



*Where Knowledge Leads to
Healthy Lives*



September 2014

Risk Management Newsletter

Contents

Page 2	Flu Vaccine Clinic Schedule
Page 3	Risk Management Updates <ul style="list-style-type: none">• Wellness Center• Health Insurance• Fitness
Page 4	Worker's Compensation
Page 5	Citrus County School Board Incentive Program
Page 6	CareHere News
Page 7	Risk Management Staff Contact Information
Page 8	Provider Directory

New Flu Vaccine Offers Better Coverage!

Traditional flu vaccines offered through local retail pharmacies only cover one of the two most common Type-B strains of the influenza virus. Selection of which Type-B strain to include is based on yearly predictions, thus increasing the risk of flu related illness if the prediction is not correct.

This year CareHere Health and Wellness Centers will again be offering the flu vaccine that covers four influenza strains, including two most common Type-B strains! As in the past, the vaccines offered at our District locations are FREE OF CHARGE to all employees. Please see the schedule below for the dates and times where they will be administered.

Please see the schedule and plan to take advantage of this benefit.

Date	Location	Time	Room
10/13/2014	DSC	6:30a.m.-9:30 a.m.	Basement Conference Room
10/13/2014	Inv. Trans	9:45a.m.-10:45a.m.	Driver's Lounge
10/14/2014	TRC	6:30a.m.-9:30a.m.	Conference Room B
10/14/2014	Lec. Trans	9:45a.m.-10:45a.m.	Driver's Lounge
10/15/2014	CRM	6:30a.m.-9:30a.m.	Auditorium
10/15/2014	CR. Trans	9:45a.m.-10:45a.m.	Driver's Lounge
10/16/2014	CSM	6:30a.m.-9:30a.m.	Concession Area
10/17/2014	FCE	8:00a.m.-9:00a.m.	Clinic
10/20/2014	RCE	8:15a.m.-9:15a.m.	Bldg 100 Conference Room
10/21/2014	HOM	8:00a.m.-9:00a.m.	Records Room

The Wellness Center will also administer the flu vaccine to dependents of CCSB employees who are covered by our health insurance. Appointments for these vaccines will be required. The dates for the clinic will be announced at a later time.



New Wellness Center

Citrus County School Board and the Citrus County Sheriff's Office have partnered and as a result, in addition to our Beverly Hills location, we will now be able to utilize a second CareHere Wellness Center located in Inverness on South Apopka Avenue. This facility will be open for use beginning November 3, 2014.

2015 Health Insurance Update Presentation

2015 Health Insurance update presentations are scheduled at all schools and District sites from September 17, 2014 through October 14, 2014. Your Administrator will notify you of the date and time of this meeting.

Health Insurance Open Enrollments

On line open enrollment will begin Monday, October 20, 2014. The following two weeks will be on-site enrollment with a Combined Benefits Group representative to assist employees with the process. All employees must complete this process. You can choose to do this on line or have the opportunity to meet with a representative. The schedule of when we will be available at your site will be coming to you shortly.

Healthways Fitness Your Way

There is a special promotion for all Florida Blue members. You can utilize any fitness center in the Healthways network .You pay only \$25.00 per month and get access to local and national gyms including Snap Fitness, Curves, Anytime Fitness, Dynabody, and more. For more information call 1-888-242-2060.

New Addition to Risk Management

The Risk Management Department has a new addition. Kim Van Etten has joined us and is now the Personnel Analyst who assists with Worker's Compensation, Property and Casualty Insurance, and Sick Leave Bank Withdrawal. Kim previously worked in our District, most recently in the Risk Management Department. She moved to Alabama and lived there for several years and we are pleased to welcome her back to Risk Management.



MAKE SAFETY A HABIT

Be a Role Model for Working Safely

Aim for Zero Injuries

Think Safety in Every Task

Pay Attention at Safety Meetings

Take Pride in Working Safely

Use Common Sense

Do Not Try Something if You Do Not Know How to Do It.

Citrus County School Board

Incentive Program



Would you like the opportunity to earn a \$10 gift card once a month to use at your local grocery store or gas station?

Take advantage of this great program offered to you by Citrus County School Board and CareHere!

Who can participate? All employees and eligible spouses/dependents over 18 years of age covered under the School District's Health Insurance Plan.

How does it work?

- You must be registered on "CareHere Connect" to participate in this program.
- Look for the "CareHere Connect" button on the green navigation bar on your CareHere home page.
- Earn at least 500 Healthies on "CareHere Connect" each month.
- Once you reach 500 Healthies claim your prize by going to the "Rewards" box on your CareHere connect homepage and clicking the "Print Voucher" button. (No need to print the voucher)
- Your chosen gift card will be mailed to your home by CareHere by the 15th of each month.

***You are eligible for one \$10 gift card each month. CareHere will not be responsible for any lost or stolen gift cards in the mail.

For questions or more information contact wellness@carehere.com



**CareHere serves you in several ways
that help lower your cost and improve your health
at the CCSB Wellness Center**

- No long waits in the waiting room. *Generally, you are in and out in less than 30 minutes!*
- No co-pays or deductibles.
- Spouses and dependents are included if covered under your CCSB Group Health Insurance Plan.
- *Selected* Generic medications are dispensed at no charge



Personal Health Risk Assessment- Wellness Visit

You can participate in an HRA (Health Risk Assessment) and receive a personalized health analysis.

- Provides early indicators and suggestions for expensive conditions.
- Physician is available to explain conditions and treatments.
- Your HRA and lab work results are available to view online.

Remember each person has unique health needs and are treated based on their personal history.

Other Services Provided at the CCSB Wellness Center

Nutritional Counseling	Cardiovascular Risk Reduction
Hypertension Management	Annual Wellness Visits
Pre-Diabetes Management	Lab Draws
Digital X-Ray	CareHere Connect (See the page explaining how to get started)
Pharmacy	Immunizations

CCSB Wellness Center Providers

Dr. M. Elyaman, Md	Dr. Robert Holstein, DO
	Tiffany Van Arsdale, ARNP

CCSB Wellness Center Hours of Operation

Provider Appointments

Monday through Friday: 7:00am to 6:00pm (Appts. made for 20 minute increments)

Saturday: 9:00am to 1:00pm (Appts. made for 20 minute increments)

Ancillary/Lab Draw Appointments

Monday, Wednesday through Friday: 7:00am to 11:00am (Appts. made for 10 minute increments)

Tuesday: 7:00am to 10:00am (Appts. made for 10 minute increments)



Risk Management Contact Information

Cheri Cernich

Director of Risk Management & Employee Relations
Phone Number 352-726-1931, ext. 2279

Doris Caldwell

Employee Benefits Specialist
Phone Number: 352-726-1931, ext. 2257

- Health Insurance and Group Benefit Questions
- Sick Leave Bank Enrollment
- Disability Insurance Claims

Kathi Hupchick

District Secretary
Phone Number 352-726-1931, ext. 2279

- Health Insurance and Group Benefit Questions
- 403b Information

Kim Van Etten

Personnel Analyst
Phone Number 352-726-1931, Ext. 2283

- Worker's Compensation
- Property and Casualty Insurance
- Sick Leave Bank Withdrawal

CONTACT INFORMATION

www.mybenefitshub.com/citruscountysb

Risk Management & Employee Relations

Employee Benefits Specialist: Doris Caldwell
Phone Number: 352.726.1931 x 2257
Email Address: caldwelld@citrus.k12.fl.us

Enrollment & Benefit Plan Information

Provider Name: Combined Benefits Group
Provider Address: 111 West Main Street, Suite 302
Inverness, FL 34450
Local Phone Number: 352.344.2300
Toll Free Number: 866.943.6288

Medical Insurance

Provider Name: Blue Cross Blue Shield of Florida
Provider Phone Number: 800.FLA.BLUE (352.2583)
Provider Web Address: www.BCBSFL.com

Flexible Spending Accounts

Provider Name: National Benefit Services
Provider Phone Number: 800.274.0503
Provider Web Address: www.NBSbenefits.com

Dental

Provider Name: Ameritas
Provider Phone Number: 800.487.5553
Provider Web Address: www.AmeritasGroup.com

Hospital Confinement

Provider Name: American Public Life
Provider Phone Number: 866.874.5725
Provider Web Address: www.AmPublic.com

Disability Income Protection

Provider Name: Unum
Provider Phone Number: 866.679.3054
Provider Web Address: www.Unum.com

Vision

Provider Name: Ameritas (VSP Network)
Provider Phone Number: 800.877.7195
Provider Web Address: www.VSP.com

Permanent Life Insurance

Provider Name: Texas Life
Provider Phone Number: 800.283.9233
Provider Web Address: www.TexasLife.com

Term Life Insurance

Provider Name: Assurant Employee Benefits
Provider Phone Number: 800.749.6458
Provider Web Address: www.AssurantEmployeeBenefits.com

Supplemental Cancer

Provider Name: American Public Life
Provider Phone Number: 866.874.5725
Provider Web Address: www.AmPublic.com

Supplemental Accident

Provider Name: American Public Life
Provider Phone Number: 866.874.5725
Provider Web Address: www.AmPublic.com

Accidental Death & Dismemberment

Provider Name: CIGNA
Provider Phone Number: 800.732.1603
Provider Web Address: www.CIGNA.com

Critical Illness

Provider Name: Assurant Employee Benefits
Provider Phone Number: 800.749.6458
Provider Web Address: www.AssurantEmployeeBenefits.com