Health Fairs Roundup: A Ticket To Your Well-Being

In May, the Cook County Department of Risk Management, Employee Benefits Division, held health fairs at eight county locations. The focus was on your wellness journey and how even the smallest improvements can reap huge health benefits. Benefits Connect stopped by the health fair at the Forest Preserves of Cook County headquarters in River Forest.

A special thanks to all the vendors that participated in this year’s Cook County Health Fair events and all the employees who attended!

2. Russell Johnson, a Forest Preserves employee, tests his lung capacity. Method also offered blood pressure and BMI screenings.
3. Claudius Isfan, a health educator with the County Public Health Department Prevention Services Unit, shared information on the dangers of smoking and other health risks.
Summer Safety

Summer is when Chicagoland comes outside to play: picnics, street fairs and fun in the water bring family and friends together. The U.S. Centers for Disease Control and Prevention recommends you drink plenty of water; wear sunscreen and a wide brim hat to protect yourself from the sun’s rays; wash your hands often to prevent the spread of germs; and wear insect repellent (read on for a list of recommended active ingredients).

Before you know it, summer will be gone so take a few daily precautions to make this season the best ever.

Swimming

Taking a dip is a great way to beat the heat. It’s easy to be safe around the water if you establish family rules and enforce them with a smile. The American Red Cross recommends that young children should never be left unattended near water, preteens and tweens swim with a buddy even when under lifeguard supervision, and swimmers avoid hyperventilating or holding underwater breath-holding contests. If you go boating, always wear a U.S. Coast Guard-approved life jacket.

Biking

Before you take your bike to the lovely, crowded lakefront, check the Active Transportation Alliance’s newsfeed, where Chicagoland residents post updates on trail conditions, detours and trail-related news:

• On Twitter, follow @activetransLFT
• On your cell phone, text “follow activetransLFT” to 40404

• Help other Active Transportation followers by reporting incidents and hazards:
  - On Twitter, use the hashtag #CHILFT.
  - Or email lakefront@activetrans.org and include the hashtag #CHILFT.

Texting

As the school year ends, kids are drawn to their small screens. Help them use their phones responsibly this summer. Respect their privacy, but gently intervene if you see suspicious behavior. Safe Search Kids has great ideas for a phone contract for tweens and teens. Agree to a deal in which they replace their phone if it’s lost or broken; don’t send mean or inappropriate texts or images; limit when and where they talk or text; and above all don’t talk or text while driving or walking.

Hiking

The Forest Preserves of Cook County offer 70,000 acres of open space where millions of visitors each year relax and enjoy nature. Alas, with nature come bug bites, so protect yourself and your family against not just mosquitos and ticks, but the Zika and West Nile viruses as well as Lyme disease.

The U.S. Centers for Disease Control and Prevention recommends you use insect repellents that have one of the following active ingredients:

• DEET
• IC 3535
• Picaridin
• Oil of lemon eucalyptus

Use products with 30 percent or less of these ingredients on kids.
Ticks can be a problem for pets and kids. To avoid the insects, the Forest Preserves of Cook County suggests you:

- Walk in the center of trails when possible so vegetation doesn’t brush against you.
- Use products that contain permethrin to treat boots, pants (especially the cuffs) and socks.
- Tuck pants into your socks and boots. Wearing light-colored pants makes ticks easier to see.
- In heavily wooded areas or in tall grass and brush, check your body for ticks every two to three hours. Pay special attention to ears, hair, neck, legs and between the toes.
- Keep tweezers handy. If you get a tick bite, don’t panic. Get tips on tick removal by searching for the term “tick bite” at the Forest Preserves of Cook County website, fpdcc.com.

Chicagoland has so much to offer this outdoor season. Be prepared for a safe and happy summer.

Starting July 1, CVS/caremark™ will begin offering a better, faster way to test and track blood glucose levels—and it’s free to Cook County employees.

It’s called Glooko®, a mobile application to connect data from your glucose meter and monitor your levels right on your smart phone. Diabetes patients and their families understand how critical and time-consuming blood glucose testing and tracking can be. With Glooko you can:

- Eliminate manual log books
- Share data with your healthcare provider
- Integrate food and lifestyle data to see how they affect your glucose levels

In addition, users will receive two free monitoring visits per year at any CVS MinuteClinic™ location. These visits are designed to help prevent diabetes-related conditions and include A1c testing; foot exams; body mass index (BMI) assessment; diet consultation; and blood pressure and cholesterol checks. No appointment is needed.

CVS/caremark provides additional assistance by phone or in person to help you stay on track. Just call the dedicated Diabetes Care Team at 1 (800) 378-0772, or talk to a pharmacist at any CVS Pharmacy™. To find one near you visit CVS.com and click on “Store Locator.”

*By participating in this program you are consenting to Glooko sharing your personal information, including health information such as your glucose readings, with CVS/caremark to help you manage your diabetes. Information shared with CVS/caremark is protected by HIPAA and may result in a CVS/caremark pharmacist reaching out to you. CVS/caremark may also coordinate with your healthcare provider.

New Way to Manage Your Diabetes

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Did you know that . . .

You’re more likely to get food poisoning in the summer?
Undercooked meat, mayonnaise and poultry left out for too long without ice or refrigeration are among the usual suspects. Make sure picnic goodies are properly cooled and stored, and that fish and poultry are cooked all the way through.

It is possible to drink too much water?
Yes. It can result in a condition known as hyponatremia, a depletion of sodium levels that can cause brain herniation, noncardiogenic pulmonary edema, even death. It’s most common when doing sustained, strenuous exercise. To avoid this condition, the general rule is to drink when thirsty and not to overdrink.

Summer weather conditions can exacerbate asthma?
Allergic rhinitis caused by allergies can make the outdoors miserable. People who suffer from asthma are encouraged to stay indoors during high-temperature and high-pollution days.
HR/Payroll System Conversion

New Oracle technology to integrate enhanced HR, benefits and payroll systems County-wide

In partnership with IBM, the County is implementing the new Oracle eBusiness Suite (eBS) technology across all 29 of its offices to facilitate a County-wide system integration that will offer exciting new human resources, benefits and payroll self-service features. All employees will have access to training on the enhanced features, including the self-service tools that are part of the STEP Enterprise Resource Planning (ERP) Project.

The new features will allow County employees to:

- Update personal information online
- Enroll in and update employee benefits
- View W2 statements (beginning with the 2018 tax year) and update tax withholdings

The STEP ERP Project is being delivered in four waves. The first two have been completed:

- Wave 1: Focused on finance and purchasing, and involved integrating capabilities for requisitioning, general ledger, projects and grants via improved financial systems that replace the aging JD Edwards financial systems. Users will also have the ability to perform ad-hoc reporting requests.
- Wave 2: Budget preparation & Comprehensive Annual Financial Report (CAFR) facilitates consistent budget submittals across all agencies and enhances financial reports, including rapid consolidation and reporting.
- Wave 3: HR, benefits and payroll is set to be completed in early 2018 and includes leading practice processes in HR, benefits and payroll for employees and managers, including self-service, and also integrates the Cook County Time and Attendance solution.
- Wave 4: Supplier, contract and inventory management, is slated to be completed by second quarter 2018 and includes advanced capabilities to manage suppliers, contracts and inventory.

Well onTarget®

Ever wonder how much better you could feel if you took full advantage of your healthcare benefits?

Or how much money you could save?

Well onTarget® is an online portal by Blue Cross Blue Shield of Illinois designed to help you make healthier choices and support your fitness goals. County employees can access:

- Online courses on nutrition, fitness, weight management and tobacco cessation
- A health library of articles that teach, empower and inspire
- A free health assessment and personal wellness support
- Blue Points rewards for your fitness and wellness activity redeemable in the new online shopping mall

What are you waiting for? Log in to Blue Access for Members at bcbsil.com/members and click on the Well onTarget® link to access the portal today! Problems? Call (877) 806-9380 or the Internet Help Desk at (855) 803-6448.

Have questions?

Visit cookcountyrisk.com or contact Employee Benefits:

Email: risk.mgmt@cookcountylvil.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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