



May 2021

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## Healthy Happenings

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Join a Live BeWell  
Annual Enrollment Webinar on  
May 12th ~ 12:00 pm – 1:00 pm  
by registering on the  
[Learning Management System  
\(LMS\)](#)

OR

Watch the [Recorded Annual  
Enrollment Presentation](#)

*Earn 10 Points by attending the live  
presentation or watching the  
recording and completing a [short  
quiz](#). Eligible for BeWell Hours.*

### ANNUAL ENROLLMENT FY 2021/22

**Annual Enrollment closes May 14, 2021.** This is the only time that you may make changes to your benefits without a qualifying family status event. In addition, it is the time to complete the following.

- Certify your tobacco-free status
- Review beneficiary information
- Review personal contact information
- Review emergency contact information

#### Things to keep in mind as we approach FY 2021-22:

- Plans offered this upcoming plan year remain the same but there are increases to the Aetna Medical and the Davis Vision premiums.
- You will need to re-certify your tobacco-free status for Discount #1 in order to receive the \$20 per pay check discount.
- Changes are effective July 1, 2021, and will be reflected in your July 9, 2021, paycheck.
- You will be mailed an ID card if you are newly enrolled in medical, dental, or vision.
- If you are enrolled in the Health Savings Account (HSA), Pima County will fund your HSA on a bi-weekly basis based upon your level of coverage.

For specific plan details and information visit the [Annual Enrollment](#) website. To complete your enrollment elections, visit the ADP - [Employee Self Service \(ESS\) portal](#) between April 26, 2021 and May 14, 2021. Questions can be submitted by email to [hrbenefits@pima.gov](mailto:hrbenefits@pima.gov) or

## CVS CAREMARK SPECIALTY COPAY CARD CHANGE

Through the Pima County medical and pharmacy plan administered by Aetna and CVS/Caremark, you have access to affordable healthcare and medications. Any combined medical and pharmacy out-of-pocket costs are applied to your deductible. One way to reduce your out-of-pocket costs are to use manufacturer copay cards/ coupons. A copay card is a discount program provided by a drug manufacturer. When you use a copay card, the drug manufacturer pays part or all of the cost you're responsible for through your high deductible health plan.

### IMPORTANT NOTICE FOR SPECIALTY RX CLAIMS EFFECTIVE JULY 1, 2021

Only the amount you actually pay will be applied toward your deductible or out-of-pocket maximum, when using a third party or manufacturer copay card or coupon. For example, if your deductible is \$2,000, and you use a copay card/coupon covering \$1,995 for a specialty Rx, you pay \$5 and the \$5 paid would be applied to your deductible and/or out-of-pocket maximum. The copay card/coupon will continue to pay for the \$1,995 specialty Rx cost, resulting in a \$5.00 cost to you; however, the \$1,995 paid by the copay card/coupon will not apply to your deductible/out-of-pocket maximum because you did not pay that amount out-of-pocket.

Your deductible or out-of-pocket maximum include the amounts you actually pay out-of-pocket. Using a copay card/coupon assists with the expense of the medication, but does not impact your overall deductible or out-of-pocket maximum.

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## ANSWERS TO ALL YOUR MONEY QUESTIONS

Do you have a nagging financial question? It happens. Google may help, but Google is not a real human being that can understand all the details of your situation.

Join the SmartDollar financial coaches in a live Q&A session. They'll be available to answer any question you may have, from how to pay off debt effectively to budgeting tips and tricks and more. Bring your specific money questions, or just come to listen in and learn something new from others.

Snag your spot by registering below and join via Zoom (link sent after registering).

- [Tuesday, May 11th at 12 PM Central](#)
- [Thursday, May 27th at 12 PM Central](#)
- [Tuesday, June 8th at 12 PM Central](#)
- [Thursday, June 24th at 12 PM Central](#)
- [Tuesday, July 13th at 12 PM Central](#)
- [Thursday, July 22nd at 12 PM Central](#)

For more information on how to enroll in SmartDollar visit the [SmartDollar Financial Wellness](#) webpage.



## Act FAST – May is Stroke Month!

When it comes to a stroke, time lost is brain lost! That is why the American Heart Association urges all Americans to recognize the warning signs of stroke in order to reduce the devastating effects of stroke on our community. If you or someone you know is having a stroke, acting FAST and calling 9-1-1 is important.

Learn the warning signs of stroke and make sure everyone knows that it is safe to call 9-1-1 when you are having a medical emergency – that's what it is there for! This simple acronym, F.A.S.T. will help you remember the signs of a stroke and it will give you the power to potentially save someone's life or reduce disability.



To remember the stroke warning signs, remember the acronym **F.A.S.T.** :

- **Face Drooping** - Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?
- **Arm Weakness** - Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **Speech Difficulty** - Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue."
- **Time to Call 9-1-1** - If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get to a hospital immediately. Check the time so you'll know when the first symptoms appeared.

Make sure you know the warning signs for [heart attack](#) and [stroke](#)! And do what you can to [reduce your risk](#). One of the biggest risk factors for stroke is high blood pressure. Learn more about [monitoring your blood pressure](#). Learn more about stroke at [www.stroke.org](http://www.stroke.org).

Acting FAST might just save someone's life in case of a stroke emergency!