

Living Well

EMPLOYEE HEALTH & BENEFITS

Stall Talk



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

Macular Degeneration

Age-related macular degeneration (AMD) occurs when tissue in your macula — the part of your retina that's responsible for the center of your visual field — deteriorates. A blind spot forms in the center of your sight as a result.

AMD is one of the most frequent causes of vision loss in people age 60 and older. Though it usually can't be reversed, if AMD is caught early, you might be able to reduce the extent of your vision loss.

AMD leads to a blind spot in the center of your visual field. Other signs and symptoms include:

- The need for increasingly bright light when reading or doing close work
- Printed words that appear distorted or increasingly blurred
- Colors that seem washed out and dull
- A gradual haziness of your overall vision

You might also notice difficulty seeing when moving from a bright room to a dimly lit room. If AMD develops in one eye and not the other, it may not be as noticeable, as your good eye compensates for the weak one. It's when AMD develops in both eyes that your vision is dramatically affected.



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<http://www.mayoclinic.com/health/vision-problems/>

Acuity exams are covered under both the HMO and Vision Care Plan. There are frequency limitations for acuity exams so please check your plan for specific details.

Aetna HMO participants can self refer to an in-network provider for acuity exams. To find an in-network provider please visit www.aetna.com and search for providers using DocFind.

The Vision Care Plan (VCP) is a separate vision benefit option, if you have elected this plan, please contact VCP at 1-800-749-5855 or visit www.visionhealthcare.com to request a benefit form and provider list.

Where's My Incentive Money?

The 2007 final incentive payout will be in the paycheck received 12/14/07 for BOCC employees or the pay period thereafter for some elected official offices. One will notice the incentive amount is listed under the title "wellness" on their pay stub on the left side, just under wages and earnings. (SSO employees will see "wellpay" on their pay stub).

Talking While Driving

A study done by researchers at the University of Utah examined cognitive effects of driver distractions and found talking on a cell phone while driving is **as dangerous as driving drunk**.



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Deadline for getting Labs & HRA done for the 2008 Incentive Program

Forgot to arrive fasting for your health & fitness screening appointment or have chosen to get blood work from your personal physician? Please make note that this blood work has to be received by: 12/15/07 in order to be awarded an incentive.

It's time to update or complete Simple Steps, the on-line Health Risk Assessment (HRA) for the 2008 Wellness Incentive Program. Completion of the HRA earns all full time employees a \$25 incentive. Do note that one can complete or update the HRA all year but in order to receive \$25 at the next pay distribution, the deadline is 12/15/07. Please click on the following link for more information <http://tpm.scgov.net/BenefitsHealthyLiving.aspx>

Questions: email adeem@scgov.net or 650-9908