Cayuga-Onondaga Area School Employees’

HEALTHCARE PLAN

**1879 West Genesee Street Road**

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In an effort to promote the well-being of all Members and Staff, the COASEHP is distributing Wellness Reminders and Tips from Excellus BCBS and ENV Insurance Agency.

We hope you find the information useful.

**The Importance of Self-Care**

While the holiday season can be a time of joy, it may bring added stress, anxiety, and depression for some people. Many things contribute to the “holiday blues”: fatigue, money problems, over-commitment, and missing family or friends. That’s why, during the holiday season, it is so important to practice self-care. Self-care is any activity that is done deliberately to take care of one’s mental, emotional, or physical health. It can help people adapt to changes, build strong relationships, and recover from setbacks. In a national [survey](https://protect-us.mimecast.com/s/3m7zCJ693JIA1AlSVl0F7?domain=news.vagaro.com), Americans cited benefits of self-care as: enhanced self-confidence (64%), increased productivity (67%), happiness (71%). From a physical health perspective, self-care also reduces the risk of heart disease, stroke, and cancer. During the month of December, you should strive to take care of yourself.

**Here are some additional resources:**

* Mental Health First Aid, [article: How and why to practice self-care](https://protect-us.mimecast.com/s/wfYXCKrV30uMBMPfvCcLW?domain=mentalhealthfirstaid.org/)
* Centers for Disease Control and Prevention, [Care for Yourself](https://protect-us.mimecast.com/s/0stwCM8V3MskRkDiW8_bb?domain=cdc.gov)

**Take the following Self-Care Quiz:**

|  |  |
| --- | --- |
| My energy levels are good? | I eat well most of the time? |
| I am up to date with annual wellness and/or dental visits? | My stress levels are low? |
| I feel supported by the people around me? | I have time to relax or be alone? |
| I get a good night sleep most nights? |  |

If you answered “no” to one or more of the above questions, you probably need some self-care.

**Five Self-Care Ideas (that are totally free):**

1. Take A Walk – Lace up your sneakers and get outside! Drive to a local park and hit the trails with a friend or enjoy time alone.
2. Do What You Enjoy – Read a book, paint, do a puzzle, or sit down and watch your favorite show.
3. Meditate – Close your eyes, try to free your mind from any thoughts, and do some deep breathing.
4. Create A Home Spa – Take a warm bath while listening to soothing music.
5. Take A Nap – A quick 30-minute snooze is often enough to recharge your batteries!

**Remember, self-care isn’t selfish – Try to take time for yourself at least 2-3 time a week**

*[Excellus BCBS December 2022 Wellness]*

[Continued on the reverse side]

**Important COASEHP Reminders**

**Did you know:** You can log onto the Cayuga-Onondaga BOCES website and find health insurance forms and information? Go to [www.cayboces.org](http://www.cayboces.org), click *“Staff”* at the top, then *“Health & Benefits”* on the left, then *“Medical & Prescriptions”* on the left, then *“Excellus Blue Cross Blue Shield”*, *“Express Scripts”*, “*First Stop Health Telemedicine”*, or any other link of interest to you.

**First Stop Health Telemedicine Benefit:**

***First Stop Health*** is the provider for the Telemedicine benefit that is free for COASEHP Members and covered dependents. You can download the ***First Stop Health*** App from the App Store or Google Play.

Want to stay up-to-date with the best ways to use your ***First Stop Health*** benefit and get health tips from ***FSH*** doctors? Update your ***FSH*** account with your email address: Log into your account on the app or at fshealth.com; Select “*Profile*”; Under “*Contact Details*”, click the edit icon to update or add an email. You can add a phone number also! Haven’t logged in yet? Select *“Find My Account”* and claim yours using your **Excellus ID Number** *(found on your COASEHP Excellus BCBS ID Card).*

**Excellus BCBS Mobile App and Excellus BCBS Wellframe App:**

[Both “Apps” can be downloaded from Google Play or the App Store]

The ***Excellus BCBS App*** lets you take your Healthcare Plan with you 24/7! You can view your benefits, find a doctor or urgent care, access your ID Card, and view claims and track spending! In addition, the ***Excellus BCBS Wellframe App*** gives you instant access to a dedicated care manager, dieticians, nurses and other health care professionals to help you meet your health and wellness goals.

Visit the ***Excellus BCBS*** website for a wide range of Health and Wellness information.

**COASEHP Member Personal Changes:**

It’s important to keep your COASEHP coverage up-to-date! Life-changing events may directly affect your health insurance (and other benefits)! Have you moved, gotten married/divorced, added a dependent, death of a dependent, or are you or a dependent approaching Age 65? Contact your District Healthcare Clerk for information and required paperwork.

**Immunization Reminder:**

The COASEHP does not have immunization coverage and doesn’t reimburse for out-of-pocket costs for immunizations. Therefore, we encourage you to research costs for recommended immunizations!

~ Your District Healthcare Clerk has the **OptumRx Pharmacy Discount Cards**, and even quicker, visit their website at **perks.optum.com** to download a Card and/or obtain discount coupons for use at participating pharmacies!

~ The **GoodRx** website is another place to look for discount coupons for use at their participating pharmacies.

~ Talk directly with your pharmacist about not having immunization coverage under your COASEHP healthcare plan, and ask if they participate with **GoodRx** or the **OptumRx Pharmacy Discount Card**, since not all stores participate (ie. Not all Walmart Stores participate in these savings programs).

**Serving the School Districts of Cato-Meridian, Jordan-Elbridge, Moravia, Port Byron, Skaneateles, Southern Cayuga,**

**Union Springs, Weedsport, and the Board of Cooperative Educational Services.**