

Benefiting You



IMPORTANT INFORMATION FOR OUR EMPLOYEES

June 1, 2011

Preventive Care Corner

June is National Men's Health Month

Cholesterol, heart disease, high blood pressure and prostate cancer are just some of the health risks men face that can be easily detectable with the proper screenings. Talk to your healthcare provider about what screenings are right for you and your situation, including your family history, age and previous health issues.



Be honest with your healthcare provider, they can't look for a problem if you don't tell them about it. Many times we are unable or unwilling to discuss aspects of our personal health due to embarrassment or uncertainty. Remember, your healthcare provider is a professional; they are here to help you with any health issue you face. If you are still unable to discuss certain issues try other avenues to talking to your healthcare provider:

- Use an advocate- someone you feel comfortable discussing private matters with and are willing to allow to discuss them with your provider in your stead.
- Write it down. Take a list of questions with you and let your provider know prior to handing them over that these are uncomfortable topics for you.

Top Nine Essential Screening Tests for Men

- **Prostate Cancer**
- **Testicular Cancer**
- **Colorectal Cancer**
- **Skin Cancer**
- **High Blood Pressure (Hypertension)**
- **Cholesterol Levels**
- **Type 2 Diabetes**
- **Human Immunodeficiency Virus (HIV)**
- **Glaucoma**

For help in navigating your benefits when setting up your screening tests with your healthcare provider contact the BCBS Care Consultants at 1-888-476-2227 Mon-Fri 8am to 9pm

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.

Finding a Delta Dental Dentist

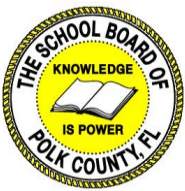
School Board of Polk County enrollees will usually save more with a Delta Dental PPO dentist than with a Delta Dental Premier or out-of-network dentist. Use Delta Dental's online to find a Dentist search to locate a dentist convenient to your home or office.



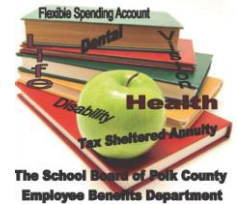
All Delta Dental dentists likely will save you money, but you'll usually save more with a Delta Dental PPO dentist than with a Delta Dental Premier dentist.

<http://demo.deltadentalinsco.com/individuals/guidance/dentist-online-search.html>

Or contact Delta Dental's customer service department by phone at 1-800-521-2651 for assistance.



Benefiting You



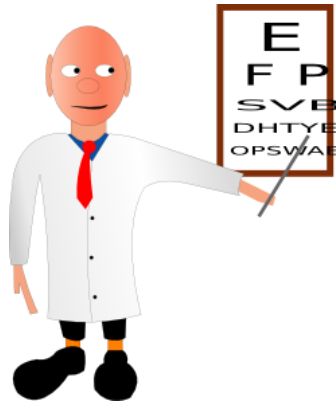
The School Board of Polk County
Employee Benefits Department

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When was the Last Time You Had Your Eyes Checked?

Employees with UnitedHealthCare Vision Coverage have the ease and opportunity of using their UnitedHealthcare Vision coverage to get their annual eye exams and materials.



REMEMBER:

The eyes are the only place on your body where the blood vessels can be examined without surgical intervention! There are many **medical** conditions can also be detected by an eye exam.

Make sure you are getting your annual vision exam!

To locate a provider, simply log on to www.myuhcvision.com and select the provider locator option. You may also contact UnitedHealthcare Vision's 24-hour, toll-free Interactive Voice Response (IVR) system at **1-800-839-3242** and follow the prompts to locate the provider nearest you.

Is it time to update your Will?

If you have experienced a major life change such as marriage, divorce or the birth of a child, or if you have never made a Will before, now is the perfect time to make this valuable update to your personal records. Do you want someone else to make the important decisions regarding your assets and property or your children? Do you want to leave your family to make decisions during their time of grief?

Your Employee Assistance Program (EAP) offered through Horizon Health offers an interactive online Will program. You can also receive free and reduced cost legal assistance on this and other subjects by taking

advantage of the EAP provided to you by the School Board of Polk County.



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:

<http://www.polk-fl.net/staff/employeeinfo/eap/default.htm> or by calling Horizon Health at 1-800-272-7252.

Downloadable information about creating a Will online is posted on the above webpage under the title Online Will. Included is information on where to find the Online Will program on the Horizon Health website as well as examples of the programs abilities.

To log in to www.horizoncarelink.com please use the following: Login: PCS Password: PCS

Upcoming Opportunities

Each PCSB employee is entitled to one free screening each year

The next opportunity for employees to receive their free screening will be at the following times and locations:

For those employees enrolled in the 3160 plan, this screening will count toward your 2012 HRA contribution.

June 16	Frostproof Middle-Senior, Cafeteria	12:00pm – 4:00pm
June 30	Ridge Career Center, Cafeteria	11:00am – 5:00pm

Appointments are required. Please visit www.polk-fl.net keyword “wellness” and follow the instructions for making an appointment or call the Wellness Department at 863-648-3057.