

Benefits Bulletin

Take Charge of Your Health

with the Cigna Health Assessment!

It's Time to complete your online Health Assessment. Here is how it benefits *YOU*:

- Become more aware of your health risks.
- Learn to be proactive about your health to prevent long-term health problems or improve current conditions.
- Track your progress.
- Earn a chance to win one of the five Jabra® Elite 7 Pro Headphones, five Breville Juice Fountain® Cold Electric Juicers or five Fitbit® Versa 4 Health & Fitness Smartwatches.

If you are an employee covered by an OCPS Cigna medical plan, follow these steps:

1. Go to myCigna.com and login. If you have not previously registered, select "Register" and complete the registration process.
2. Go to the "Wellness" tab and select "My Health Assessment."
3. The page opens so you can take the health assessment. If you don't know some of your numbers, you can still complete it.
4. Any employee who has completed the health assessment between Oct. 1 and Nov. 30, 2023, will earn a chance to win one of five Jabra® Elite 7 Pro Headphones, five Breville Juice Fountain® Cold Electric Juicers or five Fitbit® Versa 4 Health & Fitness Smartwatches.

The information gathered is strictly confidential. Aggregate information concerning the overall health of employees will be used to develop future programs that will have maximum impact on improving employee health.

Bonus: Completing the online health assessment is one of the requirements to earn a \$100 reward in the [MotivateMe](#) Year 10 program!



Save the Emergency Room for Emergencies

You'll save time and money too!

When it comes to needing care quickly, OCPS Cigna members have options. During the first ten months of the 2022-23 plan year, there were nearly 800 emergency room visits by OCPS members that could have been redirected to a primary care physician, virtual care, convenience care or urgent care center. The cost of these emergency room visits to the OCPS plans was nearly \$1 million. If members went to an urgent care center instead of the emergency room, the potential savings to the plan is more than \$800,000. In addition, 800 emergency room visits potentially cost our plan members \$320,000 in ER copays.

It pays to know your care options.

If you need non-emergency care, quickly or after hours, use an option that costs less time and money than going to the emergency room. Get to know your options now, so you know where to go when you need care. OCPS Cigna members can save time and money by utilizing these convenient options:

Virtual Urgent Care with **MDLIVE**

Perfect for any minor medical conditions. You can connect with a board-certified doctor via phone or video, available 24/7 for just \$10. Visit myCigna.com or call **MDLIVE** at 888.726.3171.

Convenience Care Clinics

You can address many minor medical concerns at convenience care clinics, usually located in pharmacies and other places where you shop. Staffed by licensed medical professionals such as nurse practitioners and physician assistants, these locations are often open on nights and weekends.

Urgent Care Centers

Urgent care centers are a great place to go for conditions that are not life-threatening. Staffed by doctors and nurses, no appointments are needed, and costs are much less than going to the emergency room.

Need Help Deciding?

You can call the Cigna Health Information Line at any time. At no cost, clinicians are available 24/7 to help you understand and make informed decisions about your health concerns.

Call 800.564.9286 or go to myCigna.com.

Cigna provides access to virtual care through national telehealth providers as part of your plan. Before visiting any provider, call ahead to confirm that they are in-network for your plan. This list is not all-inclusive and is for informational purposes only.



SURVEY SAYS!

Last spring, OCPS Insurance Benefits asked you to participate in the 9th biennial insurance benefits survey. These benefits are a significant part of your total compensation and your feedback is important to us.

A total of 3,590 employees responded to the survey. The majority of respondents reside in Orange County (76%) followed by Seminole County (9%), Osceola County (5%) and Lake County (5%). Sixty-one percent of respondents were Instructional employees; 27% were Classified employees; and 11% of respondents were Administrators. We also received a good response from the elementary crowd, with 38% of respondents working in an elementary school.

Stay tuned for more survey results in upcoming editions of the *Benefits Bulletin!*



Shift Your Mindset, Change Your Health

Whatever **'healthy'** means to you, Omada helps you get there.

Omada is a digital lifestyle change program that can help you reach your goals, feel fantastic and develop long-term healthy habits.

Omada participants receive:

- Wireless smart scale
- Weekly online lessons
- Dedicated **Omada** health coach

If you or your covered adult dependents are enrolled in one of the OCPS Cigna medical plans, are at risk for type 2 diabetes or heart disease, and are accepted into the program, you'll receive the program at no additional cost.

It only takes 1 minute to see if you're eligible.

Get started: <https://go.omadahealth.com/ocps>

Take Your First Step Toward Being Smoke Free

Quitting smoking isn't easy. It takes time and a plan. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout event on November 16 be your day to start your journey toward a smoke-free life. It takes time, a plan and resources to help you be successful. Knowing where you can find help is the first step.

Primary Care Physician (PCP)

Your PCP is a great resource for materials, referrals, lung cancer screening and medicinal support (if advised).

OCPS Employee Health Coach (all OCPS employees)

Danielle Mize, OCPS dedicated health coach, can work with you to find strategies and resources to help you reach your health goals. You can contact Danielle by calling 407.304.8042 or emailing EmployeeHealthCoach@ocps.net.

Cigna Health Coaching (OCPS Cigna members only)

To get started, call 800.244.6224 and ask to be connected to a health coach.

Tobacco Free Florida

There are many ways to quit smoking, and **Tobacco Free Florida** wants to help with your quit journey. You can access free tools and services such as a trained Quit Coach®, Group Quit sessions, free over-the-counter nicotine replacement therapy and more.

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November Healthy Hero

Kay Smith, the Staffing Specialist at Three Points Elementary, gives high praise to her coworker Tessie Harden:

She has made a major lifestyle change in the past year including healthy eating and daily exercise. She arrives at work early on a regular basis and uses the hallways and stairwells to exercise with a partner. She has worked hard to make positive food choices, by making healthy selections even when provided with unhealthy options! Her healthy lifestyle is a positive example for her team and all of the staff at Three Points as we are watching her total body transformation. Health and wellness just shines through on her face! Way to go Tessie, we are thankful for your great example!

Harden, 1st grade teacher had this to share, "I decided after my daughter graduated college that I needed to take time and enjoy life. After spring break last year, a coworker and I began walking the stairs at school. We started with four up and down laps around the school, continued thru the summer and before vacation we were up to 12 laps (up and down)."

The change in her lifestyle has resulted in Harden learning that, "the more you move the less you hurt and the better you feel. Every day is a new day! Just start again everyday making that day better than the last day! With this mindset you never fail because you know that the next day you can do better!"

When asked what she would like to share, Harden said "God, family and friends are the things that fulfill you in life but if you are not the best you that you can be, you don't enjoy them as much as you should! I have had a lot of loss in the last two years within my family... I knew that if I wanted to make the best of my life I needed to make changes to enjoy it!"

We salute Tessie Harden as the November Healthy Hero. It's great to see someone like Harden inspiring others by her commitment to improving her health.

If you would like to nominate a co-worker as a Healthy Hero, please email wellness@ocps.net with the candidate's name, work location and why they deserve the title.

Plan Ahead for the Holiday Season

It seems as though the semester has sped right past us and the holiday season is just around the corner. Here are a few quick tips to keep your holidays happy and healthy:



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.

Editors: Kimberly Eisenbise and Beth Palmer Graphic Artist: Kim Boulnois

Healthy Eating

The end of the year brings holiday celebrations and seasonal treats that alter our normal eating patterns. The best thing you can do to maintain your nutritional goals is to have a plan. Choose a few healthy eating habits in advance and carry them through the season.

- Start building each plate by loading up on fruits and vegetables. Watch out for casseroles, which often contain added sugars and fats.
- Eat a small, nutritious snack before heading out to parties.
- Use a smaller plate to reduce portions.
- Stay hydrated. Choose water instead of high calories drinks or alternate between your beverage of choice and water.

Physical Activity

Getting regular exercise can be a great way to manage holiday stress and keep your immune system strong. Taking a quick walk before or after meals is a great way to boost energy levels and assist with blood sugar control. If you are looking for a fun way to get active this season, you can join the OCPS Wobble Before You Gobble Virtual 5k for FREE! See more details on our race site here, <https://runsignup.com/Race/FL/Orlando/OCPSWobbleBeforeYouGobble>.

Prevent the Flu

Nothing ruins the holiday season quite like being sick. The U.S. Centers for Disease Control and Prevention recommends getting a yearly flu shot as the most important step in protecting against the flu. Other habits, such as hand washing and use of hand sanitizer, also help to reduce the spread of the flu.

Stay Connected

For many the holidays mean quality time with friends and family. If you need someone to spend the holidays with, or need a break from your household, consider volunteering or local events. Social connection with others not only raises your spirits, but also boosts your immune system.

Wishing you all a healthy and happy holiday season.

If you have any questions or would like to create a personal plan for your holiday season, reach out to me by call/text at 407.304.8042 or at employeehealthcoach@ocps.net.