



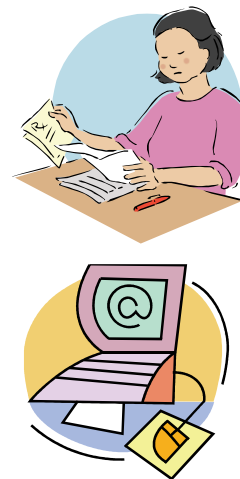
## Benefits Briefs February 12, 2009

### What You Don't Know...Could Cost You \$\$

The Benefits Office sent out many communications that changes were coming to your health insurance plans, but we still receive the occasional phone call from someone who tried to use their old plan after Sept. 1 and received a benefits denial notice or paid extra for using an out-of-network provider.

As a reminder, on 9/1/08 your dental carrier became Delta Dental and vision carrier, EyeMed. New cards were sent by both, and online access instructions have been emailed and printed for posting on newsletters throughout the system and posted on the Benefits webpage. Each benefits-eligible employee at CCPS receives an annual print notification of their benefits, upcoming changes, and open enrollment instructions each and every May delivered to their school. Look for yours this May, read it carefully, and put it in a safe place so you can know what you need to get the most from your CCPS benefits.

Also, for CareFirst BCBS subscribers, remember that you should have received new CareFirst cards to use beginning 1/1/09 with new member ID and group numbers. Be sure to register for your new online access (including the ability to view your claims) at <http://www.hcbo.com>. When registering as a new user, you will be prompted to enter your subscriber number, please enter your social security number in this field.



<http://benefits.ccps.org>

### Do You Know What to Do If You Are Hurt on the Job?

If you get hurt while at work:

- 1) **Tell** your supervisor **immediately**. Tell the next-in-line if your supervisor is out.
- 2) **Complete** an Employee Incident Report and give to your supervisor the **same day** when possible but no later than 72 hours after your injury.
- 3) **Read** the guidelines on the back; they are **important**. If you aren't given a copy of the front and back of your form when you turn it in, **ask for it-you'll need it**.
- 4) **Consider** Occupational Medicine at Union Hospital (North Bay Professional Pavilion, 360 E. Pulaski Hwy., Elkton). They can be reached at 410-620-5424 for convenient treatment of non-life threatening injuries.



**Supervisors Please Note:** Follow the guidelines on the back of your Supervisor's Report form. If your employee has not or cannot complete their report, please complete yours based on the information you have and fax it to Benefits at 410-996-1051.

### Health & Wellness Information Available 24/7 for You and Yours

The latest **Personal Best** newsletters for January and February 2009 have been posted to the Benefits website. You (and your family) can view these and the past year's issues at any time under **Wellness Newsletters (Personal Best)** at <http://benefits.ccps.org/newsletter.htm>.

The February newsletter from BHS Health Services, **The Wellness Exchange**, has also been posted and is listed on the same newsletter page at <http://benefits.ccps.org/Docs/EAP%20February%202009%20Empl%20News.pdf>. Your **EAP** is available at **1-800-765-3277** at any time day or night for free, confidential assistance.



[Click here for CCPS Benefits Newsletters online.](http://benefits.ccps.org/newsletter.htm)

### News From the Maryland State Pension & Retirement System

View the winter 2009 edition of the active members' newsletter, **The Mentor**, at [http://www.sra.state.md.us/newsletters/Mentor\\_Winter\\_09.pdf](http://www.sra.state.md.us/newsletters/Mentor_Winter_09.pdf). This newsletter contains information about:

- Planning a smooth transition into retirement;
- On-line retirement resources;
- The markets impact for investment fund; and
- Information about transferring service.

If you are considering retirement, opportunities to attend pre-retirement planning seminars are available locally and across the State. To view statewide dates/locations, access registration info at [http://www.sra.state.md.us/docs/PRP\\_Reg\\_Form-Spring\\_2009-PGU.pdf](http://www.sra.state.md.us/docs/PRP_Reg_Form-Spring_2009-PGU.pdf). CCPS will host this seminar for a limited number of participants during two evenings in March. Only employees who will be eligible to retire within 5 years and have not attended in the past 2 years will receive an invitation to register.



<http://www.sra.state.md.us/>