

# Living Well

EMPLOYEE HEALTH & BENEFITS

## Stall Talk



Copies available at [tpm.scgov.net](http://tpm.scgov.net) or from Angela Deem at [adeem@scgov.net](mailto:adeem@scgov.net)

### Money Matters

Financial classes are being offered in May by SCG's Deferred Compensation providers.

Classes are from **noon-1 p.m.** at each location

Space is limited. Register via TRAC:

- **Building Your Portfolio: Guidance to Asset Allocation**
  - 05/06/08 (Tues) Admin Bldg, Training Rm
  - 05/21/08 (Wed) BOB Large Training Rm
- **How to Manage Investment Risk**
  - 05/07/08 (Wed) Admin Training Rm
  - 05/13/08 (Tues) BOB Large Training Rm
- **Debt Management: The Blind Spot on Your Road to Retirement**
  - 05/14/08 (Wed) Admin Training Rm
  - 05/22/08 (Thurs) Jacaranda Library



### Formulary Change

Due to the recent release of research studies regarding the effectiveness of Vytorin, a change has been made to the Sarasota County Government Employee Plan formulary as follows: Effective April 1, Vytorin has been moved from a 2nd-tier brand (formulary) status to the 3rd-tier brand (non-formulary) status and Lipitor, a different cholesterol-lowering medication, has been moved from 3rd-tier status to the 2nd-tier status with no step therapy requirements. Formulary brand medications have a 20% co-insurance (\$20 minimum/\$35 maximum) for a one-month supply. Non-formulary brand medications have a 40% co-insurance (\$35 minimum/\$50 maximum) for a one-month supply. If you are currently taking Vytorin, you may want to discuss this change with your doctor.

### Discount to AnyTime Fitness

Anytime Fitness (located at 4057 Clark Road) is offering Sarasota County Government employees a special rate of \$29 monthly for annual memberships. Anytime Fitness offers **24-hour** secure access and is an affordable exercise option with access to over 1300 other Anytime Fitness clubs nationwide. For more information call 926-3300 or stop in at the Expo Center (near Buffalo Wild Wings) on the corner of Clark & Sawyer Road.

### The Living Well Program Presents *Holistic - Alternative Wellness Fair* Tuesday, May 13th

11am - 1pm

1660 Ringling Blvd, 1<sup>st</sup> FI Training Room

Suffer from back pain or migraines? Come and learn about alternative health treatments for these and other common ailments.

Health professionals from various fields such as Acupuncture, Neurofeedback, Chiropractic, and Massage Therapy will be in attendance.



Register to receive valuable door prizes & gifts!

***Please come and experience a different way of obtaining optimal health!***

Contact Angela Deem-Gustafson at 941-650-9908 with questions.