



EMPLOYEE BENEFITS QUARTERLY

Summer 2019

New Voluntary Benefits Offerings

The Department of Risk Management is pleased to announce several new offerings under the employee Voluntary Benefits program. These plans provide peace of mind for you and your family and cover a wide range of needs, from expenses due to illness, or disability, to legal assistance and protection from identity theft. You must elect to enroll in Voluntary Benefits during the open enrollment period August 12 - September 13, 2019. The coverage effective date is November 1, 2019.

The Voluntary Benefits offerings include:

- ACCIDENT
- CRITICAL ILLNESS
- HOSPITAL INDEMNITY
- ID THEFT
- PRE-PAID LEGAL
- SHORT-TERM DISABILITY
- UNIVERSAL LIFE INSURANCE



Check for more details online ahead of open enrollment on August 12 - September 13. Voluntary Benefits are 100% employee paid. Plan information will be shared via emails and look for a mailing to your home address the first week of August. You may enroll online or at enrollment informational events.

The regular Open Enrollment for health and group benefits will be held in October.

Health Care FSA - ConnectYourCare

Did you know you can pay the easy way? For eligible medical expenses, just use your convenient ConnectYourCare payment card. Keep it handy for when you need to access your funds. Even if you don't have your card, it's still easy to make payments via the mobile app, myCYC, or online at connectyourcare.com.





Play It Safe This Summer

We may never find out who pressed PAUSE on summer, but when the unseasonably cool temperatures finally break, it'll be fun making up for lost time.

Make sure to drink plenty of water, limit sun exposure, wear at least an SPF 30 sun block and use insect repellent with DEET when out in the woods this summer.

Below are some additional Need to Know Summer Health and Safety Tips just for you.

Check Travel Advisories

Before you book a trip abroad, check [U.S. State Department travel advisories](#) to see if any of the 209 destinations listed include yours. Visit the Centers for Disease Control and Prevention (CDC) [Summer Travel Abroad](#) site for information about animal illnesses and possible drinking water risks where you're headed. Be sure to get any necessary vaccinations at least four weeks before departure. The CDC compiles information about outbreaks of measles and malaria around the world. Visit [Vaccine Information Statements](#) for more information.



Public Pools: Know the Score

Pool safety can be tricky. Chemicals such as chlorine are added to eliminate and stop the spread of germs, but when mishandled, they can cause injuries. The CDC recommends checking a pool's most recent inspection score before you get swimming. To prevent pool and spa chemical injuries at home, check out [prevent pool chemical injuries](#) online.

Get a Handle on Hay Fever

Spring overstaying its welcome has wreaked havoc on allergy sufferers. There are over-the-counter medications you can take, but there are other ways to fight back. Shower and change clothes after you've spent time outdoors. Clean and vacuum your home frequently to get rid of excess pollen. Not a fan of antihistamines? Try a nasal spray for fast results without the drowsiness.



Eat Well

Hit the farmer's market and stock up on seasonal fruits and vegetables. Next month, berries, cherries, melons, peaches, plums, onions, beans, beets and celery will be ripe.

Beware of Fruit Smoothies

They can be refreshing and delicious, but some are made with yogurt, ice cream, or too much fruit and can be loaded with calories. Opt, instead, for a fruit and veggie blend to cut down on the sugar.

Protect your hair and eyes

Both can be damaged by the sun. Wear sunglasses and use a clarifying shampoo to remove excess chlorine and product before applying a conditioner. Air dry and avoid heat styling as well.



Wear a bike helmet

It's tempting to let the wind blow through your hair on a hot day. However, it's never safe to ride a bicycle without a helmet. Be sure the little ones are helmet clad on their bikes to make sure a day of fun stays that way.

Cook County Health Fairs

The theme of this year's annual employee health fairs was Encompass a Healthy Lifestyle. Nearly 1,000 County employees stopped by seven different locations to learn how to cook better, eat better and live better. There were free health screenings, including A1C and biometric, plus some new offerings, such as a sit-and-reach test that measures the flexibility of the lower back and hamstring muscles. New this year, the Chicago Botanical Garden gave away vegetable and herb plants to encourage healthy eating. County employee health care plan vendor Blue Cross and Blue Shield of Illinois provided a Happiness Station with crayons, posters and handouts for attendees to take home and color as a great way to relieve stress.



▲ Arthur Mathews (left) from the Forest Preserves of Cook County listens to Claudius Isfan (seated) of the Cook County Department of Public Health.

2019 Employee Health Fair A1C Test

A1C measures average blood sugar level over the past two or three months. An A1C below 5.7% is normal, between 5.7% and 6.4% indicates prediabetes and 6.5% or higher indicates diabetes.

	Known Diabetes	Pre Diabetes	Normal	Total A1C completed
Stroger Hospital	21	29	37	87
County Building	11	22	36	69
Provident Hospital	9	13	10	32
Juvenile Detention	6	32	27	65
Skokie Courthouse	8	11	17	36
Criminal Courts	9	24	39	72



▲ Daisy Zamora (right) of Illinois Heart Rescue gives a demonstration.

2019 Health Fair Results

Employee Participation at Method Wellness Stations

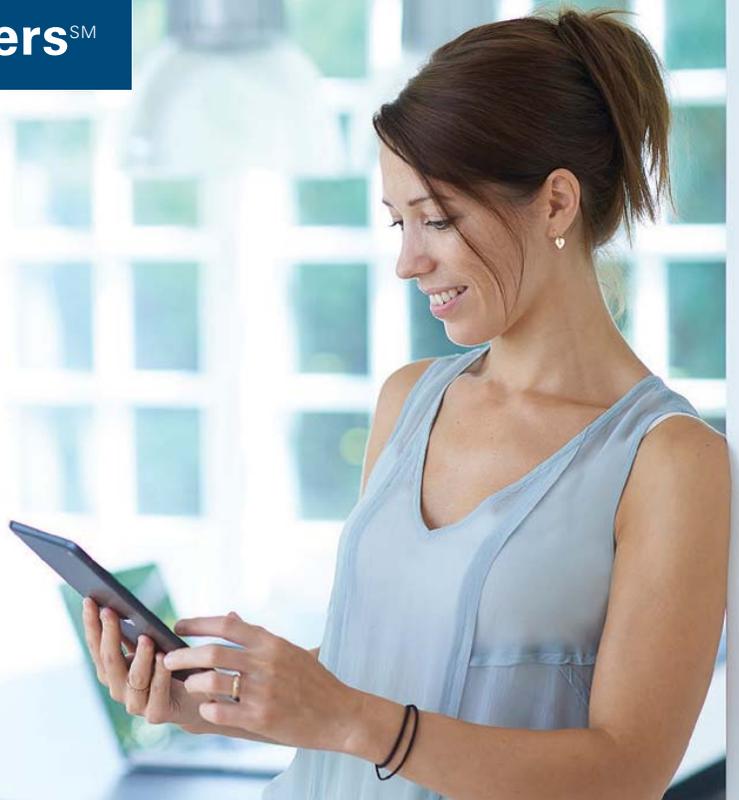
	Cooking Demo Participants - (Estimate)	Bio-Metric Screening Participants	Sit N' Reach Participants - (Estimate)
Stroger Hospital	160	115	49
County Building	140	132	40
Provident Hospital	150	105	34
Juvenile Detention	180	127	51
Skokie Courthouse	80	50	26
Criminal Courts	150	106	50
Bridgeview Courthouse	50	60	25



▲ Two facilities management employees color as a stress-relieving technique in the Happiness Station.

Blue Access for MembersSM

Get all the advantages your health plan offers



Get information about your health benefits, anytime, anywhere. Use your computer, phone or tablet to access the Blue Cross and Blue Shield of Illinois (BCBSIL) secure member website, Blue Access for Members (BAMSM).

With BAM, you can:

- Check the status or history of a claim
- View or print Explanation of Benefits statements
- Locate a doctor or hospital in your plan's network
- Find Spanish-speaking providers
- Request a new ID card – or print a temporary one

It's easy to get started

- 1** Go to bcbsil.com/member
- 2** Click Register Now
- 3** Use the information on your BCBSIL ID card to complete the registration process.



Text* BCBSILAPP to 33633 to get the BCBSIL App that lets you use BAM while you're on the go.

*Message and data rates may apply

Have questions?

Visit cookcountyrisk.com or contact Employee Benefits:

Email: risk.mgmt@cookcountyil.gov

Blue Cross Blue Shield Hotline Numbers:

For HMO plan: 1 (800) 892-2803

For PPO plan: 1 (800) 960-8809



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