

March 2018



## Georgetown County Government Employee Newsletter

### *Protecting yourself from the 'silent killer'*

With no obvious symptoms to alert sufferers, high blood pressure is known by doctors around the globe as a silent killer. If left untreated, it can cause serious damage to the circulatory system, leading to heart attack and stroke (the 1st and 3rd leading causes of death in the U.S.), sometimes before a person even knows they have high blood pressure.

It is estimated that 1 in every 3 American adults has high blood pressure — about 75 million people. And the disease can affect anyone, including children.

The good news is that, while there is no cure, high blood pressure is easy to diagnose and manage. With proper treatment, including medication, people diagnosed with high blood pressure can live a long and healthy life.

The best way to know if your blood pressure is in the normal range, is to get it checked. This can be done at any doctors office, most pharmacies, and when you sign up to donate blood at a blood drive, like the one the county is hosting next month (details on page 2).

Even, if you have never had high blood pressure before, it's important to have your blood pressure checked regularly. It's also always a good idea to understand what factors could make you more likely to develop high blood pressure.

For more information, consult with your doctor.

## Getting to know your new health plan benefits

The new benefits year is well under way, and with the flu and so many other bugs going around this season, chances are you've already tried out some of the new health benefits being offered.

As you know, Georgetown County left the State Health Plan last year to try something new, which we hope will benefit both the county and its employees. In mid-January, our new CareHere health center opened on Fraser Street and started seeing patients. Hopefully, all employees whose coverage includes this benefit have already been in to meet the staff, have blood work done and get a physical. If you haven't done this yet, scheduling an appointment is easy with the CareHere mobile phone app. As a reminder, there is no cost or co-pay to visit our CareHere facility for covered employees and family members.

You can find more information about booking your first appointment, CareHere clinic hours and more on the Intranet, or call the Human Resources Department at ext. 3074. We know the new center has been busy these first couple of months with staff trying to schedule their introductory appointments, which take twice as long as regular appointments, and the influx of patients due to flu season. **The county is in the process of adding hours and staff at the center.** Look for more details on that later this month.

In the mean time, please remember that if you have difficulty booking an appointment immediately, our new Teledoc service is a good alternative. You can talk to a doctor via phone or video chat from the comfort of home and have a prescription called in to your local pharmacy. Teledoc is also a free service for employees insured by the county.

As a reminder, here is some basic information about these and other new benefits being provided to employees, their spouses, children and retirees under 65 who are covered under our group medical plan.

### CareHere On-site Medical Center

If you have elected the Standard Medical plan, there is no cost for **any service provided** in our new CareHere medical center — no co-pay, no deductible, no co-insurance. Available services include office visits for: illness, accidents, preventative treatment, wellness exams, chronic care and prescription medications.

For an appointment, call **(877) 423-1330** or register on-line at: **www.CareHere.com**

*(note: if you have elected the Savings Medical Option, you will incur a cost for each visit to the CareHere center. This cost will be limited to \$56 per visit.)*

### Teledoc

Sickness can strike at any time, day or night. With our new Tele-Doc program, you can now speak directly to a physician 24 hours a day, seven days a week, without ever leaving the comfort of your home or office. This is a perfect solution for quick diagnosis and treatment for common illnesses such as sinus infections, sore throat, ear aches, respiratory infections, nausea, pink eye, bronchitis, allergies and many others.

If you have one of these conditions that can be diagnosed over the phone, in most cases, the physician will be able to write a prescription and have it sent to your normal local pharmacy. There is **NO** cost to you for the physician consultation (no co-pay, no-co-insurance, no deductible). To pick up your prescriptions, simply go to your pharmacy and present your SavRx prescription card and pay your normal Rx co-pay.

To access your Tele-Doc physician, call **800-TELADOC (800-835-2362)**. *(note: this benefit is **NOT** available for individuals electing the Savings Plan Option)*

### Ambulatory Surgical & Imaging Benefit

Also new this year, surgical and imaging procedures will be available at 100 percent funding after a \$50 co-pay if the procedure is performed in an Ambulatory Surgical Center or a Freestanding Imaging Center. These procedures include: total knee or hip replacement, rotator cuff surgery, spinal fusion, hernia surgery, MRIs and CT scans.

If you are considering one of these procedures, contact the PAI customer service department at 1-800-768-4375.

Please see the below list of local ambulatory surgical facilities and freestanding imaging centers near you.

Qualifying centers include Carolina Coast Surgery Center of Murrells Inlet, Carolina Bone and Joint of Myrtle Beach, Charleston Surgery Center, Trident Ambulatory Surgical Center of Charleston, McLeod Ambulatory Surgical Center of Florence, Grand Dunes Surgery Center of Myrtle Beach, Georgetown Radiology, Tideland Imaging Center of Murrells Inlet, Long Bay Diagnostic Imaging of Myrtle Beach, Tricom Diagnostic Imaging of Charleston and Inmed Diagnostic Services of Florence.

## Seasonal Spirit



It doesn't have to be Spirit Day for the Probate Court staff to show off their spirit. The group celebrated Valentine's Day with festive attire last month, and don't they look great?!

## County to host active shooter training

Georgetown County will host an Active Shooter training event next month to help make sure employees know what to do in the event of an active shooter situation. This training will be mandatory for employees who work in an office environment. For departments that cannot send all employees to participate, a representative will need to attend to take the information back and share it with their co-workers.

Training is set for April 16 from 2-3:30 p.m. in Council Chambers. The session will be led by Sgt. Gary Todd of the Sheriff's Office and will cover civilian response to active shooter events.

For those who cannot attend on April 16, an additional session will be hosted at the Judicial Center on May 9 at 10 a.m.

Please RSVP to Holley Causey, [hcausey@gtcounty.org](mailto:hcausey@gtcounty.org). For more information, please call ext. 3097.

## Safety Challenge Winner



Jennifer Rader of the Register of Deeds Office was the county's February Risk Management Safety Challenge Winner, receiving a Walmart gift card. The winner for January was Steele Bremner of the Waccamaw Library. The March Safety Challenge is centered on preparedness for an active shooter situation. To win, employees

should complete this month's crossword puzzle and submit it to Holley Causey by 3 p.m. March 22. All county employees are eligible. For more information, call ext. 3097.

## County recognizes employee anniversaries



Georgetown County recognized employees celebrating 5, 10, 15, 20, 25 and 30 years of employment at a luncheon on Valentine's Day. A total of 84 employees were recognized. Photos from the event are posted and available for free download on the Intranet. The annual luncheon is organized and hosted by the County's Morale Committee. Congratulations to all employees who were recognized!

## March Spirit Day moved to 3/23

Due to an oversight, our March Spirit Day was originally advertised as being March 30. As that date is a county holiday, it has been moved to March 23. This month's theme is Decades Day, and we look forward to seeing all your photos. Find the January Spirit Day Slideshow link on the Intranet (February slideshow coming soon!), or on the GTC Morale Committee Youtube page.



**Be a hero.  
Save a life.**



## County-Sponsored Blood Drive

Wednesday, April 4, from 8 a.m. to 4 p.m.

at the Beck Recreation Center,  
2030 Church St., Georgetown

**Georgetown County employees who make a first-time blood donation will be credited with four hours paid time off. Repeat donors will be credited with one hour.**

*Donors are encouraged to schedule an appointment online at [redcrossblood.org](http://redcrossblood.org). Use the sponsor lookup code **GeoCounty**.*