

Living Well

EMPLOYEE HEALTH & BENEFITS

Stall Talk



Copies available at tpm.scgov.net or from Angela Deem at adeem@scgov.net

Now Offering Onsite Massage Therapy at BOB Fridays, Beginning March 2nd Eagle Room, 2:30-5:30pm

Reserve your appointment today! Sign up sheet is located outside the Conference Rm Door.

Appointments will be available every 15 minutes (1:15, 1:30; etc) on a first come first serve basis for a \$1/minute (Minimum of 10 minutes). For questions, contact John Gantt, LMT at 941-661-2533.



Issues with a Medical, Dental or Pharmacy Claim? Aetna Representative Onsite

An Aetna Representative will be available & onsite every Thursday 7:30am-3:30pm.

She will be available to assist with claim issues you may have with your **Aetna medical, prescription & dental** insurance coverage's.

The representative will be located at the Admin Building (1660 Ringling Blvd) in the Employee Health and Benefits unit, 4th Fl.

Appointments can be scheduled through GroupWise by selecting Aetna Rep under resources.

Unable to attend an appointment at the Admin Building? Schedule a phone appointment and the Aetna representative will call you during your scheduled appointment time. If you would like to have the representative call you, please include a telephone number you can be reached at when scheduling your appointment.

If you need assistance please call Employee Health and Benefits at 861-9863.

Access Simple Steps through Aetna Navigator!

You can now access Aetna Navigator™ and Simple Steps To A Healthier Life® with **one user name and password**.

- For employees who are Aetna subscribers that **are registered** for Aetna Navigator, you can log in to Aetna Navigator and now link directly to Simple Steps To A Healthier Life without any additional log in steps. Separate Simple Steps To A Healthier Life user names and passwords will no longer work.
- Employees who are Aetna subscribers and are **not registered** for Aetna Navigator will need to register for Aetna Navigator at www.aetna.com. You will then have access to both Aetna Navigator and Simple Steps To A Healthier Life from your Aetna Navigator home page. This will not affect your Health Assessment or Healthy Living Programs.
- Dependents and subscribers/dependents of other insurance plans will need to create a new username and password to access Simple Steps To A Healthier Life. Visit www.simplestepslife.com where you will be instructed to reregister. Creating a new user name and password will not affect users' Health Assessment or Healthy Living Programs.

Help for Users

A special toll free number 1-800-225-3375 is available to users who have questions about registration or access to their Simple Steps To A Healthier Life website.