

HRS NEWSLETTER
May 2022



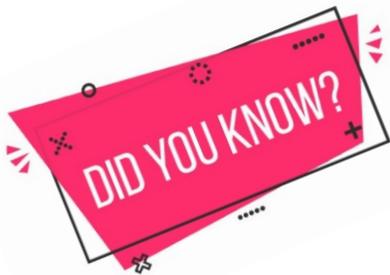
Upcoming Holidays:

Memorial Day	May 30, 2022
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Please contact Jane in Payroll at x2204 for I-Time Coding Information.



Summer Vacation is coming! Please be sure to terminate all student employees, even if they are returning for the fall semester, unless they are working over the summer months.



Open Enrollment is happening until May 13th! Want a quick overview of all your employee benefits, and open enrollment? Check out these videos on the Office of Group Insurance Website:
www.ogi.gov

To make changes to your medical/dental enrollment, or to enroll in the Flexible Spending Account for FY23, please login to your [SCO login](#) and choose "Self-Service"





Department of Administration

Office of Group Insurance

FY2023 Plan Information Highlights

For plan year July 1, 2022 - June 30, 2023

For the coming plan year, the State's health plan will continue to offer employees choice in the plan design that best meets their needs while enhancing the covered services and plan structures. Summaries of Benefits and Coverage (SBCs) and medical and dental premium rates are posted on the OGI website, <https://ogi.idaho.gov>. Full plan contracts will be posted to the website as soon as possible.

FOR ALL ACTIVE MEDICAL PLANS:

- **Coverage for FDA Approved Weight Loss Medications**
- **Smart Shopper Incentive Program**
Promotes informed consumer decisions by financially incentivizing members to shop for and use lower cost providers and centers of care such as imaging, elective surgeries, etc.
- **Pilot Project with Albertsons & Safeway Pharmacies for Office Visits at \$0 copay** (PPO & Trad)
See a participating pharmacy for diagnosis and treatment of certain conditions at no cost to participants.
- **Air Ambulance Services**
Air Ambulance Services are covered at the In-Network benefit level and Air Ambulance Services accumulate toward the In-Network Out-of-Pocket Limit.

DENTAL BENEFIT CHANGES

- **Removal of the Waiting Period for Major Dental Services.**
Deferring dental services can result in issues that can become more severe because they were not treated early on. One-year waiting period for orthodontia remains.
- **PPO-Only Network for Dental Providers.** Traditional network providers will not be covered.
PPO networks have better provider rates and lower member copays which ultimately saves employees money and provides a more robust benefit.

FLEXIBLE SPENDING ACCOUNTS (FSA)

- **Day Care FSA** limits have returned to a maximum contribution of \$5,000 per household.
- **Medical FSA** maximum contribution limit increased to \$2,850.
- **Medical FSA** carryover increased to \$570.
- Remember, if you leave employment, you can also COBRA your FSA; otherwise, your FSA dollars can only be used for expenses incurred prior to your final date of employment.

Setting up your telehealth benefit is now as easy as sending a text message!



Sophie Says

Text 'bcidaho' to MDLIVE (635483)

Meet Sophie, your MDLIVE personal assistant. Sophie makes creating an MDLIVE account quick and easy using your smartphone, anytime, anywhere. Text 'bcidaho' to MDLIVE (635483) to get started. Have your member ID number handy as well.

How it works

1. Activate your account
2. Choose a doctor
3. Resolve your issue



WARRIOR ZONE

Conference Championship

May 9 | 1pm / 4pm

May 10 | 11am / 2pm / 5pm

May 11 | 1pm - Championship

Students and faculty
get in free with
Warrior One Card!



WARRIOR FIT

STAFF SUMMER EXERCISE PROGRAM

JUNE 7TH - AUGUST 18TH

TUESDAY - YOGA WITH MICHELLE ROBY

THURSDAY - BODY SCULPTING WITH NORMA GILLISPIE

\$40 TOTAL REGISTRATION FEE



EMAIL AMANDA GRECO TO REGISTER!

Gratitude and Health

Improves

- Sleep
- Tendency to exercise
- Cardiovascular health
- Adherence to medication
- Mood, optimism, hope



Reduces

- Substance abuse
- Fat intake
- Cortisol
- Blood pressure
- Suicidal thoughts
- Inflammation
- Perceived stress and depression in health care providers

Research has shown that gratitude can improve general well-being, increase resilience, strengthen social relationships, and reduce stress and depression. The more grateful people are, the greater their overall well-being and life satisfaction. Here in the HR Office, we have gratitude prompts that we complete share with each other before we leave at the end of every day! Give it a shot and encourage your team to fill out one of these prompts each day!

Gratitude Prompts

- Something in nature that you are thankful for?
- Something you take for granted.
- Something that makes you SMILE!
- Something that made you happy today.
- Something I am thankful for that doesn't cost money.
- Something that I think is beautiful.
- Someone I am thankful for.
- One little blessing did you receive today.
- Something that makes you laugh.
- A quality you are thankful that you have.
- Name a place you love being.
- A food that you could eat every day.
- "I'm glad I live in a world with _____"
- A person you are glad you have in your life.
- Something that you enjoy doing.
- Your favorite music/song.
- A challenge you have overcome.

HR PROCESS REMINDER!

Tuition Discount



LC State Policy 3.130 allows access to a tuition discount for employees, spouses, dependents, and retirees.

The forms can be found here:

[Employee, Spouse, or Retirees](#)

[Dependents](#)



Things to keep in mind:

- The deadline for these forms is the Friday prior to the semester starting;
 - Please route these forms electronically;
- You can receive the dependent discount for up to two dependents in a semester;
- The discount is available for employees and spouses at UI, BSU, and ISU (some restrictions apply).





LC State New Employees – April 2022

Tyson Nelsen	Custodian	Physical Plant
Chantelle Boyd	Program Assistant	SUB



April 2022

W.O.W Award Winner:

Emily Johansen



Emily has been working SO HARD to coordinate Art Under the Elms for all of us to enjoy. This event has been coordinated by several staff and volunteers in the past. This year, Emily is a one-woman-show and is doing a fantastic job. Her work is much appreciated!

Thanks, Emily!



Day	Name
1	Julie Scoles
1	Michael Collins
1	Polly Knutson
2	Kacey Diemert
5	Charmain Steiger
6	Kristy Gonder
7	Jenna Chambers
7	Philip Liggins
8	Andrea Baldus
8	Seth Bradshaw
9	Mandy Damman
10	Courtney Toth
13	Randy Puckett
13	Sundie Dalton
15	Michelle McClure
16	Brianna Brown
17	Gabriel Lybrand
17	Gary Reed
17	Noreen Johnson
18	Samantha Coulter
21	Jennifer Anderson
21	Kimberly Tolson
21	Renee Harris
22	Beth Colgan
23	Nancy Johnston
24	Summer Kibbe
25	Debra Paxton-Flynn
28	Kathy Moscrip