

Program Update

October 13, 2011

Flu Shots



- Onsite October 3 – November 4
- No cost for employees and covered dependents in a County medical plan
- Need WHI card and CIGNA card
- Meets a Passport to Wellness requirement



- Durango Complex - November 16th
(registration open Oct. 12 - Oct. 26)
- Administration Building – December 6th and
8th (registration open Nov. 1 – Nov. 15)
- Last opportunity this fiscal year
- Meets a Passport to Wellness requirement



Better Bites/Better Gulps

- Snack and beverage choices that are lower in fat, sugar, sodium and calories than usual vending items
- 50% of food and beverages in vending machines will meet nutrient-based criteria
- Access to more nutritious items makes a healthy choice an easy choice



Fall Virtual Challenges

*Good luck to the walkers, swimmers,
cyclers and stair climbers!*



Challenge yourself, track your progress and have fun!

Stairwell “Spruce-Up”

- Stair climbing is an excellent way to add physical activity to your day
- Painting, posters and encouragement (per fire code guidelines)
- Locked floors create safety issues



Department Based Activities

- Wellness Works is mobile
- Programs scheduled with Flood Control and Sheriff's Office
- Review department's Biometric Screening results to determine program offerings



Combined Charitable Campaign/ Wellness Works

Activity Challenge




[Click here](#) for more Activity Challenge information and registration

- Wednesday, October 26th
- 11:15 am – 1:15 pm
- Competitive and fun track
- Registration deadline - October 19th
- Current teams:
 - MCDOT -1
 - Hispanic Network -2
 - Library - 3
 - Human Services -1
 - OET -3
 - Clerk of the Board -1
 - Public Works -1
- Need volunteers

Remember...



A photograph of a desk setup. On the left is a clear glass filled with water. In the center, a silver pen lies horizontally. In the foreground, a spiral-bound notebook is open, showing lined pages. The background is a plain, light-colored wall. The overall scene is brightly lit, creating soft shadows.

Employee Benefits

October 13, 2011



What is MDLiveCare?

- New Internet & phone-based service providing access to care 24 hrs/day, 365 days/yr
- Board-certified, state licensed physicians
- Diagnose and recommend treatment; prescribe medications
- Treatment for common conditions such as:
 - Allergies, Asthma, Bronchitis, Cold & Flu, Sinus Issues
 - Infections, Fever, Aches & Pains, Sore Throat
 - Acne, Pink Eye, Rashes, Skin Inflammations, Sunburn
 - Other non-emergency illnesses



Who Can Access Care and How Much Does It Cost?

Effective August 1, 2011

Eligibility – enrolled in a County-sponsored medical plan

Employees and Dependents age 2 and older

All plans except Choice Fund = \$10 copay

Choice Fund enrollees = \$39.95



How Do I Use MDLiveCare?

Register online at www.mdlivecare.com/maricopa or call 1-888-632-2738

You will need your employee ID # - 81____ and your CIGNA Medical ID Card

Complete the Medical History form

Select “Doctor on Call” to receive service within one hour from next available doctor

My Secure Advantage



- New financial coaching benefit available through EAP
- All employees and dependents are eligible
- Opportunity to improve financial health with help of a Money Coach
- Assistance with:
 - Mortgage questions
 - Debt management
 - Credit issues
 - Tax and retirement matters
- First 30 days are free
- Call 1-888-724-2326 to take advantage of this great benefit!