



# RETIREE CONNECTION

Keeping Pinellas County Government Retirees Plugged In

JUNE 2018

## Keeping Your Information Up-to-Date

When was the last time you reviewed your personal and beneficiary information? Is your address and phone number current? Is your emergency contact and life insurance beneficiary information up-to-date?

Keeping your information up-to-date ensures that our benefit vendors, the Florida Retirement System (FRS) or Human Resources can get in touch with you, if needed.

<b>Florida Retirement System</b>			
Address and phone	Contact the Division of Retirement (844) 377-1888 or go <a href="#">online</a>		
Beneficiary Information	<i>Pension plan</i> members complete the <a href="#">Beneficiary Designation Form</a> and return it to the Division of Retirement.		
	<i>Investment plan</i> members use the <a href="#">Investment Plan Beneficiary Form</a> online.		
<b>Pinellas County</b>			
Address and phone	Send change in writing (email, letter or fax). <i>(See bottom right of page for contact info.)</i>		
Life Insurance Beneficiary(ies)	Complete and return the <a href="#">Retiree Designation and Change Form</a> by mail or fax. <i>(See bottom right of page for contact info.)</i>		
<b>Deferred Compensation:</b>			
Log into your online account or call your deferred compensation vendor for assistance.			
ICMA (800) 669-7400 <a href="http://www.icma.org">www.icma.org</a>	Mass Mutual (800) 528-9009 <a href="http://www.massmutual.com/serve">www.massmutual.com/serve</a>	Nationwide (877) 677-3678 <a href="http://www.nrsforu.com">www.nrsforu.com</a>	VALIC (813) 269-3362 <a href="http://www.valic.com">www.valic.com</a>

## New Shingles Vaccine – Shingrix

The Centers for Disease Control and Prevention (CDC) recommends Shingrix for adults 50 years and older to prevent shingles and related complications. Shingrix, a new two-shot vaccine is preferred over Zostavax and is recommended by the CDC even if you had previously received Zostavax.

For non-Medicare retirees and/or their dependents on the United Healthcare (UHC) Point of Service (POS) or Consumer Driven Health Plan (CDHP), the vaccine is covered as a standard preventive service benefit as of April 1, 2018. It is available in-network through most:

- physician’s offices
- urgent care centers
- convenience care clinics
- retail pharmacies

Contact UHC Customer Service at (888) 478-4752 for more information.

For Medicare retirees/dependents, United Healthcare Medicare Advantage PPO Plan (MA PPO), the shot is covered under the Part D Tier 2 Prescription portion of the plan. Contact a UHC Customer Service advocate at (800) 457-8506 for more information.

### Pinellas County Benefits

400 S. Fort Harrison Ave.  
Clearwater, FL 33756

Phone: (727) 464-4570

Fax: (727) 464-5291

Email: [employee.benefits@pinellascounty.org](mailto:employee.benefits@pinellascounty.org)

# Registration is Now Open

**Registration deadline is September 21.**

The Colors of Pinellas Employee Art Show provides an opportunity for employees, retirees, volunteers, interns and their families to participate in a professional exhibition and compete for cash prizes. The show is judged by professionals in the field of art. Levels include amateur, intermediate, professional, youth and teen categories.

You can enter photographs, paintings, sculpture, drawings, crafts, jewelry, mixed media or wherever your creativity takes you.

Winners are eligible for cash prizes totaling \$3,450 provided by a grant from the National Arts Program.

It's free to enter and all skills levels are welcome. What are you waiting for?

[View past shows and registration information.](#)



## What's New for 2018

The art show will run in the early fall. Important dates:

- Registration deadline, September 21
- Artists deliver artwork, October 9
- Artwork judging, October 17
- Awards Ceremony, October 29
- Exhibit open through November 12
- Artwork pick up, November 13

**The award ceremony will be in a new location** in downtown Clearwater: 14 S. Fort Harrison Avenue, 4th floor (known as the Utilities Building). Free parking will be generously granted for the duration of the award ceremony by the City of Clearwater in their parking lot across Osceola Avenue.



## REPCO News

REPCO's **July 9** meeting will begin at 11:30 at Applebee's Restaurant, located at 5110 East Bay Drive. A representative from Pinellas County Emergency Management will provide a presentation on "Busting Hurricane Myths."

If you have questions, contact Rudy Garcia at (813) 855-3466 or [rdgarcia@verizon.net](mailto:rdgarcia@verizon.net).

You don't have to be a Pinellas County retiree to attend. Current employees and family members are also welcome. For more information on hurricane preparedness, see [www.pinellascounty.org/emergency](http://www.pinellascounty.org/emergency).

## Who Can Participate?

- Employees
- Volunteers
- Interns
- Retirees

and their families – including those previously ineligible – are invited to submit artwork.

## Retiree Resources

### Medicare Health Plan:

- ◇ United Healthcare MAPPO (800) 457-8506 (includes Rx and mental health) [UHCRetiree.com](http://UHCRetiree.com)
- ◇ Davis Vision (800) 999-5431 [DavisVision.com](http://DavisVision.com)

### Non-Medicare and Traditional Medicare Health Plan:

- ◇ United Healthcare (888) 478-4752 [myuhc.com](http://myuhc.com)
- ◇ Express Scripts (866) 544-9221 [Express-Scripts.com](http://Express-Scripts.com)
- ◇ ComPsych (866) 615-3047 [GuidanceResources.com](http://GuidanceResources.com)
- ◇ Davis Vision (800) 999-5431 [DavisVision.com](http://DavisVision.com)

### Dental Plans:

Cigna (800) 244-6224 [myCigna.com](http://myCigna.com)

**Florida Retirement System (FRS):** (866) 446-9377 [myfrs.com](http://myfrs.com)

### Pinellas County Retirement Information:

[www.pinellascounty.org/hr/retiree](http://www.pinellascounty.org/hr/retiree)

## June is Men's Health Month

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

Alarming statistics show that men's health is at great risk. On average, men die almost 6 years younger



than women and suffer higher mortality rates for the top causes of death. The lives of hundreds of thousands of men will continue to be threatened unless immediate action is taken to combat this growing crisis.

Research shows that:

- ▶ Men do not see physicians for a physical exam nearly as often as women
- ▶ Men are dying of the top causes of death at higher rates than women
- ▶ Men are more likely to be uninsured than women
- ▶ Approximately 30,000 men in the US die each year from prostate cancer

Check out the A-Z list of men's health issues, men's health fact sheets, a prostate health guide, and more from [www.menshealthnetwork.org](http://www.menshealthnetwork.org).

## Volunteers Needed

### Emergency Management (EM) Ambassador

Are you interested in helping the citizens of Pinellas County prepare for disasters? Are you a good public speaker? Consider training to be an EM Ambassador and joining a team that speaks to community groups and organizations about hurricane preparedness.

Bilingual ambassadors are most welcome! Our EM Ambassadors make a difference.

If you are interested in learning more, please call (727) 464-3815 or email [maryburrell@pinellascounty.org](mailto:maryburrell@pinellascounty.org).



## Send Us Your Stories!

We want to keep our employees and retirees informed and involved! Please submit your story ideas for consideration in *The Pen* or this publication by completing our [Story Idea Form](#). We will help identify the best location for your topic.

You can provide an idea, a list of bullets or an entire article. Photos are also welcome (send jpg files by email). For more info, contact Employee Communications at (727) 464-5098 or by [email](#).

