

Weakley County B.E.A.T

Bringing • Employees • Answers • Today

Partnership Promise Well-Being Assessment Deadline is March 15, 2013

If you chose the Partnership PPO for the 2013 Plan Year, you committed to completing the Partnership Promise. The 2013 Requirement involves a list of 4 points requiring action for members and their covered spouses:

1. Complete online Healthways Well-Being Assessment by March 15, 2013. The online Well-Being Assessment (WBA) summarizes your overall health and offers steps you can take to improve. By completing the confidential assessment, you will learn a lot about your health and how your lifestyle habits affect your overall well-being. The WBA takes about 20 minutes to complete and is designed to take a look at your overall well-being.

All Partnership PPO members and covered spouses must complete the Well-Being Assessment between January 1 and March 15, 2013. * Dependents are not required to fulfill the promise.

Within 24 hours of completing your assessment, your Well-Being Results will be ready for you to view and you can set-up your Well-Being

Account. When you return to the site the next day, you will need to re-enter your personal information and set up your new well-being account.

When you set up your new well-being account, you can create your personal Well-Being Plan and access all of the tools and resources on Well-Being Connect.

To get started, visit www.partnersforhealthtn.gov. Click the "My Wellness Login" box at the top left of the page. You will be directed to the assessment login page. On this page, click the orange "Sign In" circle. Enter your information into the fields, and then start your questionnaire. When finished, you will be asked to enter an e-mail address to receive the results of your WBA. After you get your results, you'll be ready to start your Wellness Activities.

2. Engage in ONE Wellness Activity by July 15, 2013 - Wellness Activities could be several things. Members and spouses can receive age appropriate preventative services (such as a well woman visit, flu shot, annual physical, or cancer screening), OR participate in a Partners for Health

Wellness Challenge, OR create your well-being plan and complete three action items. Examples of action items include tracking exercise, completing a journal entry or reading an article in the Resources Center.

3. Keep your contact information current with your employer -

If you change your phone number or address, make sure to alert your employer of those changes.

4. Engage in the tobacco cessation program if a tobacco user -

If you smoke, a Healthways representative will contact you about the tobacco cessation program. Members are not required to quit smoking, but they must make an effort.

** At risk members and covered spouses must also complete a biometric screening at your health care provider's office by **July 15, 2013**, and participate in health coaching.

If you fail to meet the 2013 Partnership Promise, you will not be eligible for the Partnership PPO in 2014.

ParTners for Health Introduces New Mobile App for the 2013 Partnership Promise:

After you complete the Well-Being Assessment (WBA), you can stay connected to your personal well-being website on your smartphone using wellbeingGO™.

While you're not required to use this app to fulfill your Partnership Promise, it is a helpful tool that allows you to access features of your personal well-being website anytime, anywhere!

wellbeingGO™



WellbeingGO™ is currently available for iPhone, iPod Touch and Android. Download it from the Apple App Store or Google Play.



Get started today!
Visit www.partnersforhealthtn.gov

Get access to all of the following using the wellbeingGO™ mobile app:

- **Partnership Promise Status (Rewards Center)**
- **Focus Areas**
- **Trackers**
- **Actions Items**
- **Challenges**
- **Message Center**
- **My Inspiration**

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Understanding Flexible Spending: Facts, Features, & FAQs

Weakley County is offering employees access to a valuable employee benefit plan through USABLE and TASC: Flexible Spending Accounts (FSA), also called FlexSystem FSA.

By using your pre-tax dollars, you are taxed on a lower gross salary, thereby saving money that would otherwise be spent on federal, state and FICA taxes. Your take-home pay increases, and you save up to 30% on your health care/dependent care expenses.

After enrolling in the program through the Department of Finance, you'll choose a dollar amount you want to contribute based on your

estimated expenses for the upcoming year. Your contributions will be deducted in equal amounts from each paycheck, pre-tax, throughout the Plan Year.

One great convenience that FlexSystem offers is the TASC Debit Card. This card allows you to directly access your FlexSystem funds when paying for eligible expenses at the point of purchase. Simply slide the card as you would a debit card where Visa is accepted, and the expenses are taken directly from your account, known as your MyCash account. An extra card will be issued for your spouse/dependent at no extra cost.



Covered expenses under FlexSystem FSA include:

- prescription drugs
- eye exams/vision care
- prescription glasses/lenses
- vaccinations
- daycare/dependent tuition

Below are some FAQs about FlexSystem that may be helpful in understanding FlexSystem benefits.

• What is TASC in relation to FlexSystem?

FlexSystem is the name of the program offered by USABLE that features your benefits. TASC is a company designated to distribute and administer funds associated with your account. TASC is in the top tier of premier companies in the business.

• What is meant by the term "pre-tax dollars"?

With FlexSystem, the amount of money you choose to contribute is divided into 12 monthly premiums and moved from your salary payroll into your Flexible Spending Account **before** any taxes are taken out on that amount. So you never have to pay taxes on your eligible covered expenses.

• How do I get reimbursed for eligible covered expenses that I had to pay for out of pocket?

If a time arises that you must pay out of your pocket for an expense that your FSA covers, simply request a reimbursement one of several ways: online, text message, fax, mail, or mobile app. All that is needed for reimbursement is substantiation that the purchase was

made for an eligible covered expense.

• How do I "substantiate" a purchase?

Substantiation is providing proof that a purchase was a covered eligible expense that you had to pay out of pocket. A receipt providing a pharmacy or health care provider's name, contact information, purchase date, description of expense, and expense amount would be perfect substantiation for reimbursement of a covered eligible expense. A debit card receipt that provides only a dollar amount spent would not be good substantiation for a reimbursement request.

Once the reimbursement is put onto your TASC card, you can withdraw it at any ATM, up to the amount of your annual contribution.

• Is the mobile app free to use?

Absolutely. With the mobile app, users can see transactions as they happen, monitor the account online, and even submit substantiation for reimbursement requests by taking a picture of the proof with a camera phone to submit with the request. It is the easiest and quickest way to manage your account.

• What is covered under "covered expenses"?

Prescription drugs, eye exams, prescription glasses and lenses, vaccinations, daycare and dependent tuition, co-pays and co-insurance are all covered expenses.

More questions? E-mail Shawn, Finance Director, at franciscos@k12tn.net, or call us at 731.364.5429.

**EyeMed Vision
Care Contact
Info for Members**



EyeMed takes pride in delivering excellent service to members. Below are several points of contact for member questions and concerns.

- For a new ID card, or claims status: call 1-877-799-5046

www.eyemedvisioncare.com/stoftn

- For claims questions, member issues, network/provider service issues, benefit questions, and password reset: 1-888-865-4178 #6 Tracey Osburn, Client Service Rep csu@eyemedvisioncare.com

- Open enrollment questions, and new handbooks request: fax: 513-492-5325 openenrollment@eyemedvisioncare.com