



### KEY HIGHLIGHTS INSIDE THIS ISSUE

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### THE IRS IS ENCOURAGING EVERYONE TO CHECK THEIR TAX WITHHOLDING (DEFINED BENEFIT 'OLD PLAN' RETIREES)

The Internal Revenue Service is reminding taxpayers to use the **IRS Tax Withholding Estimator** to perform a **Paycheck Checkup**. A Paycheck Checkup can help you determine the right amount of tax to withhold from your paycheck, reducing the chance of surprise when filing next year. Withholding too little could mean an unexpected tax bill or penalty. Taxpayers should check their withholding annually and when life changes occur, such as marriage, childbirth, adoption and buying a home. The IRS recommends that anyone who changed his/her withholding this year, or received a tax bill after filing a 2019 return, perform a Paycheck Checkup.

#### How to perform a Paycheck Check Up

Use the IRS Tax Withholding Estimator available at <https://www.irs.gov/individuals/tax-withholding-estimator>. Visit <https://www.irs.gov/paycheck-checkup> for more information about the Paycheck Checkup. You can use the results from the Tax Withholding Estimator to determine if you should make an additional or estimated tax payment to the IRS before the end of the year. Complete a new Form W-4P, Withholding Certificate for Pension or Annuity Payments available at <https://www.irs.gov/pub/irs-pdf/fw4p.pdf>, and email it to [pensionunit@fultoncountyga.gov](mailto:pensionunit@fultoncountyga.gov). For more information visit <https://www.irs.gov/individuals/tax-withholding-estimator-faqs> for answers to frequently asked questions

### DISABILITY CERTIFICATION NOTICES (DEFINED BENEFIT 'OLD PLAN' RETIREES)

Defined Benefit retirees who are required to do the annual disability certification must do so by 1/4/2021. Disability notifications were mailed to the eligible retirees on October 19, 2020. Applications must be completed in full and notarized. You may return completed applications by one of the methods below:

- Email [pensionunit@fultoncountyga.gov](mailto:pensionunit@fultoncountyga.gov)
- Fax to (404) 612-1312
- Mail to: Fulton County Pension Office, 141 Pryor Street S.W. - Suite 7001, Atlanta, GA 30303



## 2021 HEALTH PLAN ID CARDS UPDATE

Thank you for participating in the recent open enrollment. This is to notify you that for plan year beginning 1/1/2021, ID cards will not be mailed for medical and dental unless you made a plan or life event during open enrollment. To access your ID cards for medical dental and vision electronically, see the instructions below.

PLAN	HOW TO ACCESS ID CARD
<b>Aetna Medicare Basic &amp; Enhanced Medicare Advantage Plans</b>	Members can go to <a href="http://Aetnaretireeplans.com">Aetnaretireeplans.com</a> and log into their member website. Once on the site, scroll down to the “See Coverage and Cost” section and click on ID card.
<b>Anthem Pre-65 (HMO, HSA and POS) 65+(HMO Medicare, Medicare Indemnity PPO &amp; PPO Plus</b>	1) Visit <a href="http://www.anthem.com">www.anthem.com</a> ; 2) Login OR register (call member services at (800) 474-2227 if you need your ID#; 3) Select the <b>My Plan</b> tab; 4) Select <b>ID Card</b> from the drop down menu; 5) Select the members name then your temporary card will display on the screen; select the print icon to print. You may also call member services at (800) 474- 2227.
<b>Kaiser HMO &amp; Senior Advantage Plans</b>	1) Members must be registered with <a href="http://kp.org">kp.org</a> to access the Kaiser Digital Membership Card; 2) Download the Kaiser Permanente app; 3) Members must sign in to access the card feature. You may also call member services (404) 239-6940
<b>Aetna Dental HMO &amp; PPO Plans</b>	When you visit the dentist’s office, just give your personal information. But if you want a card, no problem. Once you’re a member, access your card by logging in to your member website at <a href="http://www.aetna.com">www.aetna.com</a> , using our mobile app or calling Member Services at (877) 238-6200.
<b>EyeMed Vision PPO</b>	1) ID card is not required; however, you may access your card by going to <a href="http://www.eyemed.com">www.eyemed.com</a> ; 2) Login to your existing account or create a new account using the last 4 digits of your SSN or your member ID; 3) Click <b>View Your Benefits</b> ; 4) Select Print ID Card. You may also call member services at (866) 723-0513.

## HEALTH SAVINGS ACCOUNT UPDATE FOR MEMBERS WHO CHANGED MEDICAL PLANS DURING OPEN ENROLLMENT (PRE-65 NON-MEDICARE RETIREES)

Pre-65 (Non-Medicare) retirees who opted out of the Anthem (BCBS) Health Savings Account plan effective 1/1/2021, and will have funds remaining in their Anthem Act Wise HSA account will be charged a monthly maintenance fee of \$2.50, beginning January 2021. If you’re looking into ways that you can spend your remaining HSA balance, you can view a representative list of qualified expenses online at <https://actwise.anthem.com>. For questions call member services at (800) 474-2227.

## MEDICARE PART B PREMIUM INCREASE EFFECTIVE 1/1/ 2021

The Centers for Medicare & Medicaid Services (CMS) announced that the standard monthly premium for Medicare Part B enrollees will be \$148.50 in 2021, an increase of \$3.90 from \$144.60 in 2020. Medicare eligible retirees/beneficiaries enrolled in the County’s medical plan who submit proof of their enrollment in Medicare Part B are eligible to receive a County paid subsidy equal to 50% of the standard Medicare Part B premium. For 2021, the County’s Part B subsidy will be \$74.25 per month. The County requires that you submit the Medicare Part B affidavit form and a copy of your Medicare card showing Part B enrollment to [pensionunit@fultoncountyga.gov](mailto:pensionunit@fultoncountyga.gov) or fax to (404) 612-1312. To access the Part B affidavit form visit, <https://fultoncountyga.gov/for-retirees/retiree-benefits/for-retirees-open-enrollment>.



**IMPORTANT RETIREE SELF-SERVICE (RSS) INFORMATION  
PAPERLESS “GREEN” INITIATIVE**

Fulton County will be going paperless where you will no longer receive your paper pay advices in the mail. The Retiree Self Service (RSS) is a secured online portal that allows you to access important information about your retirement benefits. The RSS system will allow you to view/access personal information, such as monthly pension pay advices, benefits summary, current tax withholding/allowances, pay and deduction summaries. For more information email [pensionunit@fultoncountyga.gov](mailto:pensionunit@fultoncountyga.gov).

**NEW KAISER SENIOR ADVANTAGE MEDICARE PLAN EFFECTIVE 1/1/2021**

Kaiser Permanente Senior Advantage (HMO) offers you care and coverage together in one plan. Retain your KP physicians and maintain your health during retirement.

- Rated 5 out of 5 stars in Georgia for 2021 - Medicare’s highest possible rating, 2 years in a row.
- \$50 quarterly Over-the-Counter (OTC) benefit allowance to purchase OTC health and wellness products from Kaiser’s catalogue - <http://kp.org/otc/ga>
- Membership in SilverSneakers® fitness program at no extra charge

2020 Medicare Star Ratings

Our Medicare health plan is rated 5 out of 5 stars in Georgia for 2020, making it the highest-rated Medicare health plan in the state for 2020.

Kaiser Permanente region	Star rating*
California	★★★★★
Colorado	★★★★★
Georgia	★★★★★
Hawaii	★★★★★
Mid-Atlantic States (MD, VA, D.C.)	★★★★★
Northwest (OR, SW Washington)	★★★★☆
Kaiser Permanente Washington	★★★★★

\*Every year, CMS evaluates plans based on a 5-star rating system.





## Over-the-Counter (OTC) Wellness Credit for 2021

KAISER PERMANENTE  
SENIOR ADVANTAGE (HMO)



### Use your Over-the-Counter (OTC) benefit allowance to purchase OTC health and wellness products

You can use your allowance to purchase:

- First-aid supplies
- Aspirin
- Cough, cold and allergy medicine
- Incontinence products
- And more

**Ready to order? It's easy! Call or click**

Place your order for your OTC health and wellness products in one of the following ways:

It is important to note that the OTC products are intended for member's health and medical use only. The health information provided in this OTC catalog is general in nature and is not medical advice or a substitute for professional healthcare.



[kp.org/otc/ga](https://kp.org/otc/ga)



1-844-232-6906 (TTY 711) Monday - Friday, 8 a.m. - 8 p.m. EST

Please refer to your *Evidence of Coverage* for details regarding the OTC benefit. OTC benefits may change each year on January 1. Each purchase must be at least \$20. Any unused portion of the quarterly credit will not carry forward to the next quarter. Your order may not exceed your maximum benefit allowance. Limitations and restrictions may apply. Cash, checks, credit cards, or money orders are not accepted.

Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll.



## **AETNA MEDICARE ADVANTAGE PLAN – ZERO COPAY TELEMEDICINE VISITS EXTENDED THROUGH 12/31/2020**

Aetna will offer zero co-pay telemedicine visits to members in the Basic and Enhanced Medicare Advantage Plans for any reason through December 31, 2020. Cost sharing will also be waived for all virtual visits through in-network providers delivering synchronous virtual care (live video-conferencing). This includes in-network telemedicine visits for outpatient behavioral and mental health counseling services. For member services call (800) 307-4830 or visit [www.aetnaretireeplans.com](http://www.aetnaretireeplans.com).

## **ANTHEM (BCBS) LIVEHEALTH ONLINE UPDATE - ZERO COPAY TELEHEALTH VISITS EXTENDED THROUGH 12/31/2020**

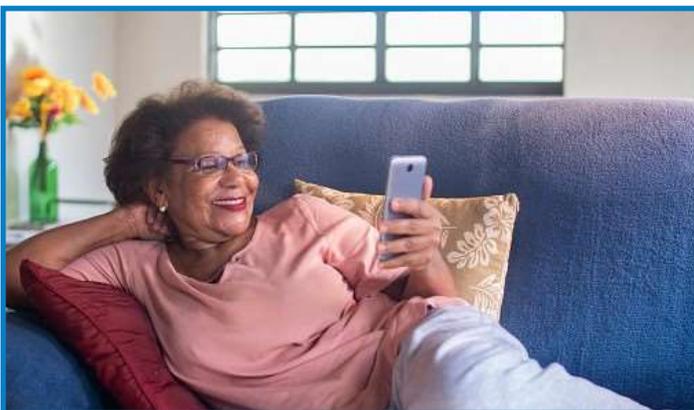
Regardless of the medical plan option you choose, you and your eligible family members have access to Anthem's telehealth provider, Live Health Online. The County elected to waive the cost share that Anthem members normally pay for medical and behavioral health virtual visits through December 31, 2020. Non-Anthem members who choose to use Live Health Online, will continue to pay \$59 per visit. Enroll online at [www.livehealthonline.com](http://www.livehealthonline.com), or on the free mobile app, available on Apple App Store or Google Play Store.

## **KAISER PERMANENTE - ZERO COPAY TELEPHONE/VIDEO VISITS IN MOST CASES**

Kaiser Permanente's Video and Telephone Visits are available to Kaiser Permanente members only. There is no copay for telephone visits and in most cases, there is never a copay or additional charge for a video visit. To get started, register at [www.kp.org](http://www.kp.org) or on the free mobile app available on Apple App Store or Google Play Store. You can also schedule an appointment by calling (404) 365-0966 and requesting a Video Visit or Telephone Visit. For member services call (404) 239-6940.

## **PREVENTIVE CARE BENEFITS (INCLUDING FLU SHOTS) – NO COST TO YOU**

This is to remind you that all County medical plans offered through Aetna, Anthem and Kaiser cover in-network preventive care at 100%, without charging your co-payment or coinsurance. Services include routine physical exams, immunizations, flu shots and age and gender-appropriate tests and screenings. Certain preventive medications are also covered, including contraceptives, generic tobacco cessation prescription drugs, and FDA-approved over-the-counter tobacco cessation products. **You are encouraged to get a flu shot, eat well, get out and walk, breathe fresh air, wash hands, keep/make annual preventive care appointments.**





## FLU SHOT INFORMATION FOR ANTHEM PLAN MEMBERS – NO COST TO YOU



### Flu prevention may be more important than ever this year

Reduce your flu risk at no cost to you with a flu shot

Flu season is right around the corner, and this year’s may be unprecedented. Because of the ongoing COVID-19 pandemic, health care experts are sounding the alarm on the importance of protecting against the flu.<sup>1</sup>

When it comes to the flu, there’s no better way to defend yourself, your family, and your community than by making sure you receive a flu shot – and your flu shot is covered under your health plan at 100%. All it takes is a quick trip to the pharmacy.

#### The benefits of the flu shot

Each year, millions of people – around 8% of the U.S. population<sup>2</sup> – become sick with the flu. The flu shot can help:

- o **Keep you healthy.** The flu shot has helped prevent:<sup>3</sup>
  - 4.4 million illnesses
  - 2.3 million medical visits
  - 58,000 hospitalizations
  - 3,500 deaths
- o **Lessen the impact from COVID-19.** Becoming sick with the flu can leave you vulnerable to a more serious case of COVID-19, leading to a potential overburdening of national health care systems.<sup>1</sup>
- o **Prevent complications in people with chronic conditions.** The flu vaccine can reduce hospitalizations for people with diabetes and chronic lung conditions, and help lower the rate of cardiac events.<sup>3</sup>
- o **Reduce how sick you become.** A flu shot can help decrease your risk of becoming ill with the flu by as much as 60%, and can help reduce the severity of the virus if you do become ill.
- o **Protect the people around you,** including those who are at a higher risk for illness, such as babies, young children, older adults, and those with chronic health conditions.

o **Prevention<sup>4</sup>.** While having a flu shot is the best prevention against the flu, here are additional tips:

- Clean shared surfaces. Wipe down items such as telephones, keyboards, steering wheels, and doorknobs often.
- Avoid close contact with those who are sick. This will help to reduce the chance of becoming infected and sick.
- Wash your hands often and direct your sneeze or cough to your upper sleeve.
- Avoid touching your eyes, nose, and mouth.

#### Protect yourself from the flu

Visit our website at [anthem.com](http://anthem.com) or use the Sydney Health mobile app to find a pharmacy near you. Then, call ahead or visit the pharmacy’s website for flu shot details – some pharmacies require an appointment.

1 The New York Times: Fearless, “Health experts push urgency for flu shots (August 16, 2020): nytimes.com.  
2 Centers for Disease Control and Prevention: Key facts about influenza (flu) (September 13, 2019): cdc.gov/flu/about/flu-facts.html.  
3 Centers for Disease Control and Prevention: Miscellaneous about seasonal flu and flu vaccines (September 7, 2020): cdc.gov/flu/prevnt/seasonalvaccines.htm.  
4 Centers for Disease Control and Prevention: Preventive Steps (September 14, 2020): cdc.gov/flu/prevnt/1prevention.htm.  
Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Services, Inc. HMO products underwritten by HMO Colorado, Inc. In Connecticut: Anthem Health Plans of Connecticut, Inc. In Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RegisCARE® Managed Care, Inc. (RMC), Healthy Alliance® Life Insurance Company (HALIC) and HMO Missouri, Inc. RMC and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO term PPO underwritten by HMO Missouri, Inc. RMC and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Services, Inc. HMO products underwritten by HMO Colorado, Inc. aka HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. In Texas: Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), underwrites or administers PPO and indemnity policies and underwrites the full network benefits in PPO policies offered by Compare Health Services Insurance Corporation (Compare) in Wisconsin Collaborative Insurance Corporation (WCIIC). Compare underwrites or administers HMO or PPO policies. WCIIC underwrites or administers Well-Being HMO or PPO policies. Independent licensees of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.  
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FLU SHOT INFORMATION FOR KAISER PLAN MEMBERS – NO COST TO YOU

PROTECT  
**YOURSELF**  
AND **YOUR**  
**LOVED ONES**

Get the flu shot.



Now more than ever, it's important to stop the spread of the flu. The flu shot is your best defense against the virus – and a safe, effective way to protect the people around you.



For more information, visit [kp.org/flu](https://kp.org/flu) or ask a Kaiser Permanente team member.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 601 Union St., Suite 3100, Seattle, WA 98101



FLU SHOT INFORMATION FOR KAISER PLAN MEMBERS CONTINUED

# Drive-thru flu shots available.

Your health and safety remain our top priority. Starting September 14th, Kaiser Permanente members can get their no cost flu shot from the comfort of their own car, weather permitting. Masks are required for vaccination and we recommend you wear a short sleeve shirt for easy access to your upper arm. See below for our convenient Kaiser Permanente drive-thru locations.

### ALPHARETTA

3550 Preston Ridge Rd  
Alpharetta, GA 30005  
Monday - Friday  
9:00a - 5:00p  
Saturday, 9:00a - 3:00p

### GWINNETT

3650 Steve Reynolds Blvd  
Duluth, GA 30096  
Monday - Friday  
9:00a - 5:00p  
Saturday, 9:00a - 3:00p

### SUGAR HILL-BUFORD

1435 Broadmoor Blvd NE  
Sugar Hill, GA 30518  
Monday - Friday  
9:00a - 5:00p  
Saturday, 9:00a - 3:00p

### CASCADE

1175 Cascade Pkwy SW  
Atlanta, GA 30311  
Monday - Friday  
9:00a - 5:00p  
Saturday, 9:00a - 3:00p

### HENRY TOWNE CENTRE

1125 Towne Centre Dr  
McDonough, GA 30253  
Monday - Friday  
9:00a - 5:00p  
Saturday, 9:00a - 3:00p

### TOWNPARK

750 Townpark Lane  
Kennesaw, GA 30144  
Monday - Friday  
9:00a - 5:00p  
Saturday, 9:00a - 3:00p

### CRESCENT

200 Crescent Centre Pkwy  
Tucker, GA 30084  
Monday - Friday  
9:00a - 5:00p  
Saturday, 9:00a - 3:00p

### PANOLA

5440 Hillandale Dr  
Lithonia, GA 30058  
Monday - Friday  
9:00a - 5:00p  
Saturday, 9:00a - 3:00p

### WEST COBB

3640 Tramore Pointe Pkwy  
Austell, GA 30106  
Monday - Friday  
9:00a - 5:00p  
Saturday, 9:00a - 3:00p

### CUMBERLAND

2525 Cumberland Pkwy SE  
Atlanta, GA 30339  
Monday - Friday  
9:00a - 5:00p  
Saturday, 9:00a - 3:00p

### SOUTHWOOD SPECIALTY

2470 Mt Zion Pkwy  
Jonesboro, GA 30236  
Monday - Friday  
9:00a - 5:00p  
Saturday, 9:00a - 3:00p



## RETIREE WELLNESS PROGRAM UPDATES

### VIRTUAL COOKING DEMONSTRATIONS

Join Fulton County Wellness Committee, University of Georgia Extension Fulton County and Fulton County Library System for healthy, easy cooking demonstrations.

- Wednesday, November 17 from 12:30 to 1:00pm
- Wednesday, December 2 from 12:30 to 1:00pm

Email [employeewellness@fultoncountyga.gov](mailto:employeewellness@fultoncountyga.gov) to register.

### BULGUR WHEAT CRANBERRY HOLIDAY STUFFING RECIPE

Enjoy this holiday recipe created by Kaiser Permanente chefs.

#### Ingredients

- 1 tablespoon extra-virgin olive oil
- 3 cups chopped onions, (2 large)
- 1 cup chopped celery, (2-3 stalks)
- 1 clove garlic, minced
- 1/2 teaspoon ground cinnamon 1/4
- teaspoon ground allspice
- 2 cups bulgur, rinsed
- 3 cups reduced-sodium vegetable broth 1
- bay leaf
- 1/4 teaspoon salt, or to taste
- 2/3 cup dried cranberries 1/4
- cup orange juice
- 1/2 cup chopped fresh parsley
- Freshly ground pepper, to taste



#### Directions

Heat oil in a Dutch oven over medium heat. Add onions and celery; cook, stirring often, until softened, 5 to 8 minutes. Add garlic, cinnamon and allspice; cook, stirring, for 1 minute. Add bulgur and stir for a few seconds. Add broth, bay leaf and salt; bring to a simmer. Reduce heat to low, cover and simmer until the bulgur is tender and liquid has been absorbed, 15 to 20 minutes. Meanwhile, combine dried cranberries and orange juice in a small microwave-safe bowl. Cover with vented plastic wrap and microwave on high for 2 minutes. (Alternatively, bring dried cranberries and orange juice to a simmer in a small saucepan on the stove top and remove from heat.) Set aside to plump. When the bulgur is ready, discard the bay leaf. Add the cranberries, parsley and pepper; fluff with a fork.



*Chef photo: KP Chef Jochen Lawson*

**Prep Time: 15min Total Time: 35min | Serving Size: Serves 4-6**

**Nutritional Facts: Calories 193 | Carb 28g | Fat 5g | Protein 6g | Sugar 8g | Fiber 10g**



## WELLNESS UPDATES CONTINUED

### 4TH QUARTER HEALTH OBSERVANCES

#### November – Diabetes Awareness Month



It is estimated that nearly a quarter of Americans do not know they are diabetic, so with November being Diabetes Awareness Month, it is very important to shed light on this disease. Click Anthem's link below to learn more about type 2 diabetes and ways you can prevent it.

<https://file.anthem.com/03960ANMENABS.pdf>

#### Diabetic Prevention Programs

In honor of Diabetes Awareness Month in November, Fulton County would like to highlight the diabetic prevention programs we have available to Anthem (BCBS) and Kaiser Permanente medical plan members. Solera is available to Anthem (BCBS) members, and Omada is offered to Kaiser Permanente members. Both programs are innovative programs designed to help participants lose weight, adopt healthy habits and reduce risk of developing type 2 diabetes. Simply go to your designated medical plan provider's program link below to take a simple one-minute quiz to learn your risk of diabetes. For those who are currently enrolled in one of the programs and are still considered pre-diabetic, your program will continue.

- Kaiser Permanente/Omada: [www.omadahealth.com/kpfultoncounty](http://www.omadahealth.com/kpfultoncounty)
- Anthem BCBS/Solera: [www.solera4me.com/fulton](http://www.solera4me.com/fulton)

#### December – National Hand-Washing Awareness Week (November 30 – December 4)

Now more than ever, the importance of washing hands is at the forefront of our minds. We know one of the best ways to stop the spread of the coronavirus and other germs is to wash our hands with soap and water, and scrub for at least 20 seconds. Need a timer? If you hum the "Happy Birthday" song twice, that should do the trick. Kaiser Permanente has also provided more key tips about hand-washing. Visit the link below.

<https://healthy.kaiserpermanente.org/maryland-virginia-washington-dc/health-wellness/health-encyclopedia/learn-about-hand-washing.abs1442>

#### Total Brain



Total Brain helps you understand and train your brain to improve your mental health and fitness. Enjoy quarterly challenges and a chance to win a \$25 Amazon gift card. Total Brain is available to all employees and retirees/beneficiaries. To get started visit

[www.TotalBrain.com/Fulton](http://www.TotalBrain.com/Fulton). For questions visit [www.totalbrain.com/support](http://www.totalbrain.com/support).

### EMPLOYEE/RETIREE ASSISTANCE PROGRAM RESOURCES

As a retiree/beneficiary of Fulton County Government, regardless of the medical plan that you choose - you and your eligible family members have access to the Employee/Retiree Assistance Program (EAP) administered by Anthem (BCBS). EAP provides free, confidential, short-term assistance and counseling designed to help individuals resolve a variety of personal concerns including but not limited to anxiety, depression, stress, grief, relationships and family issues. There are no costs associated with these services. Just call 800-999-7222 or visit [www.anthemEAP.com](http://www.anthemEAP.com) and enter Company Code: **Fulton**.



**4TH QUARTER EAP ONLINE SEMINARS**

Seminars can be found on your EAP home page; visit [www.anthemead.com](http://www.anthemead.com) and enter Company Code: **Fulton**

Month	Online Seminar Topic	Description
November	Building Resilience Muscles <i>Available on demand starting 11/17/20</i>	The foundation of resilience lies in building five muscles—three are specific skills and two are personal choices that are consistently chosen.
December	Know Your Strengths <i>Available on demand starting 12/15/20</i>	Being confident in knowing what you are good at helps you approach situations with a “strengths mindset,” enabling you to respond more creatively to challenges.

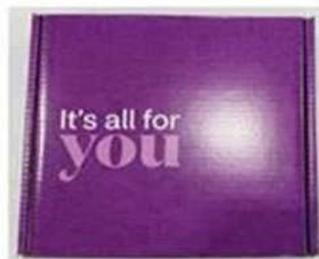
**KEEP AN EYE OUT FOR YOUR ‘WELLBEING/SAFETY KIT’**

Fulton County cares about the health, wellbeing and safety of its retirees/beneficiaries. The County’s Wellness Committee in partnership with Kaiser Permanente, approved distribution of items that retirees can use for their wellbeing and safety during the COVID-19 pandemic. Each kit includes: branded disinfecting wipes, touch/no contact tool and water bottle. Items will be shipped to the mailing addresses of all retirees/beneficiaries, within the next 4-6 weeks

**AETNA MEDICARE ADVANTAGE MEMBERS - LOOK OUT FOR ‘CARING FOR YOU KIT’**

As the COVID-19 pandemic continues and flu season begins, Aetna is shipping boxes of specially curated, over-the-counter items to all Medicare Advantage members. These ‘*Caring for You*’ kits contain several items to help support Medicare members with simple self-care at home. Kits include a thermometer, hand sanitizer and two Aetna-branded face masks, among other items. Kits will be sent to members who were enrolled on or before August 1, 2020. Members will be receiving them through November.

Sample Box



This action builds on overall efforts by Aetna to help its Medicare members during this public health emergency. As mentioned, Aetna is waiving Medicare Advantage member cost shares for in-network primary care office visits and all telehealth visits for any reason through December 31, 2020.

## **MOBILE HEALTH 'MAINTAIN DON'T GAIN' CHALLENGE**

Join us in November for Mobile Health's Maintain Don't Gain Challenge. Mobile Health is available to all Fulton County retirees/beneficiaries and is a great resource for your Wellness, Benefits, Payroll and County-related communications. Download the Mobile Health app or, to log in, visit

**<https://www.mobilehealthconsumer.com/web/pages/login.html>**



**FULTON COUNTY FINANCE  
RETIREE BENEFITS  
141 PRYOR STREET SW  
SUITE 7001 ATLANTA, GA 30303  
PHONE: (404) 612-7606**