



RETIREE CONNECTION

Keeping Pinellas County Government Retirees Plugged In

SEPT 2019

2020 Annual Enrollment is Coming!

The 2020 Annual Enrollment period will be from Friday, November 1 through Friday, November 22.

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, 2020.

Information will be mailed to your home the week of October 21 with details about the 2020 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

UnitedHealthcare 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 2020.

Life Insurance Plan Members

The Standard continues to administer the retiree life insurance program.

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 2019, UnitedHealthcare 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 21.

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

REPCO News

The next REPCO lunch meeting will be **October 14** beginning at 11:30 a.m. at Chopsticks Super Buffet Restaurant located at 2543 Countryside Boulevard in Clearwater. A representative from Pinellas County Employee Benefits will join us and provide an update on the health plan for retirees.

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

Flu Vaccinations: A Call to Action

By Amy Hertog, RN, BSN, UHC Clinical Nurse Liaison

If you've ever had the flu or have taken care of someone who has, you know it's no fun. Flu season is upon us again and there are many good reasons to get your flu shot.

Between 15% and 40% of the population will develop illness from influenza every year. The Centers for Disease Control and Prevention (CDC) noted that last year's flu season was the longest in 10 years. From October 1, 2018 through May 4, 2019 there were:

- 37.4 million to 42.9 million flu illnesses
- 17.3 million to 20.1 million flu-related medical visits
- 531,000 to 647,000 flu-related hospitalizations
- 36,400 to 61,200 flu-related deaths

There were 2 waves of influenza A:

- Influenza A (H1N1) October 2018 through February 2019
- Influenza A (H3N2) viruses February through May 2019

Influenza B was not as active.

The flu doesn't just make you feel lousy. The annual direct costs (such as hospital and doctor's office visits and medications) of influenza in the U.S. are estimated at \$4.6 billion.

While each flu season is different, the recommendations for vaccination have remained the same.

Learn Something New in 2 Minutes

It's flu season. Find answers to your burning questions such as how long you are contagious and how flu vaccination works. Take 2 minutes to watch the video [What You Gotta Know About Flu and You](#) or read the [script](#).



Who should get vaccinated?

Annual flu vaccinations are strongly recommended for all persons age over 6 months old.

When should I get vaccinated?

You should get a flu vaccine before flu begins spreading in your community. It takes about two weeks after vaccination for antibodies that protect against flu to develop in the body, so make plans to get vaccinated in early fall, before flu season begins. The CDC recommends that people get a flu vaccine by the end of October.

Where can I get a flu vaccination?

Vaccinations are readily available from a multitude of providers including your primary care physician, [pharmacies](#), and public health departments. Some pharmacy retailers offer an additional incentive such as a gift card or discount coupon for other purchases. We encourage you to make appointments in advance to ensure they have adequate supplies on hand.

What will it cost me to get a flu vaccination?

Flu vaccinations are covered under the Affordable Care Act as preventive. There is no share of cost for the patient.



The Inspector General issues a monthly Fraud Alert for the general public. This month's edition is "[One-Ring Phone Scam Costing Victims Hundreds of Dollars](#)" and can be read online.

[Previous editions of the newsletter can also be read online](#), with subjects including disaster-related scams, putting cash in the mail, social security numbers, and more.

Established by the Clerk and Comptroller of Pinellas County, the mission of the Division of Inspector General is to improve government and preserve the public trust by providing independent, comprehensive audits and investigations designed to add value and improve the County's operations and contracts.

Work Out Your Brain

The word exercise usually conjures up images of physical activity. Though exercise is important for overall health, sharpening the mind provides added benefits.

With age, the brain degenerates and loses plasticity (its ability to adapt and change). Playing stimulating brain games sharpens cognitive skills and combats the negative effects of aging by as much as ten years. In just five minutes a day, performing mental gymnastics creates and strengthens neurological pathways, which increase flexibility and adaptability to change.

Find brain games anywhere! Crosswords, Sudoku and other puzzle books are great paper options and are often available at convenience stores. Prefer technology? There are plenty of web and app-based games such as BrainHQ and Luminosity.



Hepatitis A Fast Facts: UPDATE

There have been additional confirmed cases of hepatitis A in the Tampa Bay area. Please read these facts and take the risk seriously.

From the Centers for Disease Control and Prevention

- Hepatitis A is a vaccine-preventable, communicable disease of the liver caused by the hepatitis A virus (HAV).
- Hepatitis A is usually transmitted person-to-person through the fecal-oral route or consumption of contaminated food or water.
- The average incubation period for hepatitis A is 28 days from the time of exposure (range: 15–50 days).
- Most adults with hepatitis A have symptoms including fatigue, low appetite, stomach pain, nausea, and jaundice, that usually resolve within 2 months of infection. For 10-15% of those with hepatitis A, symptoms may persist for up to 6 months.
- The hepatitis A vaccination was introduced in 1995.
- Vaccination with the full, two-dose series of hepatitis A vaccine is the best way to prevent HAV infection.
- Vaccination for hepatitis A is covered under the County's health plan.

[Read more about hepatitis A and locate resources](#) from the Centers for Disease Control and Prevention.

Pinellas County Benefits

400 S. Fort Harrison Ave.

Clearwater, FL 33756

(727) 464-4570 | Fax 464-5291

employee.benefits@pinellascounty.org

Retiree Resources

Medicare Health Plan:

◇ UnitedHealthcare MAPPO
(800) 457-8506
(includes Rx and mental health)
UHCRetiree.com

◇ Davis Vision (800) 999-5431
DavisVision.com

Human Resources
Helping U Succeed

Non-Medicare and Traditional Medicare Health Plan:

◇ UnitedHealthcare
(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