

# Putnam County Schools Health Plan

MONTHLY EDUCATIONAL RESOURCE NEWSLETTER

DECEMBER 2023  
EDITION

## Benefit Information at your fingertips

Putnam County Schools Insurance offers an excellent benefit package which enables plan members to choose where to seek care. To ensure the ongoing success of the health plan, this educational resource email will provide valuable information to help you decide which health care providers and tools are appropriate for your needs.

**Welcome:** Huntington is here to HELP!

Issues w/ Claims,  
Providers, Carriers

Contact Our Claims  
Team:

[EBClientServiceTeam](#)

844-847-4757



## THIS ISSUE

Battling Holiday Depression and Stress **P.1**

Cold and Flu Education **P.2**

RxProtect Partnership Information **P.3**

EAP December Newsletter **P.4**

EAP December Newsletter (Cont.) **P.5**

## Live Well, Work Well: Battling Holiday Depression and Stress

While many look forward to the holidays, others dread the season. If you feel stressed, the obligations at holiday time can take their toll on even the most cheerful of people. Here are some tips to help you minimize holiday stress.

### Causes of Stress

Ask yourself what exactly about the season makes you feel stressed. Your feelings may be triggered by the following:

- Unhappy childhood memories
- Difficult familial relationships
- Negative feelings about your life over the past year
- Seasonal monotony—seeing the same faces, eating the same food and going through the same motions.
- Lowered immune defenses because of colder temperatures, high incidence of the flu, eating more and sleeping less.
- Financial stress

### Minimize Holiday Stress

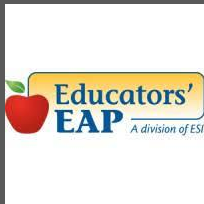
- Consider the following tips to help reduce stress this holiday season:
- Enjoy the present and try not to worry about what may be lacking.
- Don't feel you must meet all family obligations. Do not simply do something or go somewhere because of tradition, especially if it makes you unhappy.
- Ask others for assistance. For example, ask a relative to host the family get-together, or make it a potluck and have everyone contribute to the meal.
- Make a to-do list in chronological order to minimize stress.
- Limit your alcohol intake.
- Stay active and continue to eat a balanced diet.
- Create a new tradition, such as volunteering, especially if you feel lonely.
- Make time for yourself and your needs, even when hosting guests in your house.
- Keep tabs on your holiday spending. Make a budget and stick to it, no exceptions.

# Cold and Flu Education

**Coronavirus  
Updates:  
[Click Here](#)**

## Educators' EAP

Click EAP to Connect or watch the video below for more information.



## [Watch the Video](#)

## Cleveland Clinic Online Doctor

Click Below to Connect



### Cold or Flu?

Though the common cold and seasonal influenza share several symptoms, there are points of differentiation that will help you identify which you may have in order to seek proper treatment. It is important to tell the difference, as the flu can result in more serious health complications, while the cold likely will not.

### Common Cold

Typically, symptoms of the common cold come on gradually, and may start with a sore throat or irritated sinuses. The most common symptoms of a cold are nasal congestion, sneezing and runny nose. Symptoms can also include a cough, mild headache, and minor body aches. Young children may get a low-grade fever as well, but a fever in older children or adults typically indicates the flu.

People are generally contagious during the first three days they have a cold. Symptoms tend to go away within a week.

### Seasonal Flu

Unlike the common cold, flu symptoms usually come on suddenly and vigorously, often starting with a high-grade fever, headache, body aches and fatigue. In addition, flu symptoms can include a dry cough, sore throat, and sometimes a runny or stuffy nose.

Symptoms are generally more severe than with a cold. Flu symptoms tend to gradually improve after two to five days but can last for a week or more. You should stay home for at least 24 after your fever is gone to avoid passing your illness to others.

### Prevention

There are strategies that can help you avoid getting sick from either of these conditions. These include frequent hand washing, sanitizing commonly touched surfaces, and avoiding touching your eyes, nose, and mouth. If you are sick, cough and sneeze into your elbow to prevent spreading germs to others.

Also consider getting a seasonal flu vaccine each year, which is now recommended by the Centers for Disease Control and Prevention for all people over 6 months of age.

### Treatment

For the common cold, a doctor visit is usually unnecessary. Over-the-counter medications can be effective in treating symptoms. For the flu, a doctor may prescribe anti-viral drugs that will help decrease the severity and length of symptoms.

Potentially serious health complications can occur in people suffering from the flu. Call your doctor if you think your symptoms are worsening or if you have a condition such as asthma, diabetes or are pregnant.



## Free Brand Name Medications for Putnam County Schools Members

Exciting News for Covered Employees and Dependents:

**Effective November 1, 2023**, Putnam Schools has partnered with **RxProtect** to lower your pharmacy costs. This is a voluntary program; however, we strongly encourage you to enroll into the program if taking one or more of the eligible medications. **You can save money and get your prescriptions for free (no copays, deductible, or coinsurance) by using RxProtect.**

The drugs are filled in Canada and distributed by a company called McKesson (NYSE:MCK), also a distributor in the U.S. Just like the US prescription drugs come from several different drug manufactures. Prescriptions drugs members receive through RxProtect are the same drugs from a local U.S. pharmacy or a specialty mail-order pharmacy.

There are many medications under this program. Below is a list of common medications. If you do not see your medication listed, reach out to RxProtect to inquire.

AIMOVIG	HUMALOG	STEGLATRO
BASAGLAR	JANUMET	STELARA
BREO	JANUVIA	TOTALS
DOVATO	JARDIANCE	TRESIBA
ELIQUIS	LINZESS	TRULICITY
FARXIGA	OZEMPIC	XIGDUO
GILENYA	SOLIQUA	XIIDRA

**RxProtect will work with your Rx Plan with TrueScripts to confirm the medication is covered under the Plan and status of any applicable Prior Authorizations for your scripts.**

To enroll in the **RxProtect** program visit <https://www.rx-protect.com/putnamcountyschool/> to learn more or click [HERE](#).

Upon enrollment:

- Your monthly co-pays and payments toward your deductible are eliminated
- The medication will be delivered to your doorstep or shipping address of your choice
- You will have direct access to a pharmacist as needed
- You will need to have a current prescription, simply call your prescribing physician, and ask for the script to be faxed to (917) 909-5923, Attn: RxProtect, 9520 Ormsby Station Rd, Louisville Kentucky 40223
- RxProtect will work with your Rx Plan with TrueScripts to confirm the medication is covered under the Plan and status of any applicable Prior Authorizations for your scripts.

Please allow 2-3 weeks to receive the first fulfillment of your medication. Refills will be provided with no delay in shipping.

Contact RxProtect with all questions:

Email your dedicated nurse: [nola.hughes@rx-protect.com](mailto:nola.hughes@rx-protect.com)

Phone: 1-833-279-7877





December 2023 Newsletter

## Planning for Success in 2024!

*"Goals are dreams with deadlines."*

— **Diana Scharf**

When planning your new year, take a page from successful businesses. Winning organizations have a defined vision, purpose, and mission. Most also go through a disciplined year-end business wrap-up, summarizing how they did on goals, auditing inventories, analyzing budgets, and then using this information to establish goals, plans, and budgets for the coming year. Why not translate that process into the business of **YOU?**

First, when tackling a new year, it helps if you have a vision for your life plan. While it may be dynamic and change over time, having an underlying vision keeps you focused. Take the time to document your vision and create a personal mission statement. Your vision should be rooted in your interests, abilities, and values, and should point to your personal dreams and aspirations. Document it in a written statement or on a vision board.

Next, take a few minutes to conduct a brief inventory of your past year: What did you accomplish in 2023? What are you most proud of? What lessons did you learn? What do you wish you had done better?

Did you procrastinate? Did you stick to your values?

Finally, use this information to set goals for the coming year. Carry over any important goals that were incomplete in the prior year, and think about what you'd like to accomplish in various aspects of your life:

- Work goals might be earning a degree or certificate, working towards a promotion, or learning to be a better manager.
- Personal goals might be spending more time with family or friends, taking an exotic trip, or learning a new skill.
- Health goals might be to exercise more, to eat a healthier diet, or scheduling regular medical checkups.
- Financial goals might include controlling spending, reducing debt, or saving towards a big goal, such as buying a house or planning for an early retirement.

Keep your goals realistic and achievable. There's a good video lesson on goal setting in our "Trainings" below that can help. In addition to this and other training on goal setting, your EAP offers numerous personal coaching programs that can help you make progress on work/life goals for 2024.

## Warmest Holiday Wishes from Your EAP team!

All of us at ESI Employee Assistance Group extend our warmest wishes to you and your loved ones for a season filled with good health, serenity, joy, and love. Stay safe and have a very happy holiday!



**Educators'**  
**EAP**  
A division of ESI



### Don't Forget!

EAP services are available to you and your household members as well as dependent children living away from home, up to age 26.

### Don't Forget!

- Our helpline and counselors will be available throughout the season. Should you run into problems or need support, we're here for you!
- For emergencies, text or call **988 Lifeline** 24/7/365 for free, confidential emotional support for people who are in a suicidal crisis or emotional distress.

### Key December Dates

- **National Safe Toys & Gifts Month**
- **Seasonal Depression Awareness**
- **12/1 – World Aids Day**
- **12/3 – International Day of Persons with Disability**
- **12/4-12/8 – National Influenza Vaccination Week**
- **12/7-12/15 – Hanukkah**
- **12/25 – Christmas**
- **12/26-1/1 – Kwanzaa**



98% Employee Satisfaction Rate

www.EducatorsEAP.com | 800.252.4555







We've loved helping our EAP members in 2023 and look forward to being there for you and your family in 2024! Whether it's for problem solving, personal growth, or professional development, remember that our counselors, coaches, and training resources can help you on your journey.

## December's Featured Webinar

**Relaxation Rx** – Simply log in to [www.EducatorsEAP.com](http://www.EducatorsEAP.com) during December to take the webinar at your convenience and explore related resources. Check in next month for a new topic!

## December Training Picks!

Get ready for a new year by sharpening your work skills! Explore thousands of topics – below are just a few suggestions. Search for more by clicking on “**Member Login**” at [www.EducatorsEAP.com](http://www.EducatorsEAP.com). When signed in, click on the comprehensive training library in the “**Training Center**.”

- **NEW! Igniting Creativity: You Can Be Creative! | Course ID: SVL\_102471**  
This 6-minute video is the first in a series of 11 short video lessons meant to improve your mental agility and flexibility so you can succeed in today's rapidly changing business world.
- **Using Emotional Intelligence | Course ID: SVL\_102365**  
This 53-minute video covers major components of Emotional Intelligence: self-awareness, self-regulation, social awareness, and relationship management. Take all lessons at once or in segments.
- **The Science of Happiness at Work: Set Goals That Ladder Up to Your Vision Course ID: SVL\_1021704**  
This 10-minute video lesson walks you through goal setting. Learn to prioritize goals, set milestones, and create actionable to-do lists to reach your aspirations.

## Learn More!



*Scan the QR code with your device or smart phone to explore more of your employee benefits!*



### How to Scan a QR Code

1. Open the camera app.
2. Select the rear-facing camera in Photo mode.
3. Center the QR code you want to scan on the screen and hold your phone steady for a couple of seconds.
4. Tap the notification that pops up to open the link. (You will need to be connected to the internet to do this.)

## Accessing Your EAP Training Center

1. Go to [www.EducatorsEAP.com](http://www.EducatorsEAP.com) and click **Member Login**.
2. If you've already created an account, log in with your User Name/Password.
3. If it's your first time, click **REGISTER** to create your User Name and Password. **You only need to register once.**
4. Click the '**Training Center**' and then choose '**Comprehensive Training Library**'.
5. In the **Search** bar at the top of the screen, type the course code or search for a topic.
6. Click the course icon, and click the '**Play**' or '**Start**' button to begin.

**To get a certificate:** View the course and take the quiz. Not all courses require a quiz, but if so, you must score at least **80%** for a certificate. To get your certificate, click on the ribbon icon below the right corner of the video. The certificate will download to your computer.



98% Employee Satisfaction Rate

[www.EducatorsEAP.com](http://www.EducatorsEAP.com) | 800.252.4555