



RETIREE CONNECTION



Keeping Pinellas County Government Retirees Plugged In

APR 2021

Deferred Compensation Vendor Name Updates

Here's some news about three of the deferred compensation vendors. Any changes will not affect your investments.

ICMA-RC is Becoming MissionSquare

View the [MissionSquare statement](#).

MassMutual is now Empower Retirement

It will take some time to fully transition to Empower. You'll notice many of the web pages still have a MassMutual logo. [View the Empower web page](#).

VALIC is a Subsidiary of AIGRS

AIG Retirement Services (AIGRS) represents AIG member companies - the Variable Annuity Life Insurance Company (VALIC) and its subsidiaries, VALIC Financial Advisors, Inc. (VFA) and VALIC Retirement Services Company (VRSCO). All are members of American International Group, Inc. (AIG). [View the AIG website](#).

Contact your representatives at the firms to discuss your investments. Names and phone numbers are on the [Retirees: Deferred Compensation Plan](#) page.

Attention UHC Medicare Advantage Plan Members

COVID-19 Vaccine Info

When arriving for your COVID-19 vaccine, you must present your Medicare card instead of your UHC card.

[Get information on the COVID-19 vaccine](#) on Pinellas County's web page.

Reminder: BayCare Labs are In-Network

Contact Benefits if you have questions at 464-4570 or



employee.benefits@pinellascounty.org.

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 behavioral health)

UHCRetiree.com

- **(NEW in 2021)** EyeMed
(866) 939-3633
www.EyeMed.com/en-us/member

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
- **(NEW in 2021)** EyeMed
(866) 939-3633
www.EyeMed.com/en-us/member

Dental Plan:

Cigna (800) 244-6224
myCigna.com

Florida Retirement System (FRS): (866) 446-9377
myfrs.com

Pinellas County Retirement Information:

www.pinellascounty.org/hr/retiree



The Annex Building, 400 S. Fort Harrison Ave. in Clearwater, remains CLOSED due to the pandemic, but much of our staff is onsite. Please call Human Resources' main number to ask a question or to make an appointment. (727) 464-3367.

New Life Insurance Vendor

As of March 1, 2021, Pinellas County's life insurance administrator moved to Securian Financial from The Standard.

All enrollments were transferred to Securian with no changes in coverage or cost.

Nutrition Facts Labels

We're sharing the revised nutrition labels released by the FDA in 2020. With last year being what it was, we're pretty sure this didn't make headline news for you. We think you'll like the changes.

The U.S. Food and Drug Administration (FDA) has updated the Nutrition Facts label on packaged foods and drinks. The FDA is **requiring changes** to the Nutrition Facts label based on updated scientific information, new nutrition research, and input from the public. This is the first major update to the label in over 20 years. The label's refreshed design and updated information will make it easier for you to make informed food choices that contribute to lifelong healthy eating habits.

To continue reading and get more details, view the FDA's article [What's New with the Nutrition Facts Label](#).



Have You Visited the FRS Website Lately?

Check out the [Alerts & Hot Topics](#) page. There's information on:

- Legislation
- Annual Fee Disclosure Statement
- the Latest Quarterly Newsletter/Fund Performance Report

and more.

You can also download the latest newsletter and find past issues on the [Newsletters](#) page.

Behind the Belly Button: It's not just about digestion

Behind the Belly Button (BBB) is a 5-part series of virtual wellness classes that peek into the astonishing systems and science of the gut.

Eating is just the beginning of the complex functions of the human body. A healthy gut impacts nutrient absorption, hormones, immunity, emotions, hunger and DNA.

These virtual classes shed light on how all the puzzle pieces work together. It may just amaze you.

Videos available online now are:

[Digestion and Nutrient Absorption](#): A closer look at how digestion works to break down food to useable forms of energy, vitamins and minerals and how they're absorbed into the body.

[Gut Health](#): Uncover the mysteries of the gut and learn ways you can improve your own gut health.

[The Microbiome Explained](#): You'll want to know about these superbugs! Our body has over 100 trillion microbial cells. When that ecosystem tips out of balance, we get sick.

Other Wellness Class Videos

You can find more videos of wellness courses we've offered such as COVID-19 webinars, *The Power of Sleep: Catnap Version*, and *Cooking from the Roots Cooking Demos*. They can be accessed at [Wellness Classes](#).

Healthy Heart Video

Nurse Amy Hertog offers valuable information about cardiovascular disease, risk factors, heart attack warning signs, and heart disease prevention.

[Watch the 34-minute presentation.](#)

