



CMCSS Newsletter

September 6, 2016

In This Newsletter

Employee Wellness Program

Fall Kickball Classic

Onsite

Annual Employee Campaign

Open Enrollment

Benefits Fair

Community

Gateway Chamber Season
Titans Appreciate CMCSS



Alive & Well Employee Wellness Program

Enrollment has begun for the new wellness incentive program, ***Be Alive Points Program***. Those employees enrolled in the BCBS Select Medical Benefits Program can begin earning points **Sept. 12**. Points are collected throughout the school year, and those who reach the goal of 150 points will receive an *Alive & Well* t-shirt. Participants earning points above and beyond the 150 points goal can win even greater prizes as shown below. Prizes are sponsored by Blue Cross Blue Shield of Tennessee.

Story continued on next page.

Story from previous page.



The **top five prizes winners** will receive a “Time Out for Two” spa package at Eden Day Spa & Salon, an UP2 Jawbone Activity Tracker, \$100 to Blue Way Adventure (kayaking), and a \$50 gift card to Dick’s Sporting Goods.

The **next five prizes winners** (6-10) will receive a Garmin GPS Smart Watch, 2 tickets to Fontanel Zipline Adventure, a \$100 gift card to Blue Way Adventure, and a \$50 gift card to Runner’s Hub.

Next 11-25: Two \$100 gift cards (pick 2)

Next 26-50: One \$100 gift card (pick 1)

Next 51-100: One \$50 gift card (pick 1)

Gift Card Options: Blue Way Adventure Kayaking, Runners Hub, Riverside Bikeshop, Bink’s Outfitters, Dick’s Sporting Goods, Eden Day Spa & Salon
(Notice: Due to IRS Regulations- all gift card/ certificates will be taxable income)

Plus, participants also earn points for their school! The **top four schools and top county department** with the most points will win \$250.

The school and county department with the highest number of *Be Alive* registered participants by Oct. 7 will also receive \$250.

For more information on the Be Alive Points Program, please visit
<http://www.cmcss.net/onsitemedical/wellness.aspx>.

Reminder: Kickball Classic Enrollment Forms Due

The Inaugural Fall Kickball Classic will be held Sept. 24 at Heritage Park. All enrollment and liability forms are due Sept. 12.

For more information please visit
<http://www.cmcss.net/onsitemedical/events.aspx>
or contact, Katie Massman, katie.massman@cmcss.net.



New Onsite Clinic Manager



Vanessa Lynch provides support as the new Onsite Clinic Manager. Vanessa is from Hopkinsville and has worked in clinical management in the Clarksville area. She received a BA in Business Management from Eastern Kentucky University and a MBA in International Business Management from Strayer University. Vanessa has always had a strong passion to help others while leading in the healthcare industry.



Onsite Clinic Changes

The Onsite Clinic has five satellite locations that are open in addition to the main clinic location, Mondays through Fridays. Below is the schedule of the usual medical providers at the office (of course this may vary according to staff availability). This schedule will begin after Labor Day, beginning Tuesday, Sept. 6.

- Mondays- (Operations complex) FNP Ashley Hunt and nurse
- Tuesdays- (Kenwood clinic) FNP Danna Svanberg and nurse
- Wednesdays- (Northwest clinic)- PA Kelly Foley and nurse
- Thursdays- (Montgomery Central clinic)- PA Kelly Foley and nurse
- Fridays- (Northeast clinic)- PA Kelly Foley and nurse

Below are a few reminders about policies of the Onsite Clinic:

- It is important for all patients to arrive at least 10 minutes prior to their scheduled appointment. By arriving early, patients may complete any necessary paperwork. Thanks to all for your cooperation. If for some reason you cannot arrive early, please bear in mind that there may be cancellation fees and the no show policy may apply.
- The No Show Fee is \$20. To avoid this charge, contact the clinic at least two hours prior to the appointment by calling (931) 906-2001.
- If you are running late, please be aware patients who arrive 10 minutes past their scheduled appointment time (5 minutes for urgent visits and lab nurse visits) will have to reschedule and a \$20 late fee will be charged. We will do our best to reschedule as soon as possible, but please be aware of the fact that it may not be same day. You can always call the Main Clinic at 906-2001 and notify them of your situation. We may be able to reschedule you before you arrive at the clinic.
- The Clinic makes every effort to answer phone calls and address each patient's needs as quickly as possible and in the order that which the call was received. The phone recording has a number for each selection that must be utilized to reach "a live person." The Clinic understands that your time is valuable and they greatly appreciate your patience during your wait. It is important to note that if you disconnect the call and call back, you will lose your place in line and may increase your wait time.
- Call back policy- Once a message has been sent to the provider, the patient should receive a call back from the nurse or provider within 24-48 hours. The Clinic strives to call back as soon as possible. Please allow 7-10 days to be called back with lab results and/or referral information.

Dedicated to the Difference



Education Foundation
Clarksville–Montgomery County

COUNT ME IN
Annual Employee
Campaign
September 12-30

Benefits Update

Open Enrollment



Open Enrollment began Aug. 1 for the medical, dental and vision plans. The last day to enroll or make changes to coverage is Oct. 1. If adding a spouse to any of your plans you will need to provide a copy of your marriage certificate.

Sick Leave Bank enrollment also began Aug. 1. The last day to enroll is Oct. 31.

Open enrollment for Colonial Supplemental Insurance and the Medical Flexible Spending/Dependent Care plan will be in November. Specific dates will be set later.

BlueCross BlueShield offers Identity Protection Services

BlueCross has partnered with Experian to provide identity protection services as part of our medical plan at no additional cost to you. The services include credit monitoring, fraud protection and fraud resolution support to adults with eligible BlueCross medical coverage. CMCSS employees enrolled in the medical plan should receive a communication from BlueCross with more details and instructions for enrolling in the service.

You may visit bcbst.com/ProtectMyID for additional details.

The 12th Annual Benefits Fair

Come Discover Our Carousel of Benefits!



SEPTEMBER
27TH

SHOWTIME 3 TO 6 PM
AT CENTRAL SERVICES GRACEY



- Blue Cross Blue Shield • Vision Service Plan • MetLife Resources 403(b)
- TCRS • Hartford LTD • Colonial Insurance • Lincoln Life Insurance
- Benefits Connection MedFSA & DCAP • YMCA • LegalShield
- Tennova Healthcare • Reliance Standard • Education Foundation
- Traveler's • True Life Care •

• Onsite Health Care: Offering blood sugar tests and flu shots! •

MEDICARE 101 PRESENTATION

Are you planning for retirement and want to know more about Medicare? Do you think you might work past age 65 but are not sure how to handle Medicare enrollment? Do you help your parents with their Medicare choices and wish you understood more? A Medicare Advocate from BlueCross BlueShield of Tennessee will present **Medicare 101: The A, B, C and D's of Medicare**. The presentation will prepare you with the facts so that you can make a decision that's best for you.

This will be held at 4:30 pm in the Lecture Hall and will last approximately 1 hour.

Updating Personal Info

- If you're moving, changing your name, or making any changes that affect your personal information, be sure to let Human Resources know as soon as possible.
- If you're adding a spouse or new baby, or making any changes in your insurance, contact the Benefits Office. Remember that changes to your insurance coverage due to a status change must be made within 30 days of the event.
- If you need to update your beneficiary forms, please contact the Benefits Office.

Benefits Office is open Monday through Friday 7:30 a.m. to 4:30 p.m.

Donna McIntosh – donna.mcintosh@cmcoss.net

Amy Wigington – amy.wigington@cmcoss.net

Community



The Gateway Chamber Orchestra kicks off a new season. Click here to learn more:

<http://www.gatewaychamberorchestra.com/events.php>.

The Tennessee Titans would like to recognize and thank local educators. Click here to get information:

<https://newsletters.cmcoss.net/Documents/59>.



Partners in Education Appreciation Breakfast



The 2016 annual Partners in Education appreciation breakfast, held last Thursday, is an opportunity to recognize and thank our partners for their commitment to public education. CMCSS has more than 160 partners. This year's breakfast allowed the system to present the following awards: two Rising Star Award recipients: Texas Roadhouse – East Montgomery; and Chick-fil-A, Madison Street Location – Sango. Two Boots on the Ground Award recipients: 101st STB Troop – Northeast Elementary (pictured above left) and Delta Co. 2-44th Air Defense Artillery – Woodlawn Elementary. The Innovative Partner Award went to Clarksville Fencing (Lori Smith) – Moore Magnet. The Corporate Partner Award went to Grace Church of the Nazarene – Northeast High. The Community Commitment Award went to Kroger (Grace Kuzma) – Norman Smith. STEM Partner of the Year went to CDE Lightband (pictured at center) – Kenwood High. And, the Sarah Ditmore Cooper Outstanding Partner Award went to Domino's Pizza (Antonio Murgas) – District, NEES, Byrns Darden, Glenellen.