

Bringing Employees Answers Today

# The County B•E•A•T



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## Annual Transfer for Weakley County Employee Insurance Dates Set

Annual transfer dates for employee insurance are set to run from October 1, 2011 through November 1, 2011. Employees will have one month to add, drop, or modify their insurance coverage in any way. Changes will be effective January 1, 2012. BlueCross BlueShield of Tennessee and Cigna will continue to be the health insurance providers for Weakley County, and Assurant and Delta Dental will be the dental insurance providers.

The State of Tennessee Benefits Administration will mail benefit information to your home address. Please remember to contact the Department of Finance with any name and/or address changes. Premiums for 2012 will be attached to your September 2011 payroll stub. New employees should verify that their doctor is in the network when choosing an insurance carrier. For frequently asked questions about insurance coverage, visit [www.partnersforhealthtn.gov](http://www.partnersforhealthtn.gov).

## **PARTNERS** **FOR HEALTH**

## ParTNers for Health kicks off Nutrition Awareness Campaign

ParTNers for Health has started up their 4-week Free Nutrition Awareness Challenge. The plan consists of weekly email tips, eating guides, and links to resources that focus on healthy eating habits. The program is self-paced, and members can log on to get information any time, day or night.

The campaign includes links to nutrition calendars for charting progress, information for parents about how to include the entire family in the challenge, and explores good food and vitamin sources.

The Nutrition Challenge is free and included for anyone that currently has health insurance with Weakley County. Call a health coach for information at 1-888-741-3390 or log onto [www.partnersforhealthtn.org/library/nutrition\\_registration.aspx](http://www.partnersforhealthtn.org/library/nutrition_registration.aspx).



## Employee Holiday Schedule for 2011 (General & Highway Fund)

Oh there's no place like home for the holidays- and they are rapidly approaching! Beginning with Labor Day, here is the schedule for the rest the 2011 holiday observances for Weakley County:

Holiday	Date Observed	Day of Week
Labor Day	September 5	Monday
Veteran's Day	November 11	Friday
Thanksgiving	November 24	Thursday
"	November 25	Friday
Christmas	December 23	Friday
"	December 24	Monday
"	December 25	Tuesday
New Year's Day	January 2	Monday

## Get Involved!

## Community Page on Weakley County Website Seeks Community Involvement

The Weakley County Website, [www.weakleycountyttn.gov](http://www.weakleycountyttn.gov), now has a Community Page. The page currently features a Recipe of the Week Spotlight and is updated every week. The page is not limited to only recipes. Do you have a funny picture that you would like to submit? Do you have a joke or poem? Have you witnessed a random act of kindness, or snapped a picture of someone hard at work? Submit them to us, and we will post them! Send all submissions to [www.weakleycountyttn@gmail.com](mailto:www.weakleycountyttn@gmail.com).



## Weakley County Gears Up for Flu Season

Cooler weather brings the dreaded flu season! Luckily, employees with either Cigna or BlueCross BlueShield Health Insurance may get a free flu shot and/or pneumococcal vaccine to keep us all flu-free. Members can either 1.) present their pharmacy benefit card [Caremark card at participating network pharmacy] or 2.) present health insurance card at their in-network doctor's office.

To get the vaccines for free using your pharmacy card, it must be available and members must use a participating retail pharmacy. The shot must be administered from September 1, 2011 through April 30, 2012. For a list of participating pharmacies, check [www.pharmacyshots.com/vaccine\\_network\\_01.pdf](http://www.pharmacyshots.com/vaccine_network_01.pdf). The complete list of available vaccinations and additional information about free flu shots for ParTNers for Health group insurance members is available on the Weakley County Website at [www.weakleycountyttn.gov/news\\_page.htm](http://www.weakleycountyttn.gov/news_page.htm).

## Weakley County Schools Pay Schedule 2011-2012



The following pay schedule applies to teachers, secretaries, nurses, reading interventionists, and substitute teachers.

Payroll Dates	Reports of Leave Due
September 15, 2011	September 1, 2011
October 14, 2011	October 3, 2011
November 15, 2011	November 1, 2011
December 15, 2011	December 1, 2011
January 13, 2012	January 3, 2012
February 15, 2012	February 1, 2012
March 15, 2012	March 1, 2012
April 13, 2012	April 2, 2012
May 15, 2012	May 1, 2012
June 15, 2012	May 25, 2012
July 13, 2012	
August 15, 2012	



## Stress Management Could Save Your Life

Stress is everywhere. According to [www.webmd.com](http://www.webmd.com), personal health, emotional problems, relationships, major life changes, your job, and even social situations can be the cause of stress. Chronic stress can in turn put stress on your body, causing problems with the immune system, heart, muscles, stomach, lungs, reproductive system, and even skin.

Fortunately, there are ways to combat stress. First, determine your stress level. Try this stress test provided by the Mayo Clinic: <http://www.mayoclinic.com/health/stress-assessment/>. Next, try some of these stress relieving options: 1.) Write. Write your feelings, a story, or anything you feel. Just keep the pen moving. 2.) Let your feelings out. Talk to your spouse, parents, friend, or pastor. Someone doesn't have to be certified to help you feel better. 3.) Do something constructive. Clean the clutter in your house or take a new hobby like scrap booking or playing an instrument. Volunteer at WeCare Ministries one Saturday. 4.) Take a walk. Try to think about the grass, trees, weather, surroundings, and things in life you consider blessings. Try to focus on all that you have instead of all that you do not have.

For more ideas on how to relieve stress, check out <http://www.webmd.com/balance/stress-management/>.

## Check this out!



## Build Your Own County!

A new interactive game is allowing educators and students to learn more about how to build and run a county from the ground up, but the game is a hit with everyone! NACo and iCivics.org have partnered with CVS/Caremark to create the game that teaches the functions and role of county government. To play the game, visit the Weakley County Website, [www.weakleycountyttn.gov](http://www.weakleycountyttn.gov), and click on the interactive game pictured. For more information about NACo, log onto [www.naco.org](http://www.naco.org).