

Living Well

EMPLOYEE HEALTH & BENEFITS

Stall Talk



Copies can be obtained by logging onto <http://tpm.scgov.net> or contacting Angela Deem at adeem@scgov.net

Prepare for Open Enrollment & Learn About Two New Health Plans Being Offered!

Beginning January 1, 2007 there will be two new benefit programs offered: 1). A new consumer-driven health insurance plan - *Aetna Health Fund* and 2). A Retirement Health Savings Plan – *ICMA Vantage Care Plan*.

To learn more about these programs, attend a pre-enrollment meeting.

No registration required for meeting!

Tuesday, August 29th

Colonial Oaks Park, 10-11 a.m.

Terrace Building, 10th Floor 12-1 p.m.

Administration Center, BCC Chamber, 2-3 p.m.

Thursday, August 31st

Twin Lakes, Building A, 8:30-9:30 a.m.

Jacaranda Library, 11 a.m.-12p.m.

BOB, Large Training Room, 3-4 p.m.

Open Enrollment begins Sept. 25th and goes until Oct. 13th

2007 Health & Fitness Screening

Know Your Numbers!

Between September 6th and October 4th, the Living Well Program will be conducting its annual health and fitness screenings throughout Sarasota County.

This portion of the 2007 Incentive Program will earn you \$50.

Please arrive to your screening having fasted (nothing by mouth except plain water for 8-12 hours prior). Labs will be drawn which include a lipid panel (cholesterol) and glucose (diabetes). The fitness screening includes a 3 minute step test, blood pressure, body composition, waist girth and a flexibility assessment. The step test and flexibility portion are optional.

For a list of sites, dates and to make an appointment please visit **TRAC, or email adeem@scgov.net, or call 650-9908.**

Additional information on the 2007 Incentive Program can be found on the TPM web-site <http://tpm.scgov.net> *Living Well Program Link*

Teamster bargaining employees are to refer to their collective bargaining agreement for eligibility of incentives.

Don't miss Dr. Kaufman's upcoming seminar on Posture & Flexibility

Tuesday, August 29th

**11:30-1:00, 1301 Cattlemen Road
Health Dept. Conference Room**

Learn techniques to prevent injury, arthritis, and muscular & bone degeneration

Register today on TRAC, Class Code 1FIT3014

Healthy Taste Testing!

**Strudels & Cream will be offering
New & Healthy selections!**

Sample some of their latest recipe additions
& give them your feedback

Healthy Sampling

**August 22nd (Tuesday) 11:30-1:30
Admin Bldg, 2nd Fl**

Free samples will be available.
Enter a chance to win a free lunch!



Steve Botelho completes the flexibility screening