

November 20, 2009



Flexible Spending Open Enrollment Begins Nov. 30th

Open enrollment for the 2010 Flexible Spending Account program will begin November 30, 2009. The FSA program, which runs from January 1 - December 31, allows you to set aside pre-tax monies for out-of-pocket medical, pharmaceutical, dental and vision expenses. If you are currently enrolled in FSA and wish to continue to participate, you must re-enroll for 2010. Open Enrollment sessions will be held in the Satula Avenue Training Room on the following days:

- November 30th - 8:00 am - 5:00 pm
- December 2nd - 8:00 am - 5:00 pm
- December 7th - 8:00 am - 5:00 pm
- December 8th - 8:00 am - 5:00 pm
- December 10th - 1:00 pm - 5:00 pm



Please feel free to drop in any time during these sessions if you have questions or would like more information. Enrollment forms are due to Human Resources by December 11th.



Flu Shot Clinic – November 30



Seasonal flu vaccines will be given from 2:00 p.m. – 4:30 p.m. at Streets and Drainage. There are 140 vaccines available and will be given on a first come, first serve basis.

New Fitness Opportunities

5k Wellness Walk/Jog

Monday, November 23
 Satula Avenue
 Lower Parking Lot
 Registration 5:00 p.m.
Walk 5:15 p.m.

Free fitness gadget & snacks

Can count as Wellness Tier behavioral activity OR 10 Wellness Points

Fitness Classes

Mondays starting November 23:

Cardio/Strength Circuit Training

Wednesdays starting November 25:

Zumba Dance

All classes are noon- 1:00 p.m. at Thomas Lay Park upstairs fitness room





24/7 NurseLine

Peace of mind close at hand

Health concerns never take a vacation. But people do. Even if you're miles from your doctor's office, there's somewhere you can turn for support and information anytime of the day or night.

The **24/7 NurseLine** puts you in touch with a registered nurse who can help you decide how to handle a medical issue. Can the problem be treated at home? Do you need to see your doctor? Or should you head straight to the emergency room? Making the right call can help you avoid unnecessary worry and expense. And, most importantly, safeguard your health and the health of your family.

Do you speak Spanish or another language other than English? We have bilingual nurses and translators on call. Do you have difficulty hearing or speaking? TTY/TDD services are available.

If you'd rather not discuss your medical condition over the phone, you can listen to confidential recorded messages on more than 300 topics by selecting the AudioHealth Library option when you call the 24/7 NurseLine number.

WE'RE HERE FOR YOU

For accurate answers and confidential health information at no additional charge to you, just dial our toll-free number: 888-724-2583.



360°Health