



Spring 2020

## Keeping it Together

Have you ever reacted emotionally in a heated moment and then regretted your response later? Our brains are programmed for survival and a real or imagined threat can obstruct your usual behavior and cause you to overact.

If your stomach is churning, your muscles are tense or your fists are clenched, it may be time to take a 10-minute break. Walking away from an upsetting situation or talking to a trusted family member, friend or peer is a great alternative to an immediate and emotional response.



Here are some other tips for putting your logical mind back in control:

1. Be aware of your feelings and **identify triggers** that cause you problems with impulse control.
2. Take a **step back** from a challenging situation to observe it with a clear mind.
3. Apply effective stress management techniques. **Take a walk** outside, do a brief session of mindfulness meditation or deep breathing or engage in a vigorous physical workout later.

For confidential, no-cost help for you and your household members, call the Employee Assistance Program at 1-800-327-5048 or visit [www.MagellanAscend.com](http://www.MagellanAscend.com). Services are completely available 24/7/365.

# Health Fairs May 2020 – Jumpstart Your Health

Educational events and activities focused on five elements of well-being



TUESDAY	WEDNESDAY	THURSDAY
<p><b>MAY 12</b>  <b>10:00 am – 3:00 pm</b>                      Rolling Meadows Courthouse                      2121 Euclid Avenue                      Room 030                      Rolling Meadows, IL 60008</p>	<p><b>MAY 13</b>  <b>10:00 am – 3:00 pm</b>                      Criminal Courts Building                      2650 S California Avenue                      1<sup>st</sup> Floor Lobby                      Chicago, IL 60608</p>	<p><b>MAY 14</b>  <b>10:00 am – 3:00 pm</b>                      Juvenile Detention Center                      1100 S. Hamilton Avenue                      Auditorium                      Chicago, IL 60612</p>
	<p><b>MAY 20</b>  <b>10:00 am – 3:00 pm</b>                      Provident Hospital                      500 E. 51<sup>st</sup> Street                      Cafeteria                      Chicago, IL 60615</p>	<p><b>MAY 21</b>  <b>10:00 am – 3:00 pm</b>                      County Building                      118 N. Clark Street                      10<sup>th</sup> Floor                      Chicago, IL 60602</p>
<p><b>MAY 26</b>  <b>10:00 am – 3:00 pm</b>                      Bridgeview Courthouse                      10220 S. 76<sup>th</sup> Avenue                      1<sup>st</sup> Floor Lobby                      Bridgeview, IL 60455</p>	<p><b>MAY 27</b>  <b>10:00 am – 3:00 pm</b>                      Stroger Hospital                      1969 W. Ogden Avenue                      Lower Level Cafeteria                      Chicago, IL 60612</p>	



## Spending Your FSA Balance by March 15

You made a smart move in 2019 by putting money in your **Flexible Spending Account** for your healthcare needs. Don't forget **March 15 is the deadline** to spend your FSA balance or it's gone forever.

Go to [fsastore.com](http://fsastore.com) and select from more than 4,000 FSA eligible products and services to get the most out of every dollar in your account. Prepare for summer with the Travel Essentials bundle, including sunscreen, a first-aid kit and more. Or take care of everyday aches and pains with orthotics or an electromagnetic massage unit. And, of course, you can stock up on a wide selection of over-the-counter medicines and pharmacy items. (Some may require a prescription from your doctor.) Every item is FSA-approved, and you receive free shipping with purchases of \$50 or more.

You must file claims for your 2019 Healthcare FSA and Dependent Care FSA expenses by **March 31, 2020**. It's easy to submit claims via [connectyourcare.com](http://connectyourcare.com), or by downloading the myCYC mobile app for iOS and Android devices. In addition to submitting claims, you can view FAQs and eligible expenses. For additional assistance, connect to the myCYC live expert care team at [connectyourcare.com](http://connectyourcare.com).

## Increase in Deferred Compensation Contribution Limits

The IRS increased the retirement plan deferral limit from \$19,000 to \$19,500 in 2020. Additionally, Employees 50 years and over have the option of deferring an additional \$6,500 through the catch-up deferral provision. This means you may be able to save more money for your retirement! Even if you can't contribute the maximum amount, if you bump up contributions, even just a little bit each year, the outcome over the long term could be significantly better. You can login to your account online at [www.cookcountydcc.com](http://www.cookcountydcc.com) to make deferral changes or enroll in the plan now.

For any questions in regarding the 457 Deferred Compensation Plan, please contact Nationwide Customer Service at 877-677-3678 or visit [www.cookcountydcc.com](http://www.cookcountydcc.com) for more information.



Sharing stories of success inspires others and can have a long lasting impact on our community.

If you have a health and wellness story to tell, please contact us at [risk.mgmt@cookcountyiil.gov](mailto:risk.mgmt@cookcountyiil.gov) and share.

## Preventing Illness

The single best way to prevent illness like the seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent illnesses. Learn about steps you can take to protect yourself and others from the spread of germs.

### **Get Vaccinated.**

The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season.

### **Avoid close contact.**

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

### **Stay home when you are sick.**

If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

### **Cover your mouth and nose.**

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu and other serious respiratory illnesses, like respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS), are spread by cough, sneezing, or unclean hands.

### **Clean your hands.**

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.



## Voluntary Benefits

In 2019, Cook County expanded their suite of voluntary benefits. If you have a qualifying life event such as marriage or a new child, you may enroll outside of the Open Enrollment period in October.

The following products are currently offered to employees:

- **Group Accident Insurance** – Pays cash to you when you have a covered accident
- **Group Critical Illness Insurance** – Pays cash to you when you have a covered critical illness
- **Group Hospital Indemnity Insurance** – Pays cash to you when you are hospitalized for a covered accident or sickness
- **Identity Theft Protection** – Proactive monitoring and remediation
- **Legal Service Plan** – Receive legal advice through a dedicated law firm
- **Short Term Disability Insurance** – Provides a monthly benefit if you are disabled from an off-the-job injury and cannot work
- **Universal Life Insurance** – Provides your beneficiary a lump-sum cash benefit when you die. Dependent Coverage is also available.

For more information about voluntary benefits, visit [CookCountyVoluntaryBenefits.com](http://CookCountyVoluntaryBenefits.com) or call 1-800-698-2849.



## Have questions?

Visit [cookcountyrisk.com](http://cookcountyrisk.com) or contact Employee Benefits:

Email: [risk.mgmt@cookcountyil.gov](mailto:risk.mgmt@cookcountyil.gov)

Blue Cross Blue Shield Hotline Numbers:

For HMO plan: 1 (800) 892-2803

For PPO plan: 1 (800) 960-8809



**COOK  
COUNTY**  
BENEFITS CONNECT

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