

“Stall Talk”

Copies can be obtained by logging onto eHR or by contacting Angela Deem, adeem@scgov.net or 650-9908

Ten Years Younger Program originally featured on the *Discovery Channel*, is designed to combat the roots of accelerated aging. Poor nutrition, stress, and exposure to free radicals all make us old before our time, along with a little-known aging culprit: low-and no-carb diets. As Dr. Masley shows, low-carb diets deprive the body of anti-aging phytonutrients and fiber, accelerate osteoporosis, and damage brain cells. Dr. Masley is the Medical Director of St. Anthony’s Carillon Outpatient Center, a high-tech program that combines the most current testing and detailed nutrition, exercise, and supplement evaluations in a confidential, holistic, and integrative setting.

- Dr Masey will be at the Jacaranda Library promoting his book **“Ten Years Younger”** on Feb. 21st (Tues) from 6:30pm- 8:00 pm

For more information contact Tania Angeloff at tangleoff@scgov.net or 861-1270.

Cattlemen employees show their support of the American Heart Association’s “Go Red” campaign on Friday, Feb. 3rd.

Continue to show your support by wearing your “Little Red Dress” pin the entire month of February in support of National Heart Month!



View other employees who participated in Friday’s National Wear Red Day by visiting the County’s intra-net site, and clicking on the banner at the top of the page.

Life Balance, Level 1 Class

03/02/06 (Thursday) 12:30-4:30pm
Administration Building, Training Room

Examine 3 important bodies of thought:

1. Covey’s Habits of Successful People
2. Emotional Intelligence
3. Cognitive Behavioral Therapy

Mike Boccia, PhD, has been a psychologist & business consultant for 35 years. Previous class participants have stated: “Excellent! Thank you for providing such an excellent & worthwhile program.” “ I think this course should be required for all SCG employees.”

Register via TRAC or email adeem@scgov.net

Ways to save on Prescription Drug Costs:

Visit **Aetna Navigator** (the personalized section of the Aetna website www.Aetna.com) for helpful tips on minimizing your out-of-pocket expenses on medications and to compare actual costs. By using generic and formulary brands, as well as the mail order service when appropriate, you will save a lot! Request your list of preferred medications by calling Aetna at 1-866-612-3862 or online at www.aetna.com/formulary. Taking the list with you on your next physician visit will assist your doctor in determining if there is a substitution available that can save you money.

The coinsurance structure for the HMO and POSII plans (excludes Teamsters and IAFF members) is as follows:

Retail – 30 days supply

- Generic - \$9.00
- Formulary Brand - 20% coinsurance (\$20 min/\$35 max)
- Non-Formulary Brand - 40% coinsurance (\$35 min/\$50 max)

Mail Order – 90 day supply

- Generic - \$18.00
- Formulary Brand - 20% coinsurance (\$40 min/\$70 max)
- Non-Formulary Brand - 40% coinsurance (\$70 min/\$100 max)