



# YOU AND YOUR BENEFITS

## RETIREE EDITION

A Publication of the SCPS Financial Services Department

Spring 2022

### **No Changes to Anthem Health or Dental Plans for the 22/23 Plan Year**

As a part of Stafford County Public Schools (SCPS) Fiscal Year 2023 School Board approved budget, Anthem health and dental plans and premiums were approved for an effective date of July 1, 2022. There are no changes to the plan design, benefits, or rates. Co-payments and deductibles will remain the same for the 2022/2023 plan year. **Monthly premiums for all plans will remain the same as the FY 2022 rates.**

### **Open Enrollment for FY 23 Coming in July** **Open Enrollment for Retirees will run from** **July 1, 2022 — July 22, 2022.**

During Open Enrollment, retirees with Anthem Health and/or Dental plans may make eligible changes to their benefits.

**SCPS offers two health and two dental options to retirees:**

- **Health:** Anthem Core PPO or Anthem Premium PPO. Changes in plan selection are allowed as well as discontinuing coverage for retirees or covered dependents. Retirees who did not elect coverage upon retirement are not eligible to add coverage and no new dependents may be added to existing plans.
- **Dental:** Anthem Core Dental (no orthodontics) and Premium Dental (includes orthodontics). All retirees may add, discontinue or change their coverage including the option to add or remove dependents.

Health and Dental Plan details and options may be viewed on the [Retiree Services](#) page of the SCPS web site.

For more information about your Open Enrollment options or to make changes contact Cindy Knutson at 540-658-6598.

**\*Open enrollment for the United HealthCare Medicare Senior Supplement with Rx plan will be in November 2022.\***

## **Contact Us**

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**July 1 — July 22**

**For Retirees**



## Anthem EAP, Sydney Health and LiveHealth Online



The Anthem EAP is a no-cost, user-friendly, and confidential resource that helps you manage life concerns such as: child and dependent care needs, legal and financial concerns, emotional and mental health well-being, maintaining a healthy lifestyle, alcohol and drug abuse, and relationship issues.

For more information visit their website or contact them directly:  
800-346-5484 [anthemeap.com](http://anthemeap.com)



Now you can see a therapist or psychologist from home, usually in four days or less. Use our free app or sign up at: [livehealthonline.com](http://livehealthonline.com)

Select LiveHealth Online Services – Psychology/Psychiatry and choose a therapist. Visit [Anthem.com](http://Anthem.com) or call 1-888-548-3432 for more information.



Anthem’s [Sydney Health](#) is here for you right on your cell phone.

Download the Sydney Health app today in the Google Play or Apple App Store!

The Sydney Health app gives you 24/7 access to your benefits and claims information, ID cards, Virtual Doctor visits and more.



### Did You Know?

VRS has many resources for you to include:

- Cost of Living Adjustment Schedule (COLA)
- Direct Deposit Schedule
- Insurance in Retirement
- Receiving Your Benefit
- Bi-annual Retiree e-Newsletters

You can make changes in your MyVRS account:

- Update your mailing address
- Update your Direct Deposit
- Change your tax withholdings
- Update your beneficiary(ies)

### 8 Behaviors that can benefit the brain

1. Stay socially engaged
2. Quit smoking
3. Find ways to stimulate your brain
4. Manage stress
5. Stay physically active
6. Get enough sleep (aim for at least 7 hours)
7. Eat a healthy diet
8. Control blood pressure and blood sugar levels

Source: Global Council on Brain Health/CDC