



COOK
COUNTY
BENEFITS CONNECT

EMPLOYEE BENEFITS QUARTERLY

Summer 2020

How to Protect Yourself and Others from Illness



Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.



Avoid close contact with people who are sick, even inside your home. If possible, maintain 6 feet between the person who is sick and other household members.



Cover your mouth and nose with a cloth face cover when around others.



Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. If surfaces are dirty, clean them using detergent or soap and water. Then, use a household disinfectant.



Monitor Your Health. Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19. Take your temperature if symptoms develop. Follow [CDC guidance](#) if symptoms develop.



Safeguard Your Mental Health While Quarantined

The fear, stress and stigma associated with being quarantined can be damaging to one's mental health.

- **Seek trusted information sources.** COVID-19 information and news is everywhere, and it's hard to know what's true. Follow news from the World Health Organization, the CDC and your state health department. Stay away from suspect information that well-intentioned people may share on social media. If you have specific questions about your situation, call your doctor.
- **Make sure you have adequate supplies.** Make your experience as tolerable as possible. Make sure you have basic supplies such as food, water and medicine for the duration of the quarantine period. Many communities have stores or services that will deliver essential items to your door, so keep a list in case you need anything.
- **Make the most of your downtime.** As noted above, isolation, boredom and stigma negatively impact mental health. Call old friends you haven't talked to. Catch up on your reading, do crossword puzzles or play electronic games. Listen to music. Organize those piles of paper you haven't gotten to. If you can, work remotely.
- **Keep a journal, blog or vlog about your experience.** Writing down your feelings and experiences, or talking about them, can be cathartic for some people. And if you are comfortable sharing it, your journal can be helpful for other people in the same situation.
- **Don't be afraid to reach out.** Talk to a neighbor or two and let them know of your situation so they can help.
- **Find others who are going through the same thing or have been in your shoes before.** Talking to someone who knows what you're going through can help you feel less alone.
- **Focus on how you are helping.** Remind yourself that your isolation, while difficult to bear, is truly helping contain the spread of disease and potentially saving lives.

If you find yourself feeling overly sad, angry or anxious, contact your program for helpful resources.

Your program is completely confidential and here to help you and your household members 24/7/365. No situation is too big or too small. Give us a call or visit your program website to get started.



Magellan Healthcare COVID-19 Response
Call 1-800-327-7451 (TTY 711) if you need to talk.
<https://www.magellanhealthcare.com/covid-19/>



Stay the Course

With the market changing by thousands of points in a single day, it can be easy to get caught up in the moment, which can lead to decisions that may not be prudent.

A key point to remember:

No matter how much your account value drops in the short term, it's not an actual loss unless you sell.

History shows that investment markets have grown over time despite short-term losses and volatility. In fact, these fluctuations tend to create opportunities that may lead to greater earnings over time. For most employees like you, investing for retirement is a long-term proposition. Short-term market changes are less important if the fundamentals of a long-term strategy are sound. Consider these principles to help you avoid emotional investing, which often leads to losses or missed opportunities.

Have a plan.

Use [My Interactive Retirement Planner](#) to set personal goals and decide how to reach them.

Know your style.

Use [My Investment Planner](#) to understand your investment style and choose the asset allocation model that is right for you.

Stay cool.

Keep contributing to your retirement regularly from your paycheck, so you never miss out on market opportunities. You're using dollar cost averaging to help reduce the effects of market volatility over time.

We can help you stay focused on your plan. Contact Nationwide Deferred Compensation office today at (855) 457-2665 or your licensed Retirement Specialist and [schedule](#) a virtual account review.

This material is not a recommendation to buy, sell, hold or roll over any asset, adopt an investment strategy, retain a specific investment manager or use a particular account type. It does not take into account the specific investment objectives, tax and financial condition or particular needs of any specific person. Investors should discuss their specific situation with their financial professional. Investing involves market risk, including possible loss of principal. No investment strategy or program can guarantee to make a profit or avoid loss. Actual results will vary depending on your investment choices and market experience. Nationwide and plan representatives cannot offer investment, tax or legal advice. You should consult your own counsel before making retirement plan decisions. Nationwide Investment Services Corporation (NISC), member FINRA, Columbus, Ohio. The Nationwide Retirement Institute is a division of NISC. Nationwide, the Nationwide N and Eagle, Nationwide is on your side, My Investment Planner and Retirement Resource Group are service marks of Nationwide Mutual Insurance Company. My Interactive Retirement Planner is a service mark of Nationwide Life Insurance Company. Third-party marks that appear in this message are the property of their respective owners. © 2020 Nationwide

There's an app for that!



The **Blue Cross and Blue Shield of Illinois (BCBSIL)** app provides access to member resources. You can login, register, change your password, access coverage, review claims, and many more helpful features.



Find a Dental or Vision Provider in the Guardian's network and access your ID card with the **GUARDIAN Providers & ID Card** app. Using a provider in the Guardian network saves on dental or vision care.



The **CVS pharmacy** app helps you get your prescriptions easier, receive discounts, review drug interactions and more.



Find in-network eye care professionals nearby, then get directions, or call to schedule an appointment using the **Davis Vision member** app. You can access your ID card, track your glasses at the lab and even submit an out-of-network claim. You can also enjoy the frame try-on-tool and member blog.



ConnectYourCare's app, **myCYC**, makes it simple for members to quickly access account information.

Health Screening Benefit

We are all feeling the impact of the coronavirus pandemic on our daily lives. Throughout these uncertain times, your health remains our number one priority.

If you are currently a member of the Group Critical Illness Plan through Aflac, your membership includes a health screening.

This benefit pays \$50 once per calendar year for health screening tests performed while an insured's coverage is in force. This benefit is payable for the covered employee and spouse.

If you don't have this benefit, you can enroll in the Group Critical Illness Plan when you have a qualifying life event such as marriage or during Open Enrollment in October.

For more information about the Group Critical Illness Insurance plan or other voluntary benefits available to you, call 1-800-698-2849 or visit CookCountyVoluntaryBenefits.com.



Your health and safety is our top priority. Please stay tuned for more information on Health Fairs and other ways to jumpstart your health.



PURPOSE



FINANCIAL



PHYSICAL



COMMUNITY



SOCIAL

Tips for a Comfortable and Productive Day

Whether you are working in the office or at home, poor ergonomics can make or break your experience. Follow these guidelines for best results.

Sit correctly

Keep upper back straight with shoulders relaxed at sides.

The backrest of the chair should support the curve in the lower back.

Keep hips as far back on the chair as possible.

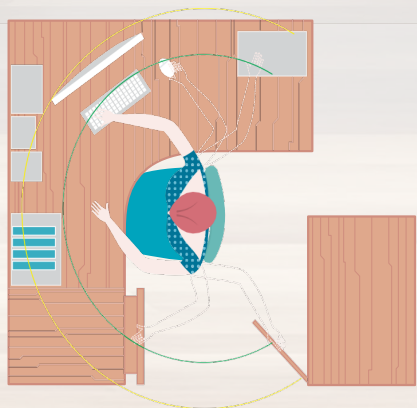


The top of monitor should be at eye level or slightly below.

Keep arms relaxed at sides with upper arm and lower arm forming a 90 ° angle. Wrists straight with fingers relaxed.

Using a chair with adjustable lower legs at a 90° > 110° angle to thighs with adequate legroom above.

Feet resting on the ground or resting on a footrest.



Arrange your workstation into zones

Primary Zone:

Items that are frequently used, requiring little to no reach.

Secondary Zone:

Items that are occasionally used, requiring a slight reach with small extension of the shoulders and arms.

Have questions?

Visit cookcountyrisk.com or contact Employee Benefits:

Email: 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 Department of Risk Management
Employee Benefits Division



COOK COUNTY
BENEFITS CONNECT

118 N. Clark Street, Suite 1072, Chicago, IL 60602
Phone: (312) 603-6385 Fax: (866) 729-3040