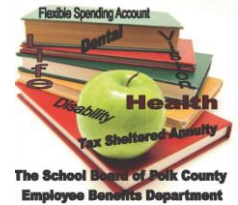


Benefiting You



IMPORTANT INFORMATION FOR OUR EMPLOYEES

August 2011

Preventive Care Corner

August is National Immunization Awareness Month

We all need immunizations (also called vaccines or shots) to help protect us from serious diseases. Shots can prevent infectious diseases like measles, diphtheria, and rubella. But people in the U.S. still die from these and other vaccine-preventable diseases. It's important to know which shots you need and when to get them.



Everyone over age 6 months needs a seasonal flu shot every year. Other shots work best when they are given at certain ages. Here are some general guidelines:

- Children need a series of shots from birth to age 6.
- Pre-teens need recommended shots at age 11 or 12.
- All adults need a tetanus booster shot every 10 years.

Talk to your doctor or nurse to find out which immunizations you need. For help in navigating your benefits when setting up your appointment with your healthcare provider contact the BCBS Care Consultants at 1-888-476-2227 Mon-Fri 8am to 9pm

For more information visit the U.S. Department of Health & Human Services website at: <http://www.hhs.gov/>

Care Consultants can also help you understand your condition, plus help you explore your treatment options so you are able to make the choices that are best for you.

It's easier to find quality care and save money when you're informed before you go to the doctor, the hospital, or an imaging center. Care Consultants understand the big health care picture and can answer your questions about plan benefits, treatment choices, cost saving options, community resources and more. They are available to make your health care decisions easier and ultimately, save you time and money.

Delta Dental Oral Health and Wellness

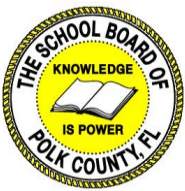
Is fluoride safe to have in the water you drink? How does it help to protect your teeth?

A naturally occurring mineral compound that can be found in water and soil, fluoride can help prevent tooth decay. Fluoride helps to make your teeth more resistant to bacteria found in plaque as well as acid. It also aides in repairing early decay by promoting re-mineralization.

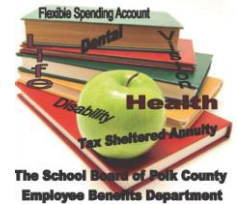


You can use either a topical or systemic application to increase fluoride protection. For more information go to:

http://demo.deltadentalinsco.com/group_oral_health/fluoride-facts.html



Benefiting You



August 2011

IMPORTANT INFORMATION FOR OUR EMPLOYEES

Seasonal Allergies

There are a number of factors involved in treating eye related allergies, but the first step is to consult with your eye care professional. Make sure you describe all of your symptoms thoroughly.



The following can help limit your allergy symptoms:

- Keep the windows closed during the worst seasons.
- Rinse your eyes after being outside.

If you wear contact lenses:

- Keep extended wear times in mind.
- Replace lenses frequently
- Remember proper lens care

For more information from United HealthCare on which eyewear is best for you visit www.myuhcvision.com

Tax Sheltered Annuities

The District currently supports a 403(b) retirement savings plan. Commonly referred to as Tax Sheltered Annuities or TSAs, these plans are available only to employees of school systems and certain other non-profit organizations. This District also offers 457(b) deferred compensation plans in addition to the 403(b) plans.

Employees may elect to contribute a limited portion of their salary, pre-tax, to one of the authorized plans. For information on the contribution limits, please talk to an authorized agent from the School Board of Polk County's list of Authorized Annuity Companies found on the Risk Management page of the School Board of Polk County website at:

<http://www.polk-fl.net/staff/employeeinfo/riskmanagement/default.htm>

EAP Services

Your Employee Assistance Program (EAP) offered through Horizon Health offers both face-to-face and telephonic services as well as web-based resources. Contact your EAP for assistance and information on:

- Personal balance
- Emotional wellness
- Marital/relationship issues
- Family issues
- Communication skills
- Stress management
- Alcohol and drug issues
- Work-related issues
- Grief issues
- Financial and legal concerns



Find links to this and other professional, **confidential** services offered through your EAP from Horizon Health on the School Board of Polk County website at:

www.horizoncarelink.com please use the following:
Login: PCS Password: PCS

or by calling Horizon Health at 1-800-272-7252.

Information Corner

Visit our new *Information Corner* located on the Risk Management & Employee Benefits page of the PCSB website at:

<http://www.polk-fl.net/staff/employeeinfo/riskmanagement/default.htm>

You will find the first contribution made by our new Onsite Clinical Consultant:

“The Not So Pink of Pink-Eye”