



The Risk Connection

VOLUME V, ISSUE II

DECEMBER 2014

Presented by Risk Management & Employee Benefits

- News You Can Use
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Protecting Yourself Against Bad Outdoor Air Quality

The recent rain in the valley along with higher temperatures created the opportunity for the formation of an inversion layer. This occurs when cooler air along the valley floor is trapped by warmer air above and thus trapping “fine” particles. This caused the Air Quality Index (AQI) to reach 157 in some instances which is in the “Unhealthy” zone on the AQI Value chart (right).

The Environmental Protection Agency (EPA) recommends that prolonged activities that may cause you to breathe harder than normal while outdoors for several hours (ex. yard work), be reduced as much as possible. Also avoid heavy exertion. If you have to absolutely go out and exercise, walk versus run. Reduce your activity level even more if you

experience unusual coughing, chest discomfort, wheezing, breathing difficulty or unusual fatigue.

Another step that you can do to reduce the pollution effects in your home is to be sure to

change your air filter periodically. Avoid leaving windows open for prolonged periods of time when the AQI is in the “Unhealthy” zone. Also, cut down on burning wood or the use of fragrances.

Air Quality Guide for Particle Pollution

Good	0-50	None
Moderate	51-100	Unusually sensitive people should consider reducing prolonged or heavy exertion
Unhealthy for Sensitive Groups	101-150	People with heart or lung disease, older adults, and children should reduce prolonged or heavy exertion.
Unhealthy	151 to 200	People with heart or lung disease, older adults, and children should avoid prolonged or heavy exertion. Everyone else should reduce prolonged or heavy exertion
Very Unhealthy Alert	201 to 300	People with heart or lung disease, older adults, and children should avoid all physical activity outdoors. Everyone else should avoid prolonged or heavy exertion.

U.S. Environmental Protection Agency

New Pharmacy Vendor for Workers Comp

Starting December 1, 2014, our Third Party Administrator, AARLA, will be contracting with MyMatrixx for its prescription drug program. AARLA administers our workers’ compensation claims and was previously under contract with Express Scripts. Employees that are obtaining prescriptions pursuant to their workers’ compensation claim were recently mailed a letter from AARLA notifying them of the change. New prescription ID cards have been

mailed indicating coverage under MyMatrixx. New prescription ID cards are honored at over 60,000 pharmacies nationwide including most of the same local pharmacies that were previously covered by Express Scripts. One new feature that will be available is a mobile tool that provides customer service, pharmacy locations and a mobile version of the ID card. Employees who file new claims as of December 1st will receive an updated

First Fill Prescription Form providing coverage under MyMatrixx. These forms are also posted on the Personnel Services/Risk Management/Workers’ Compensation website. This prescription coverage change only affects employees who are receiving benefits pursuant to a workers’ compensation claim and does not pertain to any other County health benefit.

Personnel Services Department

Risk Management

County Plaza 16th Floor

559-600-1850 Stop 188

Employee Benefits

County Plaza 14th Floor

559-600-1810 Stop 188

Safety Class Schedule

Workplace Violence

12/16/14 9:00-11:00 AM

2/5/15 9:00-11:00 AM

Back Safety

1/7/15 9:00-10:00 AM

CPR and First Aid

12/18/14 8:30 AM-4:00 PM

1/23/15 8:30 AM-4:00 PM

2/26/15 8:30 AM-4:00 PM

Office Ergonomics

12/4/14 9:00-11:00 AM

1/14/15 9:00-11:00 AM

1/28/15 9:00-11:00 AM

2/11/15 9:00-11:00 AM

Spaces for these classes may be reserved by emailing the Personnel-Training mailbox. All courses are free. See the Training Schedule on Personnel's Risk Management website for more information.

New From Employee Benefits!

With the new year around the corner, we are happy to announce several new benefit providers and enhancements!

To make health and wellness a priority the San Joaquin Insurance Authority (which the County participates in) is partnering up with Viverae, a health and wellness company. Viverae will be able to provide an integrated health, wellness, and disease management program for employees participating in County of Fresno health plans.

Viverae brings with them a system that can be easily integrated into your daily life, with online tools and resources you can access from your computer and/or your smart phone and tablet! Using Viverae's technology we will be able to bring more challenges that you can participate in, including our annual Walking Works Challenge! Participation in health and wellness activities will allow eligibility for some incentives to meet your own personal health goals.

This integrated approach should make measuring and achieving health and wellness goals even easier!

Here are some of the features that will be provided :

- Biometric Screening
- Personalized health management website
- Easy to use educational tools and resources
- Member health assessment

Beginning January 26, 2015 Nationwide Retirement Solutions will be replacing Great-West Financial in managing our deferred compensation plan. Nationwide provided the most services to participants at a lower cost. With Nationwide taking over the plan, it is important to remember that the plan itself has not changed. All plan provisions remain the same, but Nationwide is taking over the record-keeping.

As of January 1, 2015, ASI Flex will assume administration duties for the flexible spending and commuter benefit accounts. This includes the health care and dependent care flexible spending accounts as well as the parking and mass transit reimbursement accounts.

Additionally, early next year four new voluntary benefits will be offered to employees, including universal life insurance, term life insurance, short term disability insurance and critical illness plans. These policies will have an enrollment period where the policies are guaranteed and enrollers will be onsite and available by phone. Stay tuned for more information on these exciting new partnerships for County of Fresno employee benefits.



Nationwide
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