

# Weakley County B.E.A.T

Bringing • Employees • Answers • Today  
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## Thinking About Retirement?

Have you thought about retirement?

Vested TCRS members can retire:

- At 30 years of service, despite age
- At age 60, despite years of service
- At age 55, with reduction factor

Accumulated sick time can add up to additional time towards your retirement credit! Some members are eligible to retire at 25 years of service with reduction factor. The first thing to do is print and read the Retirement Checklist from the TCRS website: <http://treasury.tn.gov/tcrs>. This checklist covers all of the things to have in order throughout the retirement process.

Call Shawn Francisco, Director of Finance, for more info at 364-5429.



## Well-Being Assessment Deadline: March 15, 2015

**PARTNERS  
FOR HEALTH.**

Have you started fulfilling your ParTnership Promise? If you chose the Partnership PPO, you committed to completing the Partnership Promise. For 2016, all members and his or her covered spouse must keep their contact information up to date with Healthways, and:

1. Complete the Online Healthways Well-Being Assessment by March 15, 2016. The online Well-Being Assessment (WBA) summarizes your overall health, offers steps you can take to improve, and demonstrates how lifestyle habits affect overall well-being. The confidential assessment takes about 15-20 minutes to complete. Partnership PPO members and covered spouses must complete the WBA between January 1 and March 15, 2016. \* Dependent children are not required to fulfill the promise.

### HOW TO COMPLETE THE WBA:

Log on to: <http://partnersforhealthtn.embrace.healthways.com/healthways/home>. Next, sign in to your Well-Being Account with your unique username and password. (If you have never signed in before, create an account.) Once you've completed the WBA you can view your Well-Being Report. Within 24 hours of completing your assessment, you can set up your Well-Being Plan. When you return to the website the next day, you will need to sign in with your Well-Being Account username and password to view your results, create your personal Well-Being Plan and access all of the tools and resources on Well-Being Connect.

2. Actively Participate in Health Coaching if identified. Partnership PPO members and covered spouses who are called by Healthways must actively participate in coaching. Health coaching could include a tobacco cessation program and/or case management, which is administered by BlueCross BlueShield, Cigna and Magellan.

3. Complete a Biometric Screening. After you have completed the WBA, you will be ready to register for your biometric screening. Members have a choice of two ways to complete the biometric screening: 1.) At your family doctor's office, or 2.) at an onsite screening being held at the Department of Finance. The onsite screenings require registration and will be on Friday, April 22, 2016, in the conference room at the Department of Finance.

Important: Whether you choose to complete the biometric screening at your doctor's office or onsite at the Department of Finance, YOU MUST REGISTER to have your information uploaded into the system: <http://my.onsitehd.com/restricted/signup/tn>. If you (and your spouse if covered) fail to meet the 2016 Partnership Promise, you will not be eligible for the Partnership PPO in 2017. Get started right now! Visit [www.partnersforhealthtn.gov](http://www.partnersforhealthtn.gov). Questions? Call the Department of Finance at 731-364-5429.



## Biometric Onsite Screenings: Friday, April 22, 2016

For employees with Partnership PPO Insurance, once you and your covered spouse (if applicable) have completed the Well-Being Assessment, you are both ready to register for your biometric screening.

Members have a choice of two ways to complete the biometric screening: 1.) At your family doctor's office, or 2.) at an onsite screening being held at the Department of Finance.

**The onsite screenings require registration and will be held on Friday, April 22, 2016, in the Conference Room at the Department of Finance from 6:00 - 10:00 a.m. & 11:00 - 1:30 p.m.** Important: Whether you choose to complete the biometric screening at your doctor's office or onsite at the Department of Finance, YOU MUST REGISTER to have your information uploaded into the system: <http://my.onsitehd.com/restricted/signup/tn>

For a full set of instructions and more information on the Biometric Screening requirement, see the second page of this newsletter.

## Your New TeleHealth Benefit

Starting February 2, 2016, this new optional service allows all members with health insurance to have 24/7/365 access to Board Certified Doctors on secure video, telephone, or e-mail. Whether you are at home, work, on vacation, or simply traveling, a doctor is always available to you and your covered dependents wherever you are, as long as you have a phone and/or internet connection. Members can connect with a Board Certified Doctor by telephone or by video-conferencing via internet connection, anytime the primary care physician is unavailable – including nights and weekends. This is not an emergency service. Should you have a medical issue that requires more assistance than the consulting doctor can provide, he or she will recommend you see a doctor in person. Eligible employees should have already received a welcome packet at his/her home address. Simply register online and complete your medical history online and you will be ready to request a consultation with a doctor. The average call-back time is 10 minutes. Take advantage of this convenient, affordable, secure and confidential benefit as an alternative to rushing to an Urgent Care facility or an unnecessary Emergency Room visit. Questions? Call us! (731) 364-5429.

## Upcoming Dates

**Mar 13 Sunday** Daylight Saving Time Begins - Spring Forward!

**Mar 15 Tuesday** Partnership Promise Online Well-Being Assessment Due

**Mar 20 Sunday** First Day of Spring

**Mar 25 Friday** Good Friday Holiday - County Offices Closed

**Mar 25 - Apr 1 Friday-Friday** Weakley County Schools Spring Break (Tentative)

### ENROLL, CONTRIBUTE, AND GET THE MATCH

It's never too late to get enrolled in the Empower Retirement Deferred Compensation Program 401K Plan and get the county's match! Contribute \$50 or more per month and get a \$50 match from the county. (457B plan not eligible for match.) Call the Department of Finance for more info about the program today: (731) 364-5429.



# Biometric Health Screening Information

from [partnersforhealthtn.gov](http://partnersforhealthtn.gov)

In 2016, a biometric screening is required of all members enrolled in the Partnership PPO and Wellness HealthSavings CDHP (EMPLOYEES AND COVERED SPOUSES). The screening includes height, weight, blood pressure and waist circumference. A sample of your blood is also collected to determine blood sugar, cholesterol levels and other factors that can lead to lifestyle-related health complications. The biometric screening is different from the Well-Being Assessment (WBA).

## COMPLETING A BIOMETRIC SCREENING (TWO OPTIONS):

### 1. ONSITE SCREENING:

The onsite screenings will be held on Friday, April 22, 2016, in the Conference Room at the Department of Finance from 6:00 a.m. - 10:00 a.m. & 11:00 a.m. - 1:30 p.m. and require registration.

Important: Whether you choose to complete the biometric screening at your doctor's office or onsite at the Department of Finance, YOU MUST REGISTER to have your information uploaded into the system at:

<https://my.onsitehd.com/restricted/signup/tn>

When registering for you and/or your covered spouse's screening at follow these instructions:

1. Click on "Register Now".
2. Enter your Member ID. Your Member ID is your ID number on your Caremark Card.
3. Enter your information; Save & Continue.
4. Choose to have an onsite screening, or to download the Physician Screening Form.
5. If you chose onsite screening, enter zip code 38225 and choose the Weakley Co. Dept. of Finance.
6. Select a time and click "Schedule".
7. You'll see confirmation of your registration. Print or write it down - just remember your scheduled time!
8. You'll need to fast 9 hours prior to your appointment. Drink plenty of water, and if you choose to have coffee or tea, make it black.

### 2. SCREENING AT YOUR PHYSICIAN'S OFFICE (OFF-SITE):

- Refrain from eating food and drinking anything with sugar for at least 9 hours before your scheduled screening.
- You must download and print your Physician Screening Form from the Onsite Health Diagnostic (OHD) website; your Physician Screening Form will not be e-mailed. Get that form when you register here: <https://my.onsitehd.com/restricted/signup/tn>
- Make sure you measure and write your waist circumference on your Physician Screening Form.
- The doctor will need to complete your form. If the form is not complete, your form will not be processed.
- Both you and your physician must sign and date the form.
- Forms will be processed by Onsite Health Diagnostics (OHD), the vendor Healthways has partnered with OHD to manage the screening form process.
- You or your doctor must fax, mail or upload it to OHD by the July 15, 2016, deadline. Fax the form to 972.823.0684 Mail to: Onsite Health Diagnostics, Attn: Results Dept., 1199 S Belt Line Rd. Ste 120, Coppell, TX 75019

TIP: Healthways will accept screening results from a doctor's visit [annual physical] between July 16, 2015, and July 15, 2016.

For all questions about the biometric screening requirement, call Healthways Wellness and Nurse Advice Line anytime at 1-888-741-3390, M-F from 8:00 a.m. – 8:00 p.m. or email them at [partnersforhealth@healthways.com](mailto:partnersforhealth@healthways.com).