

Living Well

EMPLOYEE HEALTH & BENEFITS

Stall Talk



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

Stress Solutions

Are you stressed? The following tips can help you manage stress more effectively.

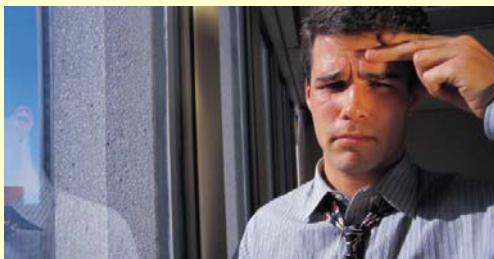
- Get 30 minutes of physical activity daily
- Use relaxation techniques such as meditation, yoga, deep breathing, and guided imagery
- Eat a balanced diet (www.pyramid.gov)
- Get 7-9 hours of sleep a day

If stress becomes unmanageable, there are professional individuals who are trained to help people deal with their stress and anxiety.

Confidential Counseling through Guidance Resources (EAP)

No-cost, confidential assistance in dealing with personal issues you and your family are facing.

- 5 free sessions per issue per employee/family member per year
- Expansive network of local counselors close to home or work
- Call 1-866-379-0889
- **Company ID: IU4363X**



Nutrition Product Discount Program

Members will receive at least a 15% discount off the Manufacturer Suggested Retail Price (MSRP) on all products offered through www.ChooseHealthy.com, a product of American Specialty Health Networks and Healthyroads, Inc. This link provides health and wellness products, over-the-counter vitamins, dietary supplements and natural products online. Members will receive free standard shipping and may purchase products via mail order, phone, fax or the Web.

Upcoming Classes

Managing Your Emotions in the Workplace August 12, 12-1pm Terrace Bldg, Mezzanine Register through TRAC 1FIT3095

Attend this class and gain an understanding of how our thoughts and behaviors impact our emotional responses. Learn ways for creating positive emotional reactions to situations.

Eliminating the Burden of Guilt August 13, 8:30-10am BOB, Falcon Room Register through TRAC 1FIT3093

Guilt can be a destructive emotion, by being an underlying cause of issues from procrastination to alcoholism. Attend this class to understand why guilt happens and identify ways to overcome guilt and move on.

FMLA Changes

Effective Sept. 13 2008, Sun Life will administer the FMLA leave reporting process for employees of the BCC, Clerk of Circuit Court and Supervisor of Elections. To request FMLA benefits, contact Sun Life at 1-877-786-3652. In addition, continue following the current policy of notifying your immediate supervisor of any unscheduled absences.

Traditional Leave & Sick Leave Pool Changes

Effective Sept. 13, 2008, a new county paid, short-term disability benefit will be implemented for non-bargaining BCC, Clerk of the Circuit Court & Supervisor of Elections employees. Employees of these business units who were previously enrolled in the Traditional Leave plan will be transitioned over to the Universal Leave plan. The Sick Leave Pool will no longer be in effect after this date. To learn more about the above changes please visit Employee Health and Benefits on the TPM website or contact Diana Allen dallen@scgov.net 650-9712.