



RETIREE CONNECTION

Keeping Pinellas County Government Retirees Plugged In

SEPTEMBER 2018

2019 Annual Enrollment is Coming!

The 2019 Annual Enrollment period is from Monday, October 22 through Friday, November 9. ***No action is needed by you at this time.***

Annual Enrollment provides you the opportunity to review your current benefit elections and determine if you want to make any changes for the upcoming year. Changes made during Annual Enrollment will be effective on January 1, 2019.

Information will be mailed to your home the week of October 15 with details about the 2019 benefit plan options and cost of coverage. If you have recently moved, please contact Employee Benefits at employee.benefits@pinellascounty.org or by phone at (727) 464-4570 to update your address to make sure you receive this important information.

What You Need to Know

Medicare Advantage Plan (MAPPO) Members

United Healthcare will continue to administer the Medicare Advantage coverage and prescription drug program for Medicare eligible retirees and dependents.

Dental Plan Members

Cigna will continue to administer the dental PPO and HMO plans. Please note that the HMO plan is only available to Florida residents. There are no plan changes for 2019.

Life Insurance Plan Members

The Standard continues to administer the retiree life insurance program. There will be a rate increase. You will be notified of your new rate.

Point of Service Plan and Consumer Driven Plan with Health Savings Account (HSA)

Non-Medicare Eligible Members and

Traditional Medicare Supplement Plan Members (no new enrollees in this plan)

As in 2018, United Healthcare will administer the medical plan and Express Scripts will manage the prescription drug benefit.

What to Expect Next

You will receive more detailed information about Annual Enrollment the week of October 15.

Review the information carefully so you can make an informed decision. We will provide contact information for all benefit plan providers also.

REPCO News

REPCO's **October 8** meeting will begin at 11:30 at **Chopsticks Super Buffet**, 2543 Countryside Blvd, Clearwater. A representative from Pinellas County Employee Benefits will be there to provide an **update on annual enrollment for retirees.**

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

You don't have to be a Pinellas County retiree to attend. Current employees and family members are also welcome.

September is Prostate Cancer Awareness Month

Updated Prostate Cancer Screening Guidelines

By Amy Hertog, BSN, RN

Prostate cancer screenings measure the level of the prostate-specific antigen (PSA) in men's blood. In 2017, The U.S. Preventive Services Task Force (USPSTF) released a new recommendation for prostate cancer screening. It encourages providers to inform men ages 55 to 69 about the benefits and harms of prostate cancer screening. That way, patients can work with their providers to make a decision about screening that's right for them.

On one hand, screenings can catch prostate cancer early — which can mean earlier treatment. If 1,000 men ages 55 to 69 are screened, 1 to 2 will avoid death because they get treated earlier.

But on the other hand, screening produces many false positives. That's because conditions or circumstances other than prostate cancer can raise a man's PSA level. Out of 1,000 men ages 55 to 69 who get screened, 240 will get a positive result — but only 100 of these men will actually have prostate cancer. For many of these 100 men, their cancer won't ever grow, spread, or cause problems. And if 80 men who test positive get treatment by having surgery or radiation, 60 or more will experience serious side effects — like urinary incontinence or sexual impotence.

Some patients who test positive for prostate cancer are opting for active surveillance instead of surgery or radiation. Active surveillance is a way of proactively monitoring the cancer instead of actively treating it.

With active surveillance, patients who have a positive PSA test only have surgery if the prostate cancer begins growing, spreading, or causing harm. This approach reduces the number of unnecessary surgeries and their negative side effects, increasing the odds that the screening will have a net benefit.

Since so many factors may come into play when choosing whether or not to get screened for prostate cancer, it's very important for men ages 55 to 69 work with their health care providers to make a shared decision that's right for them. Shared decision making encourages providers to inform patients about their options, work with them to identify their values and preferences, and involve them in medical decisions.

If you have reached the age of 55, it's time to have a conversation with your doctor about prostate cancer screening.

Symptoms Men Should Never Ignore

These are the 12 symptoms that should never be ignored in order to prevent the development and progression of prostate cancer. These include:

- A noticeable burning while urinating or during ejaculation
- A frequent need to urinate
- Blood in urine
- Blood in semen
- Pain in the bones
- Erectile dysfunction
- Difficulty starting or stopping a stream of urine
- Inability to urinate standing up
- Weak or decreased flow in your urinary stream
- Difficulty starting urination or a need to hold back while urinating
- Pain and discomfort in the pelvic area, lower back or upper thighs

Symptoms associated with prostate cancer can also be caused by other non-cancerous diseases, such as a urinary tract infection (UTI) or benign prostatic hyperplasia (BPH). The latter is often confused as prostate cancer. Your doctor can help to diagnose your exact condition and address any of the issues listed above with treatment.

Pinellas County Benefits

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Human Resources
Helping U Succeed

The Financial Impact of Influenza

By Amy Hertog, RN, BSN, Clinical Nurse Liaison

“Getting the flu shot should be a no-brainer,” said certified financial planner Chris Chen, wealth strategist with Insight Financial Strategists in Waltham, Massachusetts. “The low or free cost of the shot is one of the great deals of everyday living, given what it can cost if you get the flu.” (CNBC, October 30, 2017)

We often talk about the health aspects of influenza but not the financial impacts. In the 2015-2016 flu season, an estimated 24.5 million were stricken with the flu, resulting in 11 million medical visits, 308,000 hospitalizations and 12,000 deaths. The financial impact was an estimated **\$10.4 billion** (according to Centers for Disease Control and Prevention) in direct costs for hospitalizations and outpatient visits for adults. Yet just 43.3% of U.S. adults got the flu vaccine, according to the Centers for Disease Control and Prevention (CDC). For those under age 18, the rate was 59%.

There are financial benefits to getting a flu vaccination

You are less likely to catch the flu. If you don't catch the flu, you won't suffer from uncomfortable symptoms, your sleep won't be disrupted, and you won't sacrifice your time. You will save money because you won't need the additional “flu accessories” of boxes of tissues, over-the-counter medications, a visit with a doctor, or prescription medication.

You are less likely to spread the flu to a vulnerable person who may experience severe complications from the flu. Vulnerable people include pregnant women, children younger than 5, adults who are over the age of 65, and residents of nursing homes. Financially this may mean a parent won't miss work because they need to take care of a sick child or a co-worker may not need to be hospitalized for flu complications. You may even help to save a life (priceless!).

Even if you get the vaccination but still get catch the flu, it might not be as severe. A less severe flu means you may have a speedier recovery. As they say, time is money therefore less sick time means less expense for you.

As always, make sure that you are going to an in-network provider for your flu vaccination. Some retailers offer additional perks when you use their facility for a flu vaccination. These perks may include coupons, discounts, gift cards, or even humanitarian aid. For example, get any vaccine at Walgreens, including shingles, pneumonia and whooping cough, and help provide a lifesaving vaccine to a child in a developing country.

Save time, save money, save a life. Schedule your flu vaccination today.

To get a flu shot, visit your in-network physician or a convenience care clinic such as those found in CVS and Walgreens stores. Be sure to bring your photo ID and United Healthcare ID card.

[View the online flyer](#) for more information on local convenience care clinics.

Retiree Resources

Medicare Health Plan:

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

Non-Medicare and Traditional Medicare Health Plan:

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

Dental Plans:

Cigna (800) 244-6224
myCigna.com

Florida Retirement System

(FRS): (866) 446-9377
myfrs.com

Pinellas County Retirement Information:

www.pinellascounty.org/hr/retiree



American Heart Association.

Heart Walk®

WE NEED YOU!

Pinellas County needs team coaches and walkers for the 2018 Tampa Bay Heart Walk to benefit the American Heart Association's lifesaving heart disease and stroke research as well as community programs.

OUR GOAL

100
walkers

\$10,000
donations

WHEN

Saturday, November 10,
check in 7:30 a.m.

WHERE

Raymond James Stadium in
Tampa

There is no registration
fee and fundraising for the
event is optional.

It's a fun event—bring your family and even pets along! Your support will make a difference in our community.

[View the online flyer](#) to find out how you can help and your next steps. **To volunteer as a team coach email wellness@pinellascounty.org.**

Can't make it?

Join Pinellas County's Team as a
VIRTUAL WALKER

Volunteers Needed

Holiday Lights in the Garden, Nov. 23 – Dec. 30

We need volunteers every night during the Holiday Lights in the Garden event. This Pinellas County holiday tradition lights the Gardens with 1 million brilliant LED lights to delight all ages. Volunteer to make this event a great success. Adults preferred. Teens 16 and older must be accompanied by a responsible adult. To sign up click [here](#).



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entire article. Photos are also welcome (send jpg files by email). For more info, contact Employee Communications at (727) 464-5098 or by [email](#).