



## 2021 Annual Enrollment for Retirees

November 1 to November 21, 2020

### Annual Enrollment Reminder

The 2021 Annual Enrollment period for retirees began November 1 and will continue through Saturday, November 21. 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, 2021.

#### *What do I need to do?*

- No action is needed if you do not want to make a change.
- If you need to make a change, submit the [2021 Annual Enrollment Change Form](#) by November 21.

#### *What are my premiums?*

Premiums are increasing slightly in 2021. Information was mailed to your home in late October with details about the 2021 benefit plan options and the cost of coverage.

#### *What changes can I expect in 2021?*

##### Health insurance

- **For Medicare-eligible retirees**, UnitedHealthcare will continue to administer the Medicare Advantage coverage and prescription drug program for Medicare eligible retirees and dependents. There are a few plan changes (see page 2). Learn more about the 2021 Medicare Advantage Plan:
  - [Plan Guide](#)
  - [Additional Benefits, Programs & Features](#)

##### UnitedHealthcare Letters

UnitedHealthcare is sending letters to retirees enrolled in the Medicare Advantage Plan (MAPPO) to obtain missing phone numbers and emails. UHC needs to update their records to connect retirees with important programs and services. The letter will include instructions for updating your contact information on the UHC website.

- **For non-Medicare retirees**, UnitedHealthcare will continue to administer the medical plan, and Express Scripts will manage the prescription drug benefit. There are no plan changes for 2021.

##### Dental Insurance

There are no plan changes or rate increases for 2021. Cigna will continue to administer the dental PPO and HMO Plans. Please note that the HMO plan is only available to Florida residents.

##### Life Insurance (IMPORTANT UPDATE)

The administrator for life insurance in 2021 is to be determined. Your current selections will not change, and there will be no gap in coverage. More information will be shared when available.

##### Vision Coverage

EyeMed will be the new administrator for the retiree vision plan in 2021. The program will be similar, but there is a different provider network which includes

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*The Annex Building, 400 S. Fort Harrison Ave. in Clearwater, remains CLOSED due to the pandemic.  
Please call Human Resources' main number if you have questions - (727) 464-3367.*

## With Gratitude



By Jane Grannis, Wellness Manager

Here we are; fall is in full swing. It's been a tough year for all of us, but especially for those that have experienced the loss of a loved one, a job, or their health due to the COVID-19 pandemic.

November is a time of thanks, a time to pause and be truly be grateful for all that we have. Amidst sadness, stress, ill health or tragedy, it can be hard to find the good.

If you don't quite feel up to it or can't find the strength to feel good, "Fake it till you make it." Even if you're not feeling particularly blessed, seek to find even the smallest positives. Did you finally complete a home project? Enjoy your coffee this morning? Start a new hobby? Writing down or saying out loud the good in your life changes the electrical energy in your brain and body which can actually make you feel better. Be patient, the "feel goods" won't necessarily start immediately!

For more, read what the experts at Harvard Health Publishing have to say in [Giving thanks can make you happier](#).

This year, I am grateful for a little extra quiet time for self-reflection. I'm grateful for being able to spend more time with my kids (most of the time, anyway!).

With gratitude,

Lenscrafters and not Visionworks. See the [EyeMed FAQs](#) and [EyeMed Benefits Summary](#). Information will be sent to your home and new cards will be mailed to your home by January 1st.

### Medicare Advantage 2021 Health Plan Changes

There are two health plan changes for 2021:

1. **Renew Active** fitness program will replace Silver Sneakers. You'll receive a free gym membership with access to an extensive network of gyms and fitness locations. If your favorite gym is not listed, tell UnitedHealthcare, and UHC will invite them to join. Other free benefits include fitness classes, personal trainer session to create an annual fitness plan, the AARP Staying Sharp online brain health program, and Fitbit Premium access to thousands of workout videos. To learn more, visit [www.UHCrenewactive.com](http://www.UHCrenewactive.com).
2. The **Solutions for Caregivers** program is discontinued due to lack of participation, but clinical support will still be available. UHC's care coordinator staff will contact you to offer assistance if you are admitted to the hospital or diagnosed with a chronic condition. You may also contact UHC to request a care coordinator at any time if needed.

UHC will send updated plan information to participants.

### How can I learn more?

Visit the [Retiree Annual Enrollment](#) web page.

### Pinellas County Benefits

400 S. Fort Harrison Ave.

Clearwater, FL 33756

(727) 464-4570 | Fax 464-5291

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

## REPCO News

### POSTPONED DUE TO COVID-19

In recognition of current guidelines for social distancing, REPCO meetings are canceled until group meetings are possible.

Address questions to Rudy Garcia at (813) 855-3466 or [rdgarcia@verizon.net](mailto:rdgarcia@verizon.net).

# National Family Caregivers Month

Caregivers, whether they take care of children, someone with special needs, illness or an aging adult, face added stress and can become emotionally, mentally, and physically depleted. The pandemic presents extra challenges when caring for a loved one during a crisis.

If you are a caregiver, seek support from others and try to take at least a little time for yourself to recharge. [Caregiver Action Network](#) provides many, many tips for support and self-care, as well as a host of resources ranging from managing cost of care, to caring for someone battling specific diseases.

Know a caregiver? Share this information with them and offer your support.

**10 TIPS FOR FAMILY CAREGIVERS**

1. Seek support from other caregivers. You are not alone!
2. Take care of your own health so that you can be strong enough to take care of your loved one.
3. Accept offers of help and suggest specific things people can do to help you.
4. Learn how to communicate effectively with doctors.
5. Caregiving is hard work so take respite breaks often.
6. Watch out for signs of depression and don't delay getting professional help when you need it.
7. Be open to new technologies that can help you care for your loved one.
8. Organize medical information so it's up to date and easy to find.
9. Make sure legal documents are in order.
10. Give yourself credit for doing the best you can in one of the toughest jobs there is!

CAREGIVER ACTION NETWORK CAN  
CaregiverAction.org

From the Caregiver Action Network

<https://caregiveraction.org/resources/10-tips-family-caregivers>

# 2020 Virtual Art Show Retiree Winners!

Congratulations to this year's winners! The 13th Annual Virtual Colors of Pinellas Art Show entries were judged by three local art professionals (see [2020 Judge Profiles](#)) and the awards were revealed November 9.

There were 260 entries in the youth, teen, amateur, intermediate and professional categories.

There were 3 retirees who captured awards:

**Karen Cunningham** (MPO/Planning), first place in the intermediate category for her painting "Elation."

**Fred Borgianini**, (Business Technology Services), honorable mention in the professional category for his photo "After a Morning Rain."

**Debra Lansdowne**, (Marketing & Communications), second place in the professional category for her painting "Social Distance Date."

View online a [show for the winners](#) and another [show with all entries](#).

*Elation*

**First Place**

**Karen Cunningham** (retired from MPO/Planning), first place in the intermediate category



## After a Morning Rain



*Fred Borgianini, (retired from Business Technology Services), honorable mention in the professional category*

## Social Distance Date



*Debra Lansdowne, (retired from Marketing & Communications), second place in the professional category*

### Join a Simulation Lab to Help Train 911 Operators



Pinellas County's Regional 911 is seeking volunteers to participate in a simulation lab operation that would create a real-world scenario for telecommunicators to learn from. This position is ideal for individuals who have prior fire or EMS experience and anyone seeking to experience the complex environment of a 911 call center. The application process is easy. [View more details.](#)

## Retiree Resources

### Medicare Health Plan:

- ◇ UnitedHealthcare MAPPO (800) 457-8506 (includes Rx and behavioral health) [UHCRetiree.com](http://UHCRetiree.com)
- ◇ \*Davis Vision (800) 999-5431 [DavisVision.com](http://DavisVision.com)

**Human Resources**  
*Helping U Succeed*

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

- ◇ UnitedHealthcare (888) 478-4752 [myuhc.com](http://myuhc.com)
- ◇ Express Scripts (866) 544-9221 [Express-Scripts.com](http://Express-Scripts.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)



\*Vision care vendor will change for 2021.