



# November 2017

## Employee Newsletter

### Birthday Wishes

11/05	Colby Halley	Road & Bridge
11/06	Pam Ashford	Assessor's Office
11/09	Roddy Bane	Road & Bridge
11/09	Jared Clay	Sheriff's Office
11/10	Ronald Collinge	Sheriff's Office
11/12	Shelly Story	Public Admin
11/13	Sara Alverson	Sheriff's Office
11/15	Stephen Lowrey	Sheriff's Office
11/20	Stan Pickens	Commissioner

### Services Anniversaries

11/28	Joe Nicol	Building/Maintenance
11/29	Jordin Luthenaurer	Juvenile Office

### New Employees

Jerad Clay-Sheriff's Office

### Important 2017 Dates

Group Benefit Services (GBS) Open Enrollment	Nov 6-Nov 27
AFLAC Open Enrollment	Dec 1-Dec 31
Courthouse Closed for Veteran's Day	Friday November 10, 2017
Courthouse Closed for Thanksgiving Holiday	Thursday November 23, 2017 & Friday November 24, 2017
GBS Open Enrollment Forms Due	Monday November 27, 2017
Courthouse Closed for Christmas Day	Monday December 25, 2017

### Important 2017 Events

Group Benefit Services (GBS) Informational Meeting	Wednesday November 15, 2017 1:00pm-2:00pm County Annex Building-300 N. Franklin
AFLAC Representative	Thursday December 7, 2017 10:00am-12:00pm Commissioner's Office-2 <sup>nd</sup> Floor Courthouse

### County Events

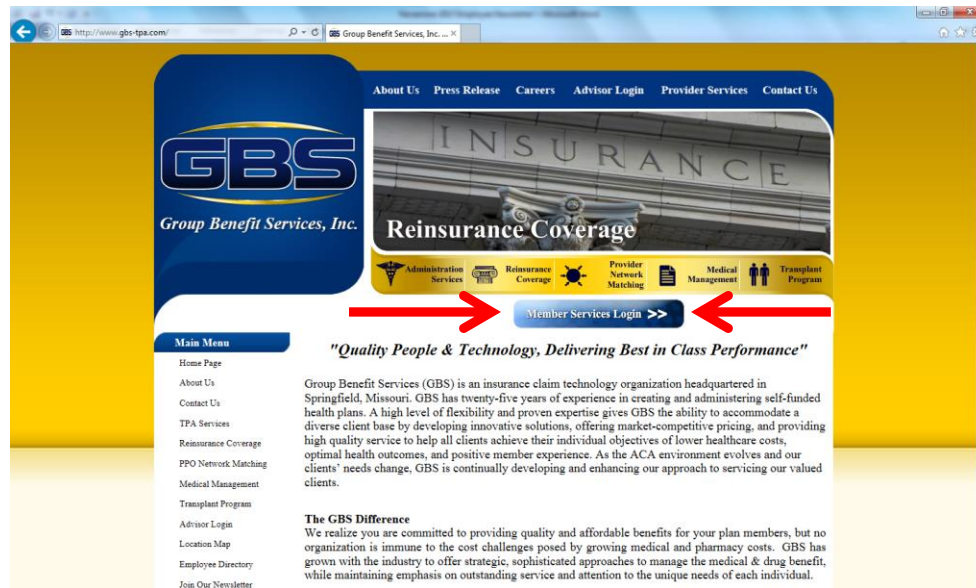
Please see the "events calendar" link on the website

## **Group Benefit Services (GBS) Online Member Services**

If you have not done so already, please sign up for a GBS online Member Services account. Just go to the GBS website at <http://www.gbs-tpa.com/> and click on “Member Services Login”. You will only need to enter in your social security number, last name, and date of birth to register for a new account.

It is quick and easy and once you have a Member Services account you can:

- View your health plan benefits and summaries
- View your healthcare claims and deductible/out of pocket balances
- Access a variety of health and wellness resources
- Contact customer service online

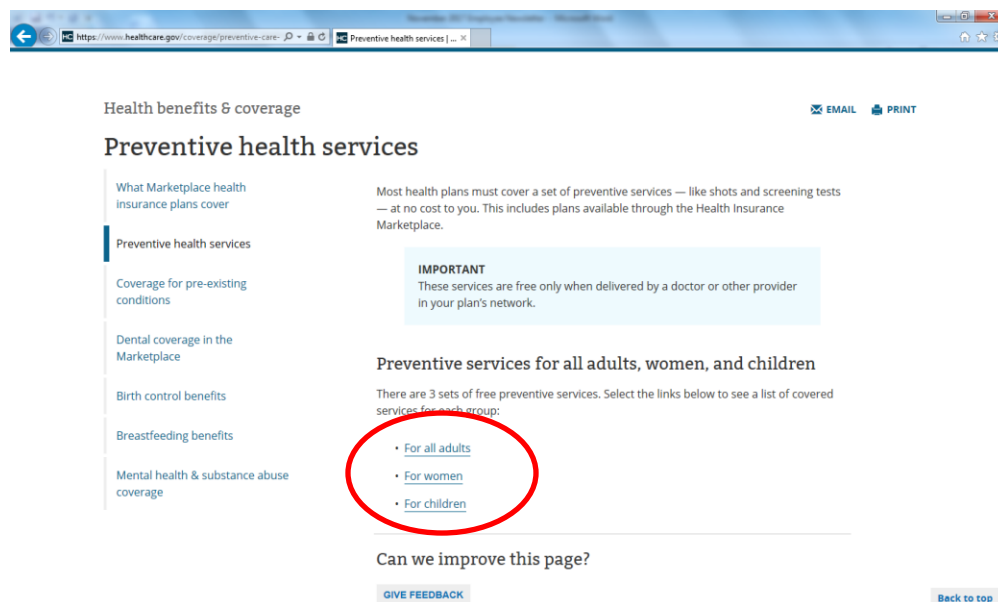


## **GBS Preventative Care Benefit**

Plan members receive 100% coverage for Preventative Care-Wellness programs.

A list of covered health services for adults, women, and children can be found at:

<https://www.healthcare.gov/coverage/preventive-care-benefits/>



## Opioid Prescription Changes



# Opioid Utilization Management Strategy



## What's Happening

Opioid prescription fraud, waste, and abuse is a national problem that occurs on various levels, including with members, prescribers, and pharmacies. CVS is implementing a new Opioid Utilization Management Strategy ("Strategy") which uses label-based criteria to help ensure they follow dosing recommendations consistent with U.S. Food and Drug Administration labeling.

## What You Need to Know

### Quantity Limits

There **may be quantity limits** applied to certain medications. Quantity limits are based on **FDA-approved product labeling** and are designed to aid in appropriate clinical management of opioid medications.



### Implementation Date

The Utilization Management criteria will be implemented for GBS and their downstream employer clients/plan sponsors on **February 1, 2018**.

### Communication to Members

For members that may be affected by these changes, a specific communication will be sent **approximately 30 days before the change takes effect**.\*



## Questions?

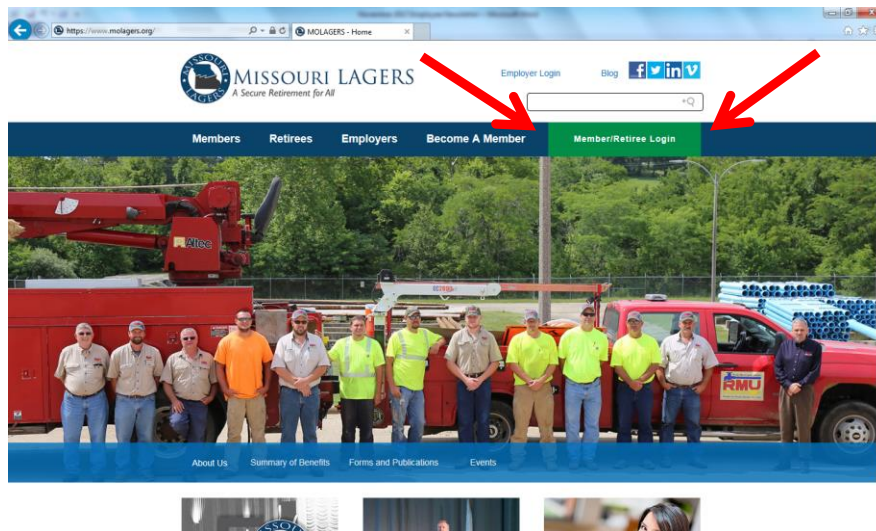
If you have any questions or concerns about the new Strategy, contact GBS at (800) 995-3569.

## **LAGERS Retirement Online Member Web Portal (MyLAGERS)**

If you set up a MyLAGERS online account you can instantly:

- Change your mailing address.
- Update your current beneficiary(s) information
- Download a copy of your 1099-R
- Receive income verification for bank loans
- Changing retirement tax withholdings
- Sign-up to receive newsletters electronically

Just go to the Missouri LAGERS website at <https://www.molagers.org/> and click on “Member/Retiree Login”. You will need to enter in your last name, first name, last 4 digits of your SS number, and your date of birth to get started.



## **UTTERLY DEADLY SOUTHERN PECAN PIE**

### **INGREDIENTS**

- 1 cup **sugar**
- 1 ½ cups **corn syrup** (I use 1/2 dark and 1/2 light)
- 4 **eggs**
- ¼ cup **butter**
- 1 ½ teaspoons **vanilla**
- 1 ½ cups **pecans**, coarsely broken
- 1 unbaked deep dish pie shell



### **DIRECTIONS**

1. In saucepan boil sugar and corn syrup together for 2 to 3 minutes; set aside to cool slightly.
2. In large bowl beat eggs lightly and very slowly pour the syrup mixture into the eggs, stirring constantly.
3. At this point I like to strain the mixture to make sure it's smooth and lump free.
4. Stir in butter, vanilla, and pecans and pour into crust.
5. Bake in a 350°F oven for about 45 to 60 minutes or until set.