

January 2024

# Benefits Bulletin

## WALK, RUN and Have Fun with the OCPS FITNESS Challenge

The OCPS Employee Wellness Program and Cigna invite you to walk, bike or bench press your way to the top of the Orange County Public Schools Fitness Challenge leaderboard. Keep motivated by competing individually or joining a team.



**Registration:** JANUARY 16 – FEBRUARY 5

**Challenge:** JANUARY 30 – MARCH 12

### Here's how it works:

- Join as part of a team or participate on your own.
- Log your activity minutes\* on the fitness challenge website or app, or sync your fitness app to track your minutes automatically.
- Track your progress against others on our leaderboards.
- Chat with and cheer on your teammates on the interactive message board.
- Earn badges to mark your achievements and help your team succeed.
- Remember, every little bit counts.

Employees who register by Monday, January 29 will be entered to win one of 10 Employee Wellness Program 40 oz. stainless steel mugs.



Register starting January 16\*\*, by visiting:

<https://globalwellnesschallenge.com/auth/register?rc=ocps>

\* Activity minutes are minutes of physical activity outside of your normal work/life activities. For example, your daily walk to the mailbox is a standard activity, but doing lunges to the mailbox can be recorded as activity minutes.

\*\*You cannot register prior to January 16.

**January is**

# Cervical Cancer Awareness Month

*Information provided by the National Cancer Institute and the CDC*

More than 14,000 people in the United States are diagnosed with invasive cervical cancer each year, but the disease is preventable with vaccination and appropriate screening. Today, screening and prevention have greatly reduced the impact of this form of cancer.

## **What is cervical cancer?**

Cervical cancer is cancer that starts in the cells of the cervix and usually develops slowly over time. Before cancer appears in the cervix, the cells of the cervix go through changes in which abnormal cells begin to appear in the cervical tissue. Over time, if not removed, the abnormal cells may become cancer cells and start to grow and spread more deeply into the cervix and to surrounding areas.

## **What causes cervical cancer?**

Long-lasting infection with high-risk types of human papillomavirus (HPV) causes virtually all cervical cancers. Most HPV infections go away on their own within a year or two as the immune system controls the infection. These short-term infections do not cause cancer. When a high-risk HPV infection lasts for years, it can lead to changes in the cervical cells, resulting in a precancerous lesion. If the precancerous lesion is not found and removed, it may eventually develop into cervical cancer.

## **Is cervical cancer preventable?**

Yes, nearly all cervical cancers can be prevented by HPV vaccination, routine cervical cancer screening and appropriate follow-up treatment when needed.

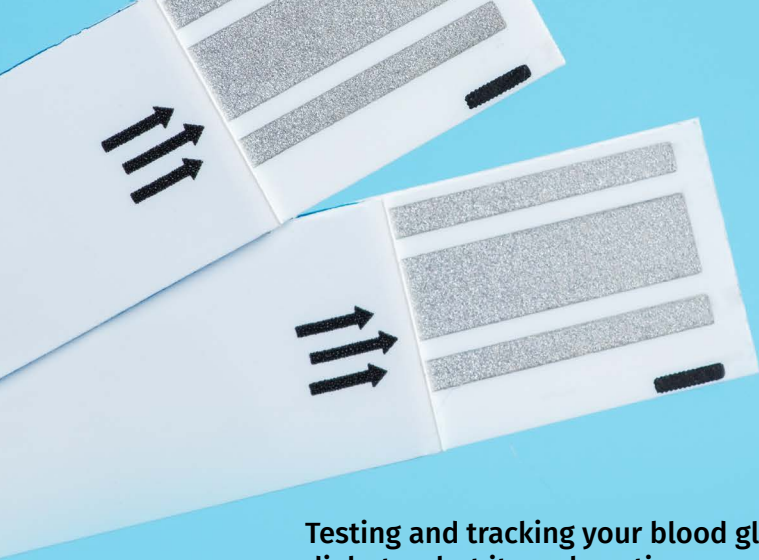
HPV vaccination is a safe and effective way to help prevent cervical cancer and is FDA-approved for females and males aged 9 to 45 in the United States.

Because HPV vaccination doesn't protect against all HPV types that can cause cervical cancer, getting screened at regular intervals is still important. Two widely used screening tests are HPV tests and cytology tests (also known as Pap test or Pap smear). These tests can find high-risk HPV infections, abnormal cell changes and precancers that can be treated before they turn into cancer. So, it is important for people with a cervix to have regular screening tests starting in their 20s. Ask your healthcare provider for more information about screening with the HPV test and Pap test.

## **Where to get screened.**

Doctors' offices, clinics and community health centers offer HPV and Pap tests. Many people receive these tests from their ob/gyn (obstetrics/gynecology) or primary care provider.

OCPS Cigna members – If you don't have a primary care provider or doctor you see regularly, you can log on to [www.myCigna.com](http://www.myCigna.com) and search for a provider in your area. First time users must register.



# Do You Know How to Get Unlimited Glucose Test Strips?

Testing and tracking your blood glucose levels is critical to successfully manage diabetes, but it can be a time-consuming and costly process. OCPS is excited to bring you Livongo by Teledoc Health. A program to help eligible OCPS Cigna members manage diabetes.

OCPS Cigna members who have a diagnosis of Type 1 or Type 2 diabetes are eligible to enroll at no cost.

Here's what you get with the Livongo program:

- Unlimited test strips delivered to you at no cost.
- A connected meter for better diabetes monitoring and access to upload your readings to a private Livongo account.
- Expert Livongo coaches available to offer support 24/7.

To sign up or learn more about this program, visit [Join.Livongo.com/OCPS/register](https://join.livongo.com/OCPS/register) or call 1.800.945.4355 and use registration code OCPS.

**New  
Benefit  
COMING  
SOON**

We are thrilled to introduce a new health benefit offered together with your Cigna plan. Planned for the summer of 2024, OCPS Cigna members will have access to patient-first concierge care. Get ready to experience the benefits of PeopleOne Health, high-quality and affordable concierge healthcare services fully sponsored by OCPS. Say goodbye to rushed doctor's appointments, difficulty scheduling same or next-day visits and struggling to find referrals. With PeopleOne Health, better care is just a step away. Look for additional information in upcoming editions of the **Benefits Bulletin** and an email in the coming months to learn more and enroll!



# Surgery Plus

## Need to have a Surgery? You Could Save with SurgeryPlus!

If you need surgery, it's natural to have some concerns. Don't forget about SurgeryPlus, a supplemental benefit for non-emergency surgeries available to all OCPS Cigna members at no additional cost.

SurgeryPlus is here to make your health care journey simple and ensure you have access to the best quality of care. You'll have access to surgeons who meet rigorous quality standards and a health care concierge dedicated to support you along the way.

This program provides savings to the OCPS medical plan that are passed on to you. The plan is able to reduce your financial burden by waiving your deductible and coinsurance, on covered procedures, when using the SurgeryPlus benefit.

It's 100% voluntary. Members have the option to have surgery wherever they choose according to regular plan benefits, but the cost will be higher. In order to have your deductible and coinsurance waived, you must contact and be accepted as a participant in the SurgeryPlus program prior to receiving covered services. Charges incurred prior to utilizing SurgeryPlus will be filed under your Cigna medical plan, subject to deductible and copayment/coinsurance.

### Eligible procedures\*:

- Joint Replacement
- Orthopedics
- Gallbladder
- Ear, Nose & Throat
- Spine
- Cardiac
- Pain Management
- Gynecology
- Thyroid
- Hernia Repair
- Gastroenterology, including diagnostic colonoscopy

Contact SurgeryPlus at 833.552.1699 or via email at [OCPS@SurgeryPlus.com](mailto:OCPS@SurgeryPlus.com) to verify eligibility. Visit <https://OCPS.SurgeryPlus.com> (access code: surgeryplus) to register.

*\*This list is not all inclusive. If your procedure is not listed, call SurgeryPlus to check eligibility.*



# January **Healthy Hero**

*“A healthy attitude is contagious but don’t wait to catch it from others. Be a carrier.”*

*– Tom Stoppard*

**E**leven years ago, Cindy Hudson, Student Enrollment Specialist, began her journey because she, “felt horrible all the time.” That was enough for her to do something about it! Hudson developed a love for exercise and began sharing her passion with her coworkers. She formed a walking group more than six years ago and three years ago she became the wellness representative for Student Enrollment.

Nominated by her colleague, Brent Downs, Senior Administrator GIS, noted that Hudson, “has been a consistent source of health inspiration. She forwards all health initiatives from the OCPS Employee Wellness Program and has set up regular health coach visits to our location with whom everyone in our office has participated.”

Maintaining motivation can be a challenge but Hudson said, “My grand chickadees are my greatest inspiration. I Love spending time and doing fun activities with them. The healthier I am the more I enjoy them and all the fun things I get to do with them!”

When asked what advice she could share with others she stated, “A little every day! It will make you feel so much better. Life is a journey. I want to enjoy it as much as possible. The healthier I am, the more I can enjoy!”

We honor Cindy Hudson as January’s Healthy Hero. Her dedication to a healthy lifestyle is inspiring to her colleagues at Student Enrollment and throughout OCPS.

If you would like to nominate a co-worker as a Healthy Hero, please email [wellness@ocps.net](mailto:wellness@ocps.net) with the candidate’s name, work location and why they deserve the title.



# Good Morning 2024

Nothing feels quite as refreshing as the start of the new year! It's our opportunity to carry on our successes from the past year and even start new habits and achieve our goals. While New Year's may be the most common time to celebrate getting to start fresh, it isn't our only chance. Every morning is an opportunity to set yourself up for success.

Many of us wake up each day to the ringing of an alarm and are immediately thrown into a barrage of responsibilities. Morning routines can be helpful to reduce stress by decreasing the amount of decisions you have to make early in the day. Think of the ease of already having your outfit selected and pressed or everything you need to take with you already packed and waiting by the door. But morning routines aren't just about reducing stress, they can help to invigorate your day by intentionally including actions that help you feel energized.

Here are a few actions you can add to your mornings to reduce stress, increase happiness and more:

- Open the windows as soon as you wake to let in the natural light (a known energy enhancer)
- Drink water first
- Create a daily priority list
- Pack pre-prepared meals and snacks for the day
- Squeeze in 10 or more minutes of physical activity
- Have a moment of mindfulness while the coffee brews, try deep breathing or a daily gratitude
- Listen to your favorite upbeat music

## How will you make the most of your mornings in 2024?

Reach out to Health Coach Danielle for more ideas or to share the routines you will follow this new year. You can reach out by email at [EmployeeHealthCoach@ocps.net](mailto:EmployeeHealthCoach@ocps.net) or call/text at 407.304.8042.

*Benefits Bulletin* is designed to keep OCPS employees and their families informed about available benefit programs. This information is not intended to replace professional health care. See your health care professional for information relevant to your medical history.

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