



The County BEAT

Bringing Employees Answers Today

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SPOTLIGHT ON EMPLOYEES



Linda Pettit began working in the Trustee's Office as Chief Deputy on September 1, 1990. She received her certificate as Certified Public Administrator in August 1995. She and her husband, Charles have been married for 43 years and live in Dresden. They have two children, Chuck Pettit and Beth Todd. They also have 4 grandchildren; Courtlyn, Caleb, Jacob, and Luke.



Sue Edwards has three children: Valerie, Janine, and Tracey; three grandchildren, and two great-grandchildren. Forty years ago, in 1970, she began substituting in Gleason and Dresden. She began full-time in 1988 with Mr. Willis Brown at the Alternative School. In 2002 she began assisting in Special Education with Mrs. Anna Holland at Gleason.

Weakley County
 Department of Finance
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 Shawn Francisco,
 Director of Finance

Introducing VISION BLUE Benefits

As many of you know, beginning January 1, 2011, Cigna Health Insurance will no longer provide the vision benefit. Vision insurance will not be offered by either of the state health insurance carriers. Therefore, we are introducing a new vision supplemental plan. Employees will be responsible for 100% of the monthly payroll deducted premiums. **Enrollment begins now and coverage will begin November 1, 2010.** Benefits will begin immediately. Children, up to age 26 years old, are eligible for coverage. There are no deductibles to meet. **VISION BLUE** is a co-pay based vision coverage program. Cary Insurance Services, Inc. of Martin, TN is Weakley County's agent for **VISION BLUE**. If you would like to enroll in **VISION BLUE** or have questions, please contact Alan Cary at (731) 587-3033 or alan@cary-ins.com.

The rates are as follows:

- ◆ Individual: \$ 7.15
- ◆ Employee/Spouse: \$ 14.30
- ◆ Employee/Child: \$15.02
- ◆ Family: \$ 21.45

The following are participating providers in Weakley County:

- ◆ Optometric Center, PC - 113 E. Locust Street, Dresden, TN - (731) 364-2150
- ◆ Eyecare Center, LLC - 110 Broad Street, Greenfield, TN - (731) 235-2020
- ◆ Northwest Tennessee Eye Clinic - 220 N. Front Street, Greenfield, TN - (731) 235-3222
- ◆ Northwest Tennessee Eye Clinic - 105 Hwy. 431, Martin, TN - (731) 587-2022
- ◆ A. Peter Bukeavich, OD. - 145 Kennedy Drive, Martin, TN - (731) 587-2020

Health Insurance Quick References



BlueCross BlueShield Customer Service Number: 1-800-558-6213
 BlueCross BlueShield Website(Select Network "S"): www.bcbst.com

CIGNA Health Care Customer Service Number: 1-800-244-6224
 CIGNA Health Care Website (Select "Open Access Plus"): www.cigna.com

CVS Caremark Customer Service Number: 1-877-522-8679
 CVS Caremark Website: www.caremark.com

Delta Dental Customer Service Number: 1-800-223-3104
 Delta Dental Website: www.deltadentaltn.com

Assurant Employee Benefits Customer Service Number: 1-800-443-2995
 Assurant Employee Benefits Website: www.assurantemployeebenefits.com

ParTners for Health Call Center Number: 1-866-741-6464
 ParTners for Health Website: www.partnersforhealthtn.gov

BlueCross BlueShield Vision Blue Customer Service Number: 1-877-342-0737
 BlueCross BlueShield Vision Blue Website: www.bcbst.com

Visit the county website at www.weakleycountyttn.gov

What Your Numbers Mean to you?

In the "Test Kitchen" of Life

If you are choosing the Partnership PPO and making the Partnership Promise you are going to be required to take a physical. Some of the levels checked during the physical are your blood pressure, blood sugar, and cholesterol levels. Below is a breakdown of those levels so you can better understand what your numbers mean.

According to www.MayoClinic.com.



Blood Pressure

Blood pressure is the pressure exerted by the blood on the arterial walls, measured in millimeters of mercury. Systolic, the top number, measures the pressure in the arteries when the heart beats (when the heart muscle contracts). Diastolic, the bottom number, measures the pressure in the arteries between heart beats (when the heart muscle is resting between beats and refilling with blood).

- Normal is less than 120/80
- Prehypertensive is between 120/80 and 140/90
- High is 140/90 and above

Blood Sugar

Blood sugar is defined as the amount of glucose in the bloodstream. Glucose is a form of sugar that is the body's primary fuel. Glucose broken down from food can be converted into energy or stored.

- On waking up (before breakfast) it should measure 80 to 120
- Before meals a measurement of 80 to 120
- 2 hours after meals measurements should be 160 or less
- At bedtime a measurement of 100 to 140

Cholesterol

Cholesterol is a type of fat that is manufactured in the liver or intestines, but is also found in some of the foods we eat. (Only animal foods, such as eggs, milk, cheese, liver, meat and poultry contain cholesterol). Total cholesterol is based on your LDL cholesterol and HDL cholesterol counts. Generally, a lower cholesterol level is better. LDL-C is considered the "bad" cholesterol because if you have too much LDL-C in your bloodstream, it can lead to the buildup of plaque in your arteries over time, known as atherosclerosis. Generally, a lower LDL cholesterol level is better. HDL-C is considered the "good" cholesterol because it helps return cholesterol to the liver, where it can be eliminated from the body. Generally, a higher HDL cholesterol level is better. Triglycerides, like cholesterol, are another substance that can be dangerous to your health. Like LDL-C, you want to keep your triglycerides low.

LDL-C

- Optimal is less than 100
- Near/Above optimal measures 100 to 129
- Borderline high runs 130 to 159
- High is 160 to 189
- Very high measures 190 and above

Total Cholesterol

- Desirable measures less than 200
- Borderline High is 200 to 239
- High runs 240 and above

Triglycerides

- Normal measures less than 150
- Borderline High is measurements of 150 to 199
- High measurements are 200 to 499
- Very high measures 500 or higher

HDL-C

- High measures 60 or above
- Low measures less than 40

A young woman was complaining to her father about how difficult her life had become. He said nothing, but took her to the kitchen and set three pans to boiling. To the first pan, he added carrots; to the second, eggs; and to the third, ground coffee. After all three had cooked, he put their contents into separate bowls and asked his daughter to cut into the eggs, carrots and smell the coffee. "What does all this mean?" she asked impatiently.

"Each food," he said, "teaches us something about facing adversity, as represented by the boiling water." The carrot went in hard but came out soft and weak. The eggs went in fragile but came out hardened. The coffee, however, changed the water to something better.

"Which will you be like as you face life?" he asked. Will you give up, become hard--or transform adversity into triumph? As the "chef" of your own life, what will you bring to the table?

A true friend knows your weaknesses but shows you your strengths; feels your fears but fortifies your faith; sees your anxieties but frees your spirit; recognizes your disabilities but emphasizes your possibilities.

Questions and Answers

If any employee has questions they would like addressed in future newsletters, please forward them to franciscos@k12tn.net

Q: If I am a late applicant applying through medical underwriting but receive a denial after open enrollment (October 11, 2010), do I have the option of coming into the plan late?

A: If you receive a denial letter after the open enrollment period ends on October 11 but would still like to enroll in coverage you will be allowed to join the plan; however, you will be subject to the monthly late applicant fee and the 12-month pre-existing condition exclusion.

Q: What exactly will the health questionnaire involve?

A: The health questionnaire is only required for those who enroll in the Partnership PPO. The questions aren't much different from what you'd expect to be asked on the medical history form you complete for your doctor. It includes a series of questions about your age, what you eat, how much you exercise and whether you use tobacco or alcohol. The questionnaire will be available online, though paper copies will be available for those without Internet access.

Q: Can members request provider directories?

A: Yes. Members can order directories directly from the insurance carriers. However, the most up to date information will be available on the carrier's website.



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