



Healthy Happenings

July 2020

Volume 2 | Issue 1

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WELLNESS WEBINARS

Wellness webinars are the same great information you would get from an in person Wellness Workshop, but with the convenience of not leaving your desk! Topics include fitness, nutrition, stress management and more. Earn 10 Healthy Lifestyle Activity Points for every topic you attend.

To see a full listing of upcoming webinars, visit the [Wellness Workshops](#) webpage. To view a live webinar, simply follow these [step by step instructions](#).

- Click on the registration link and enter your contact information including your name and Pima County email address. **Include your EIN in the same box as your last name so we can identify you as a Pima County employee and give you points!**
- On the day of the live webinar, click on the link that you received in the confirmation email to attend the presentation.

If you miss a live webinar, you can watch a recorded version later and still earn points. However, if you attend an onsite, live, or recorded webinar with the same topic title more than once per reporting year, points will only be awarded for the first occurrence.

ANNUAL ENROLLMENT CHANGES EFFECTIVE 7/1/2020

Changes to your benefits are effective **July 1, 2020**, and will be reflected in your **July 10, 2020** paycheck along with your FY2020/21 premiums and Healthy Lifestyle Premium Discounts. If you are newly enrolled in medical, dental, or vision, you should have received a member ID card. Contact your Departmental Benefits Representative or Employee Benefits at (520) 724-8464 or email hrbenefits@pima.gov if you have any questions.

Important Information Regarding your Benefits for FY2020/21

Medical and Pharmacy Benefits

Your medical/pharmacy deductible has reset back to \$0. Your plan is based on a combined deductible of medical and prescription claims. The deductible is the total out-of-pocket spending required by you before your plan will begin to pay. Your annual deductible is \$2,000 for an individual or \$4,000 for a family. Until this deductible is met, you will pay 100 percent for all services, with the exception of preventive care and preventive prescriptions, which are covered at 100 percent. Visit the [Medical and Pharmacy](#) webpage for additional information.

Dental Benefits

Pima County has two new dental carriers beginning July 1, 2020. Your current dental benefit will be automatically transferred to the new comparable plan if you did not make a dental selection during Annual Enrollment. Visit the [Dental Insurance Plans](#) webpage to view more information.

Pima County Dental Claims Process Changes

Effective July 1, 2020, the Pima County Dental plan will no longer be administered by Ameritas. The new administrator will be Delta Dental of Arizona. Please communicate this information with your dental providers so they are aware of this important change. All claims for services received through June 30, 2020, need to be submitted to Ameritas as soon as possible as Ameritas will deny all claims received after September 30, 2020. All claims for services received on or after July 1, 2020, need to be sent to Delta Dental of Arizona.

Typically your dental provider will be responsible for submitting all dental claims, which is why it is important that they receive this information. If you are submitting a claim, you will need fill out one of two forms based upon the date the services were rendered.

<p style="text-align: center;">Services received through June 30, 2020 Ameritas Dental Claim Form</p> <p>Completed claim forms and all applicable information are to be sent to: Ameritas Group P.O. Box 82520 Lincoln, NE 68501-2520 Phone: (800) 487-5553 Fax: (402) 467-7336</p>	<p style="text-align: center;">Services received on or after July 1, 2020 Pima County Dental Claim Form</p> <p>Completed claim forms and all applicable information are to be sent to: Delta Dental of Arizona Attn: Claims Department P.O. Box 43026 Phoenix, AZ 85080-3026 Phone: (800) 352-6132 E-mail: claims@deltadentalaz.com</p>
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FACE COVERINGS

Cloth face coverings are an additional step to help slow the spread of COVID-19 when combined with every day preventive actions and social distancing in public settings.

Wear Your Face Covering Correctly

- Wash your hands before putting on your face covering.
- Put it over your nose and mouth and secure it under your chin.
- Try to fit it snugly against the sides of your face.
- Make sure you can breathe easily.
- Wear a face covering to help protect others in case you're infected but don't have symptoms.
- Keep the covering on your face the entire time you're in public.
- Don't put the covering around your neck or up on your forehead.
- Don't touch the face covering, and, if you do, wash your hands.



Who should not wear a face covering:

Children under age 2, or anyone who has trouble breathing, is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

Take Off Your Face Covering Carefully

- Untie the strings behind your head or stretch the ear loops.
- Handle only by the ear loops or ties.
- Fold outside corners together.
- Place covering in the washing machine (learn more about [how to wash cloth face coverings](#)).
- Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing.

Source: Centers for Disease Control

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html>



Your cloth face covering may protect them. Their cloth face covering may protect you.