



NEED A VACATION?

It's time to start planning family trips and fun in the sun! Have you recently gone to the [DHRM Employee Discount](#) website to see the State Employee Discounts?

You will find employee discounts on:

- * Colonial Williamsburg
- * Jamestown
- * Amusement Parks
- * The Flying Squirrels
- * Richmond International Raceway
- * And more...
- * Enterprise Car Rental
- * Hotels



Virginia Department of Health
Peninsula Health District
Presents:

Eat Smart, Live Strong

DSU Harrison Room
12:00pm to 1:00pm
April 17 April 24
May 1 May 8

Come join us for this informative and enlightening series to learn more about diabetes risks, symptoms, treatment and management. For more information, contact the office of Human Resources at 757-594-7145



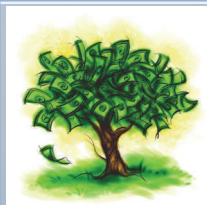
Did You Know?

Diabetes often goes undiagnosed because many of its symptoms seem so harmless.

According to the American Diabetes Association, recent studies indicate that the early detection of diabetes symptoms and treatment can decrease the chance of developing the complications of diabetes. For more information visit the American Diabetes Association [website](#)

The Early Warning Signs include:

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Frequent infections
- Blurred vision
- Cuts/bruises that are slow to heal
- Tingling/numbness in the hands/feet
- Recurring skin, gum, or bladder infections
- Extreme fatigue & Irritability



PERSONAL FINANCIAL PLANNING APPOINTMENTS

Campus Visits for the Month of April



VALIC: Tuesday, April 16, 9:00am - 1:00pm

Contact Information: Representative, Cheri Coleman

To schedule an appointment, call at (757) 646-2314 or email cheri.coleman@valic.com

Fidelity: Friday, April 26, 8:30am - 4:00pm

Contact Information: Representative, Boyce Brice

To schedule an appointment, call (800) 642-7131 or register online at getguidance.fidelity.com



2013 HEALTH & FLEXIBLE BENEFITS OPEN ENROLLMENT

Open Enrollment for the Health Benefits and Flexible Spending Accounts begins on May 1, 2013 and ends on May 24, 2013.

Very Important News: The Department of Human Resource Management (DHRM) will mail The Spotlight on Your Benefits to your home approximately mid-April which contains detailed information on the Open Enrollment and the changes to the health plan and Flexible Reimbursement Accounts.

DHRM scheduled employee meetings throughout the Commonwealth one of which is to be held at CNU in the David Student Ballroom on May 1, 2013, at 10 am. There are many changes to health care, so it is important that you attend one of the [employee meetings](#) (vendors from the insurance companies will be in attendance) or one of the meetings Human Resources is scheduling. We'll let you know those dates as soon as we have the plan materials to share.

Here is what we know at this time:

- COVA Care, COVA HDHP and the Tricare Supplement remains as options for employees in our area.
 - COVA Care and the COVA HDHP will continue to be administered by Anthem Blue Cross Blue Shield
 - COVA Connect that was administered by Optima will no longer be offered. Employees in the COVA Connect will be able to make an open enrollment election into another plan or will default into the comparable COVA Care plan.
- There will be a new Consumer Driven Health plan – COVA HealthAware, administered by Aetna which will include a Health Reimbursement Arrangement.
- The Flexible Reimbursement Accounts will be administered by Anthem.
 - The Medical Reimbursement Account maximum will be \$2500.00.
 - The Dependent Care Account remains at a maximum of \$5,000.

At this time, we do not have any rate information or further details to share regarding these plans. We promise we will update you as soon as we receive any information regarding changes.