



September WellNews

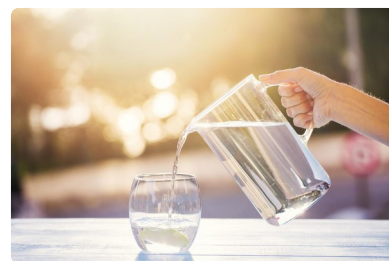
Monthly Wellness and Benefits News for SCS Employees

WELCOME!

This newsletter is to provide monthly benefits and employee wellness information to support your overall wellbeing.

Every month, we're going to highlight one simple way to improve your overall wellbeing, and this month we're focusing on **WATER**.

Getting enough water every day is important for your health. Drinking water increases energy and relieves fatigue, flushes out toxins, prevents dehydration, supports brain function, and even promotes weight loss.



[Here is a water tracker you can print to help track your water intake.](#) Keep in mind, water intake needs vary for each person. One rule of thumb is to drink half your body weight in ounces - for example, a person weighing 150 pounds should drink around 75 ounces of water per day.

[More on Water from the Mayo Clinic](#)

***Saturday Mammography Screenings on 10/7 at SMH locations.
Schedule today!***

SMH Mammo Day on 10/7 - registration info here

BREAST CANCER AWARENESS MONTH



WEAR PINK DAY

FRIDAY, OCTOBER 6



"Take 10" for Your Emotional Wellbeing

What can Employee Assistance do for you? Telus (formerly LifeWorks) offers support on a variety of topics, including information on building better relationships at work and home. Call 1-844-664-0379 or visit www.login.lifeworks.com and use "scs" for both the username and password.

Additionally, Employees and household members receive 3 FREE COUNSELING SESSIONS per unique issue.

Take 10 - Building Better Relationships



Building Better Relationships at Work

How to Build a Life of Close Connections

Top 10 Tips for Remaining Psychologically Resilient

Annual Open Enrollment is Oct 12 - Nov 6

Open Enrollment is the only time to update beneficiaries and review your elections for medical, dental, vision, and voluntary plans, and to make changes outside of a life event.

It is imperative that all employees participate in Annual Open Enrollment to ensure benefits selections accurately reflect your choices for the 2024 Plan Year.



Save the date! The Employee Health and Benefits Fair is Monday, October 16 from 10am - 2pm at STC, Main in Sarasota.

Coming soon! Watch for more information from Risk Management on Open Enrollment and Health and Benefits Fair registration.

Pathways to Health and Annual Open Enrollment

Employees with an eligible preventative wellness exam on file will have the option of electing any of the 4 medical plans at \$0 cost for the Employee Only tier coverage during Open Enrollment. Those who do not have a preventative wellness exam will only have the Low PPO at \$0 cost for Employee Only tier.

Plan now for **2025!**

- The lookback period for completing a qualifying preventative wellness exam for **2025** will be July 1, 2022 – June 30, 2024.
- The cut-off date for obtaining a preventative wellness exam for the **2025** calendar year coverage is June 30, 2024.
- Reminder, new hires have 18 months to complete their preventative wellness exam.

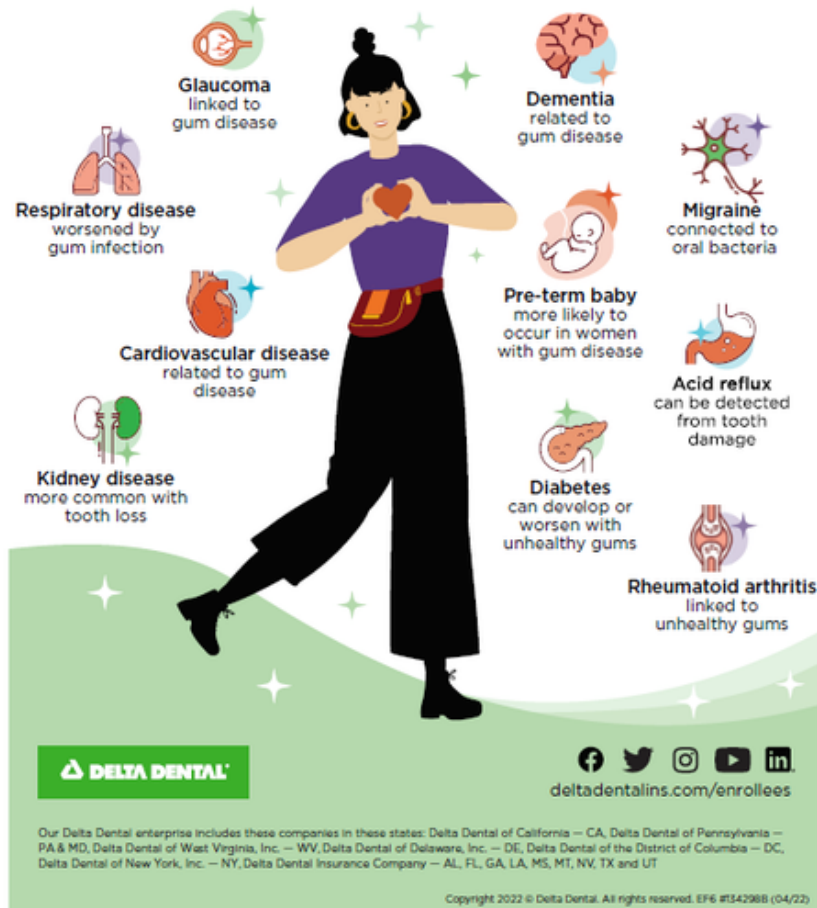
[Click here for full details on Pathways to Health.](#)

Don't let a dental infection get the best of you.

The old saying holds true for your oral health: An ounce of prevention is worth a pound of cure. During Dental Infection Control Awareness Month this September, learn the danger signs to watch out for. Select the image below for more info!

Your mouth and body

Tooth loss and gum disease can increase your risk for a number of health issues and chronic conditions. All of these are linked to an unhealthy mouth:



No Cost Calm Premium Subscription for Board-Hired Employees

Board-hired employees can access a NO cost premium Calm subscription for this school year!


Explore guided meditations and specialized playlists to help with stress and focus, mindful movement video and audio, relaxing Sleep Stories, wisdom-filled masterclasses led by experts, and much more. Use Calm to build mental resilience through better sleep, mindfulness, and meditation.



[Click here for registration details!](#)

Gym Membership Program, Tivity Health

Florida Blue 365 members can enroll in Tivity Health, Fitness Your Way to access a network of gyms for one monthly fee, plus enrollment fee. Click below for more details and to register!

			
Member Name		Dependents	
Member Name		Dependent One	
Member ID		Dependent Two	
3456789		Dependent Three	
Plan No.	023457	Plan	PPO
BIN	987654	Office Visit	\$15
Benefit Plan	HIOPT	Specialist Copay	\$15
Effective Date	00/00/00	Emergency	\$75
		Deductible	\$50

Tivity Health - Gym Membership S | Blue365 Deals

Fitness Your Way® allows Blue365 members to select a package that fits your budget and wellness goals so that you can work out at multiple gyms where you live, work, and travel, plus access virtual classes. Members have the option to choose from four gym packages, starting at \$19/month or a digital only option for just \$10/month.

blue365deals.com

Upcoming Events

Save the Date!

SCS Employee Health and Benefits Fair on 10/16 from 10am - 2pm at STC Sarasota. Registration information coming soon!



SCS Benefits and Wellness