



APRIL 2009

**BENEFITS  
EDITION**

A Publication of  
Staff Resources, Inc.

**INSIDE** *resources*



## Contest Time

JUST LIKE LAST YEAR...YOU HAVE AN OPPORTUNITY TO WIN A \$100 GIFT CERTIFICATE! For those employees who respond to the open enrollment materials either via electronic enrollment or by returning your completed forms to your human resources representative in time, your name will go into a drawing to receive a \$100 gift certificate! GOOD LUCK!

## Anthem Blue Cross - MyHealth Advantage



EFFECTIVE MARCH 1, 2009, ANTHEM'S 360° HEALTH® PROGRAM has been enhanced to improve member health and lower health care costs. Anthem has created a very sophisticated system that will analyze member health data, such as medical and pharmacy claims. When a health improvement is identified, a confidential, personalized message called MyHealth Note will be sent via mail to your home. You may have already received this information in the mail. This will inform you if you are overdue for an annual exam as well as tell you if the prescription you are taking is now available in generic form. For more information, go to: [www.anthem.com](http://www.anthem.com).



## American Recovery and Reinvestment Act of 2009

ON FEBRUARY 17, 2009, PRESIDENT OBAMA SIGNED THE AMERICAN RECOVERY AND REINVESTMENT ACT OF 2009.

### COBRA (CONSOLIDATED OMNIBUS BUDGET RECONCILIATION ACT)

This act provides a premium subsidy for benefits to workers who involuntarily lost their employment between September 1, 2008 and December 31, 2009. This subsidy states that the employer will pay 65% of the premium and the qualified beneficiary will pay the remaining 35% for up to nine months. As the co-employer of your staff, Staff Resources, Inc. will provide the 65% advance payment, and there will be no financial obligation to your company. If you have questions regarding the COBRA subsidy, please do not hesitate to contact Ann Soinila, Benefit Manager at our Chico office at 530-345-2486.

### TIP (TRANSPORTATION INCENTIVE PROGRAM)

Also included in this act, the Transit Passes and Commuter Highway Vehicle reimbursement maximums have increased to \$230 a month. This increase in benefit was effective March 1, 2009. If you wish to enroll or increase your current election, please logon to our website at [www.staffresources.com](http://www.staffresources.com) and click on the On-line Enrollment link. If you have any questions please call your human resources representative.

## 4 Great Rules of Life

### FROM HOPE HEALTH LETTER VOL. 29 NO. 2

1. **Show up.** Be in the room when decisions are made. Be home when your child or spouse needs you. Face your responsibilities. Say "I'd like to be involved in that" or "How can I help?"
2. **Pay attention.** Listen. Look for different perspectives. Stay hungry for understanding and new information.
3. **Speak the truth.** Say what is true from where you sit.
4. **Let go. Let it happen.** Know what is in your control and what is not. Shrug off the result, looking only for what you can learn.



Source: Joe Flower Website at [www.well.com/~bbear/change16.html](http://www.well.com/~bbear/change16.html)

# How to Strike a Work-Life Balance

FROM HOPE HEALTH LETTER  
VOL. 29 NO. 2

- **Spend some time thinking about what's really important to you**, not what you think should be important. Make a list of the top five things. (Family, career, health, sports, community service, spirituality, hobbies, travel, etc.)
- **Learn how to manage your time.** It's quicker to answer e-mails at a set time instead of responding to them when they arrive. Do laundry a couple of nights a week instead of saving it all for one day. Run several errands at one time.
- **Turn off your Blackberry or cell phone when you get home** or at least establish certain times when you return calls, and make others aware of this time boundary.
- **Put important meetings and dates on a single calendar** and keep a "to do" list so you don't have to worry about things you might forget.
- **Find out whether or not your employer offers flex time** or the opportunity to work from home.
- **Ask for help when you need it**, whether it's getting your kids to help with chores or seeking counseling from a professional.
- **Plan time for fun and relaxation.** Block out a little private time each day. Set aside one night a week for recreation. Plan vacations in advance.

Sources: American Psychological Association; Now What? 90 Days to a New Life Direction, by Laura Berman Fortgang, Personal Coach



# Mail Order for Prescriptions

FOR THOSE SUBSCRIBERS TAKING MAINTENANCE PRESCRIPTIONS, we have our mail order service through Kaiser and Anthem Blue Cross. You will receive one month free when you buy two months! In other words, you will receive three months of your prescription, but pay for only two months. Please contact your human resources representative for an order form, or visit the carrier's website in which you are enrolled.



# Anthem Blue Cross - NurseLine 24 hours 7 days a week

HEALTH CONCERNS DO NOT FOLLOW A 9 TO 5 WEEKDAY SCHEDULE. Sometimes you need answers to your health questions right away, and that can be in the middle of the night or while you are away on vacation. When you call, you will speak with a registered nurse who is trained to help you make more informed decisions about your health situation. The number is (800) 700-9186 and is also conveniently located on the back of your insurance card for future reference.

# Kaiser Permanente

YOU CAN ACCESS YOUR HEALTH PLAN INFORMATION IN ONE SAFE, CONVENIENT ON-LINE LOCATION. You can e-mail your doctor, view test results, refill prescriptions for you or a family member and read many more helpful health information features. Simply logon to [www.kaiserpermanente.org](http://www.kaiserpermanente.org) and go to My Health Manager.

# Provider Service Numbers for Staff Resources, Inc.

PROVIDER	GROUP #	CUSTOMER SERVICE
Anthem Blue Cross PPO .....	1247YA-YQ .....	800-888-8288
Anthem Blue Cross HMO .....	57L93A-F .....	800-227-3560
Anthem Blue Cross HSA .....	1827AA-AJ .....	888-224-4911
Kaiser .....	18071-0000 .....	800-464-4000
Guardian Dental .....	328252 .....	800-541-7846
Medical Eye Services .....	233019 .....	800-877-6372
Standard Life/ADD .....	642717 .....	800-628-8600
First Mercantile Trust.....	AJ9 .....	800-754-9080
American Fidelity.....	MCP #35245 .....	800-267-2322
AFA Preventive Claims .....	Fax claims to: .....	800-818-3453
Employee Assist. Program .....	Chico.....	800-207-7233
Employee Assist. Program .....	Sac/Santa Rosa/Burlingame .....	800-303-3244
Wells Fargo Insurance Services (FSA)....	Fax claims to: .....	800-231-3213