

Living Well

EMPLOYEE HEALTH & BENEFITS

Stall Talk



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

Save a Tree, Go Paperless

All registered users of Aetna Navigator will soon be receiving their Explanation of Benefits (EOBs) electronically instead of the traditional route of paper & mail. This applies to both medical & dental insurance plans.

Your EOBs are available through Aetna Navigator any time day or night.

We hope you'll agree that electronic EOBs are fast, convenient and secure, not mention save money and a valuable resource. If you've yet to register yourself at Aetna Navigator, please go to www.aetn navigator.com today and register.

If you still prefer to receive your EOBs though the mail, just log on to www.aetn navigator.com and update your personal profile to "Mail Me Paper"

Get Your Numbers In Check!

The Employee Health Center (EHC) is now offering **blood pressure, cholesterol & triglyceride management programs.**

These individualized programs are designed to help reduce your numbers through adopting a healthy lifestyle. The programs include 3-6 visits at the EHC in which one will receive a meeting with Jane Frary, ARNP, an individualized nutrition plan, labs and an evaluation of a prescription plan in collaboration with one's MD if needed.

These programs qualify for the Living Well \$50 Incentive Program. Please call the Employee Health Center at 861-6833 today to reserve your screening/eligibility appointment.

Blood Pressure & Body Composition Clinics

Beginning in **February**, Angela & Natalie will be at the following locations to do blood pressures & body compositions.

7:00am-9:00am

2nd Tuesday of each Month:

BOB Break Area

7:30am-9:30am

3rd Wednesday of odd numbered months
(March, May, July, Sept, Nov)

SSO (Sheriff's Office) **beginning March

7:30am-9:30am

4th Thursday of even numbered months
(Feb, April, June, Aug, Oct, Dec)

Terrace Bldg, Mezzanine

7:30am-9:30am

4th Thursday of odd numbered months
(March, May, July, Sept, Nov)

2817 Cattlemen, Break Area

Onsite Massage Therapy at 2817 Cattlemen

Fridays (Beginning February 2nd)
11:00am-2:00pm
Conference Room C

Reserve your appointment today!
Sign up sheet is located outside the
Conference Room 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