for consideration.

Get Active is a friendly competition in which any work location can participate. For questions on how to participate, contact your work location Wellness Rep.



Beth Palmer, wellness program coordinator and Kay Smith, staffing specialist and wellness representative

## New Employees – Get Onboard

How do I enroll in insurance as a new employee? • Can I decline coverage? • When is my coverage effective? • How much will I pay? • What are the differences between the plans? • Who can I cover? • Do I need a referral? • Can I enroll in dental or vision? • What is a Flexible Spending Account?

New Employees find answers to all of your insurance questions on the [New Employee Information](#) page on the intranet. Go to <http://insurance.ocps.net> and select New Employee Information on the left side of the page. Don't wait! You have two weeks from your start date to make your selections.



## Coverage Ending for OTC COVID-19 Tests

The COVID-19 Public Health Emergency (PHE) expired on May 11, 2023. During the PHE, OCPS plans were required to cover the cost of eight over-the-counter tests per month without a prescription. This requirement ended with the PHE expiration on May 11, 2023; however, OCPS plans will continue this coverage through the end of the plan year, September 30, 2023. Members can obtain an OTC COVID-19 test by presenting their CVS Caremark prescription ID card at an in-network pharmacy.

# Save Money on Diabetic Testing Supplies with



A program to help eligible OCPS Cigna members manage diabetes.

Testing and tracking your blood glucose levels is critical to successfully manage diabetes, but it can be a time-consuming and costly process. OCPS is excited to bring you the Livongo program.

OCPS Cigna members who have a diagnosis of Type 1 or Type 2 diabetes are eligible to enroll at no cost.

Here's what you get with the Livongo program:

- Unlimited test strips and lancets delivered to you at no cost. Depending on your plan, and how often you test, that can be a savings of more than \$700.
- A connected meter for better diabetes monitoring and access to upload your readings to a private Livongo account. You can even email or print a copy for your healthcare provider.
- Expert Livongo coaches available to offer support 24/7.

To sign up or learn more about this program, visit [Join.Livongo.com/OCPS/register](https://Join.Livongo.com/OCPS/register) or call 1.800.945.4355 and use registration code **OCPS**.

## Real Support for Real Life

You can get support for everyday issues and life challenges from the [Employee Assistance Program](#). Services are confidential and available at no cost to all OCPS employees and anyone in your household.

### Emotional Health

Get up to five sessions per issue, per year with a dedicated, licensed counselor at no cost.\* Start by calling or using live chat to get a referral.

### Home Life Referrals

Get assistance with referrals to community resources and services, such as:

- Child Care
- Senior Care
- Pet Care

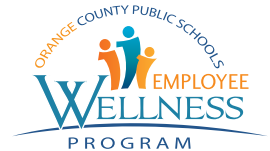
### Financial and Legal Assistance

- Financial services, identity theft and legal consulting referrals.

### Employer ID needed for initial Registration: OCPS

\*Employees and household members do not have to be enrolled in an OCPS medical plan to utilize the EAP benefit. Mental/behavioral health and substance use disorder services are accessible to employees and dependents covered by one of the OCPS Cigna medical plans.

## Employee Assistance Program



**Connect anytime – 24/7**  
**Call: 1.877.622.4327**  
**Visit: [myCigna.com](https://myCigna.com)**



While it may not feel like a day at the spa, making sure that you are up to date on routine vaccinations can make you feel better about the future. OCPS Cigna members can get adult immunizations recommended by the Centers for Disease Control and Prevention for diseases such as shingles, pneumonia, tetanus, HPV, coronavirus and others at **no out-of-pocket cost**. You can access a copy of the Adult Immunization Schedule at the CDC's website at <http://www.cdc.gov/vaccines/>.

## Where can I get a CDC recommended vaccination?

The best place to receive care is from your primary care physician; however, some vaccinations are available at convenient care clinics (e.g. Minute Clinic inside select CVS stores, Healthcare Clinic inside of select Walgreens stores) and pharmacies (e.g. Costco, Publix, Walgreens, Walmart, Winn-Dixie). Before you go call your physician, convenient care clinic or pharmacy to ensure they have the vaccine and you have any required scripts. For vaccinations, be sure to use your Cigna medical ID card.

### Please Note:

- Travel immunizations are excluded.
- Members can use their Cigna medical ID card at a Minute Clinic inside select CVS stores, they **CANNOT** use their Cigna medical ID card at a CVS retail pharmacy for an immunization. CVS retail pharmacies are excluded from Cigna's retail pharmacy medical vaccine network. CVS can be used for filling prescriptions, they are included in the participating pharmacy providers through CVS Caremark.
- Members can use their Cigna medical ID card at a Walgreens pharmacy or a Walgreens Healthcare Clinic, they **CANNOT** be used for filling prescriptions. Walgreens is excluded from our participating pharmacy providers though CVS Caremark.

Please consult a medical professional if you have questions about specific immunizations.

## A note from your OCPS Health Coach



Danielle Mize

**Welcome back OCPS!** In my time here, I have had the pleasure of getting to know many of you and the routines involved with keeping the schools running. As we start a new school year, I want to introduce myself to those I have not gotten to know yet and share some information on the free health coaching services available to ALL OCPS employees.

### Q: What does a health coach do?

**A:** Through one-on-one sessions I help you develop a plan to reach your health goals, provide education, connect you with available programs and serve as your accountability partner.

### Q: What topics can we discuss?

**A:** You can talk about almost anything involving your health. Common topics include: stress, managing medical conditions, weight management, increasing exercise and healthy eating.

### Q: Is health coaching confidential?

**A:** Your Personal Health Information (PHI) is protected by the Health Insurance Portability and Accountability Act (HIPAA) and the Health Coach Code of Conduct.

### Q: How did you get into wellness and health coaching?

**A:** Like many college students I found myself overwhelmed with classes, work, social activities and trying to care for

myself. My college wellness department became my favorite resource to help balance the demands and I switched majors in order to help others find their ideal lifestyle.

### Q: What is your professional background?

**A:** I hold Bachelor's and Master's Degrees in Sport and Exercise Sciences from the University of Central Florida (Go Knights!). In addition, I have certification as an exercise physiologist, health coach and endurance running coach.

### Q: What is your favorite part of health coaching?

**A:** Celebrating the small wins. Sometimes we are so busy and so focused on the main goal we forget to celebrate the small accomplishments along the way. Small steps build up and lead to success.

Health coaching appointments are available year-round and provided free of charge to all OCPS employees. If you have any questions, would like to schedule a coaching session or simply want to say, "hi" please don't hesitate to reach out. You can contact me by call or text at 407.304.8042 or via email at [EmployeeHealthCoach@ocps.net](mailto:EmployeeHealthCoach@ocps.net). I look forward to hearing from you.

**Have a healthy and happy start of the new school year!**



# On the Lookout for Healthy Heroes

## Do you know someone who...

**organizes and promotes wellness programs at your work location?**

**has achieved health-related milestones such as completing their first 5k, reaching a weight loss or other health related goal?**

**prioritizes mental health and wellbeing for themselves and others?**

**volunteers or participates in community events?**

**dedicates their time to fitness or health?**

If you do, they could be the next Healthy Hero. Healthy Heroes inspire and motivate co-workers to make lifestyle changes through their actions. The Healthy Hero program is ongoing and there is no deadline to nominate your co-workers.

**Submit nominations to [wellness@ocps.net](mailto:wellness@ocps.net) and include:**

- **Your name**
- **Work location**
- **Nominee Name**
- **Reason the nominee deserves the title of Healthy Hero**
- **Photo of nominee**

If selected to be featured, you and the Healthy Hero will receive a special wellness-related gift.

**Benefits Bulletin** is designed to keep OCPS employees and their families informed about available benefit programs. This information is not intended to replace professional health care. See your health care professional for information relevant to your medical history.

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