

# 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)

### Zyrtec Goes Over-the-Counter

The Food and Drug Administration (FDA) has determined that Zyrtec and Zyrtec-D 12 hour are safe to be available to consumers over the counter (OTC). Because of this change, prescription ZYRTEC and ZYRTEC-D will no longer be covered under Aetna pharmacy benefits.

Please review the prescription formulary at: <http://www.aetna.com/index.htm> (Pharmacy Benefit)

### Relieve Stress with Massage Therapy Now Offered at the Administration Building

Licensed Massage Therapist Donna Garrison specializes in back and neck pain relief and will be offering chair massage to county employees.



**Administration Bldg. Fitness Center,  
(1660 Ringling Blvd.) 5<sup>th</sup> floor, 2<sup>nd</sup> office  
Fridays beginning March 14<sup>th</sup>**

**Chair Massage is currently offered Mondays  
at the following locations:**

**2817 Cattlemen Road, Room C 10-12pm  
BOB, Eagle Room 1-3pm**

The sign up sheet will be located outside the door.  
The cost is \$1 per minute, minimum of 15 minutes.  
Questions: [nrotella@scgov.net](mailto:nrotella@scgov.net)

### SMH HealthPlex Discount Program & Open Enrollment for County Employees



#### Special Membership Rate – Save up to 15%

Facilities & Features offered:

- Full-Size Indoor Basketball, Squash and Racquetball Courts
- Aerobics & Fitness Studios
- Lap Pool & Warm-Water Therapy Pool
- Strength & Resistance Training & Free Weight Training Area
- Cardiovascular Fitness Area
- Physical/Occupational/Speech Therapy and Cardiac Rehab
- Youth programs and child care
- Ongoing weight management programs and support groups for people living with diabetes, heart disease and other chronic conditions

**Tour Sarasota Memorial's Health Plex  
Premier Medical Fitness Center  
Open House Thursday, March 6  
5:30PM- 6:30PM**

**R.S.V.P. by March 4<sup>th</sup> by calling 917-3200**

**6075 Rand Boulevard, Ste. 3  
½ mile west of I-75 on Clark & Rand**

Please contact Jo Jaworske for more information at [Jo-Jaworske@smh.com](mailto:Jo-Jaworske@smh.com) or at (941-917-3200).

**The Sarasota County Blood Bank is ready to  
“Drink Your Blood!” BOB is preparing for a first  
ever – INDOOR BLOOD DRAWING!**

**March 18<sup>th</sup> 8:30-11:30 AM, Large Training Room**

Sit back and relax with a bag of popcorn, a cool glass of “blood punch” and enjoy Vincent Price in one of several horror films. You'll have a Goolishly good time!

For appointment times, please contact Lisa Cece 861-0503, or [lcece@scgov.net](mailto:lcece@scgov.net).