



Dates to Remember

March 1
School Board Meeting - Gleason School - 5 p.m.

March 11
Daylight Saving Time (Spring Forward!)

March 15 - 20
Long-term care insurance meetings - see the chart at right

March 19
County Commission Meeting - 5:30 p.m. Courthouse in Dresden

Did you know...

• President's Day was first celebrated in 1885, when Grover Cleveland was President.

• There are 25 leap years in a century, and this year is one of them.

• Sunset on March 11 (after DSL) will be at 7:00 p.m.

• March 20, 2012 marks the First Day of Spring.

In case of inclement weather...

The school system has an "all-call" feature that activates and calls the contact number for each student. Call your student's school to change, update, or provide a contact number.

- WPSD (Paducah): www.wpsdlocal6.com
- WBBJ (Jackson): www.wbbjtv.com
- WCMT (Martin): www.wcmt.com



Long-Term Care : Do you need it?

Weakley County is pleased to offer extra coverage to employee benefits: long-term care insurance.

Med-America Insurance Company is offering full-time employees (working 25 hours per week or more) **a one-time opportunity to enroll** in the State of Tennessee's group long-term care insurance plan, with no health questions.

• What is long-term care insurance?

Long-term care insurance is extended chronic care insurance that provides care for individuals that have suffered an accident or stroke, need help bathing or dressing, or people with mental cognitive impairments such as Alzheimer's. This is not necessarily nursing home care - only 15% of long-term care is received in a nursing home. Most long-term care takes place at home with family members, or in assisted living facilities.

Long-term care is commonly associated with the elderly, but one-third of the people who need the level of care that would qualify for long-term care insurance benefits are under the age 65. Care for loved ones is often very expensive. Making a plan of action is important for the protection and peace-of-mind for your entire family.

Over the next few weeks, the Department of Finance will be emailing educational information about long-term care. **The enrollment period is March 1, 2012 through April 30, 2012, with coverage beginning May 1, 2012.**

Meetings explaining the insurance features, benefits, and premiums with MedAmerica representatives are scheduled for March. The dates and scheduled locations are as follows:

Date	Time	Location
Thursday, March 15	11:30 a.m.	Dept. Finance
Thursday, March 15	4:30 p.m.	Hwy. Dept.
Friday, March 16	7:30 a.m.	Sheriff's Dept.
Monday, March 19	11:30 a.m.	Dept. Finance
Tuesday, March 20	3:30 p.m.	Dept. Finance
Tuesday, March 20	5:00 p.m.	Dept. Finance

Premiums will be based on an individual basis according to the options that you select. Premiums will be payroll deducted and are the full responsibility of the employee.

If you have any questions, please call us at 731-364-5429, or e-mail Director of Finance, Shawn Francisco, at franciscos@k12tn.net.



Insurance Updates for the New Year

Here are a few announcements and updates concerning employee health insurance for 2012.

- BlueCross BlueShield confirmed that the Jackson Clinic is still participating as an "in-network" provider, but their participation is limited to OB/GYN, Gynecology, and Pediatrics.
- All members should have received new health insurance cards this year, since the co-pay for convenience clinics has changed. Co-pays for the most often used services are on the front of the cards.
- If you have not received or have misplaced your new health insurance cards, contact your provider to request new cards.
 - CIGNA- 1-800-997-1617
 - BlueCross BlueShield of TN: 1-800-558-6213
- Delta Dental and Assurant Dental usually only send insurance cards if you call to request them. If you have just added dental and have not received your dental cards yet, make sure that you call to request them.
 - Delta Dental - 1-800-223-3104
 - Assurant Prepaid Dental: 1-800-443-2995

If you have insurance questions, please call the Department of Finance at 731-364-5429.

ParTners EAP Webinars: Gaining Attention

ParTners for Health EAP with Magellan are providing Webinars for enhancing the lives of employees. With topics such as balancing your work and personal life, living with a chronic condition, workplace preparedness, and stress and anxiety help, these webinars are becoming very popular among employees statewide. To register, visit www.here4tn.com, enter, and click on "2012 Webinars/Podcasts" on the left under "Tools".

Coming Up: Exciting Events in Our Area

Check out some of these exciting events:

What	When	Where
Soil Conservation District Tree Sale	March 12 - 16 Mon. - Fri.	196 Hunt Street, Dresden, TN
UTM Golf, Grover Page Classic	Sun., March 11	Jackson County Club
David Johnson Chorus	Sat., March 24	The Dixie, Huntingdon
Carpe Diem String Quartet	Sat., March 31	Union City Civic Auditorium

Need More Cash Withheld for 2012?



Did you withhold enough money from your W-4 for 2011? Changing your cash amount withheld is simple and quick: Just fill out a 2012 W-4 form, make your changes, and drop it by or e-mail it to the Department of Finance. The W-4 form can be found on the Weakley County website: www.weakleycountyttn.gov/downloads/2012-W4.pdf. You can have more or less money withheld from your pay each pay period to make 2012 income tax time easier.

Call the Finance Office today with questions: 731.364.5429, or e-mail Shawn Francisco, Director of Finance: franciscos@k12tn.net.

Working with your Health Coach and Fulfilling Your Promise



ParTNers for Health offers the Partnership Insurance Plan to encourage members to take a more active role in managing and improving their health and wellness. The health coaching requirement for those enrolled in the Partnership PPO was effective January 1, 2012.

Health coaches will soon begin contacting members for coaching. "ParTNers for Health" will show up on the caller ID when a coach calls a member's land line phone. If a coach is unable to reach a member, he/she will leave a name and call back number as long as the member has an answering machine. If a member misses a call from a health coach, it is the member's responsibility to return the coach's call.

It is the intention of ParTNers for Health to provide members with one health coach for the year; however, if a member misses a call from the health coach, he/she may have to speak with another coach when calling back if the regular coach is unavailable. Coaches work in teams called pods which allows the member to speak with someone else in the same pod if his/her coach is unavailable. Because they work together, a health coach in the same pod will be more aware of the member's specific health conditions.

142,807 members have completed the 2011 ParTNership Promise. That is a completion rate of 91%.

Remember that the health coaches and the nurse advice line are available to all members, no matter whether your plan is Standard, Partnership, or Limited. The nurse advice line is available 24 hours per day, 7 days per week. Health coaches are available Monday - Friday, 8 a.m. - 8 p.m. Call them with any questions, health concerns, or just for guidance: 1-800-741-3390.

For a more localized approach, visit your own county website: www.weakleycountyttn.gov/employee_insurance.htm

ParTNers for Health Starts Up Weight Loss Challenge for February - March 2012

ParTNers for Health has begun their 8-week Weight-Loss Challenge scheduled for February and March. Regardless of your weight loss goal, ParTNers For Health can help you get started through the 8-week challenge. Included in the program are tips, tools and support that can help get you on your way to a healthier weight.

Start by signing up: www.partnersforhealthtn.org/library/weightlosschallenge. After that, you are on your way. Each week, you will receive helpful weight loss tips on relative topics, along with step-by-step action items and healthy recipes. Here is the line-up for Weeks One through Four:

Week One: Weight loss basics. Learn why a healthy weight is important. Find out your body mass index, waist measurement and overall body fat to determine your starting point.

Week Two: Eat right on the go. Whether you are at home, at work or on the road, find out helpful tips for building healthy meals and snacks.

Week Three: The power of fitness. Dancing? Jogging? Find out what exercise can do for your overall health. Learn how about fitness levels and attainable fitness goals.

Week Four: Overcoming barriers. Learn tips to keep you on track when life becomes hectic. Explore your commitment to your weight loss goals.

Through your ParTNers for Health wellness benefits, members of the State Group Health Insurance Program can receive additional support, both online and over the phone, to reach your weight loss goals. Health coaching is available for nutrition, exercise planning and health questions. **Health Coaching is completely confidential and FREE to members!** Get the most out of your health care plan. Visit www.here4tn.com to get all of the information about the weight loss challenge.

Retirement Website Showcases Weakley County



Folks at the Dresden Senior Citizens Center enjoy a game of Rook. See this and more great photos on the retirement website: www.retiretnn.com.

Weakley County has a new retirement website: www.retiretnn.com. Featuring community information, Weakley County climate statistics, testimonials from happy Weakley County folks, and a great photo gallery, www.retiretnn.com is sure to draw folks looking to retire in a beautiful and safe community. View the website at www.retiretnn.com.