



BENEFIT PRESS

Employees' Group Insurance

September 2009

Rate and Benefit Changes for 2010

We have completed our various meetings with Delta Dental, Great West Healthcare now part of CIGNA, and the Gallagher Company (EGI's benefits consultant) and the Advisory Committee. We continue to experience increased costs in the health and dental benefits provided by the State.

There will be a rate increase averaging 10.1% in the health insurance programs except for a new enrollment category of employee plus children which will have a slight decrease in premium from their current rate. The premium reduction for the single employees

with dependent children is designed to provide a more equitable premium amount based upon medical utilization of children versus spouses. EGI will identify and change the payroll for the employees this tier-change will affect. A 15.9% rate increase will be required in the preventive dental program and a 16% decrease in optional dental. No increase is required for the life insurance program.

There will be several benefit changes in the health insurance programs effective January 1, 2010.

Currently there are payment limits in the first

year of coverage for pre-existing medical conditions for new employees and dependents. These pre-existing condition limits are often offset by creditable coverage from previous medical coverage. The current \$1,000 per condition limit in the first 12 months of enrollment on pre-existing conditions will change to a combined \$2,000 limit for all pre-existing conditions in the first 12 months of enrollment.

Durable medical equipment pays at a flat 80% after meeting the members deductible. This 80% payment level will

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Special points of interest:

- 2010 Plan Changes
- 2010 Premium Rates
- October Employee Meeting Schedule
- Special "one-time" enrollment for Retirees into VSP Vision



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Open Enrollment for Health

This Fall is the active employee's open enrollment period for health and preventive dental. This is your opportunity to enroll you or your eligible dependents in the State's health and preventive dental program. Employees' Group Insurance (EGI)

has created an open enrollment guide which is available on EGI's website: [HTTP://personnel.state.wy.us/EGI/](http://personnel.state.wy.us/EGI/)

The open enrollment period will run from October 1st through November 30th 2009.



Rate and Benefit Changes for 2010

(Continued from page 1)

change to 85% for Wyoming participating providers, 80% for Wyoming non-participating providers, 80% for out of state participating providers and 60% for out of state non-participating providers.

The Mental Health/Substance abuse visit maximums will be removed from the health plan's coverage. Medical necessity criteria will still apply.

Full time college students enrolled in their parent's group health plan, who are attending post-secondary educational institution immediately before the first day of a serious illness or injury requiring a medical

leave from school or changes to part-time status may be eligible to remain on their parent's coverage as an eligible dependent for up to one year. The leave of absence from school or reduction to part time must:

1. be medically necessary;
2. commence while the child is suffering from a serious illness or injury; and
3. cause the child to lose eligibility under the plan.

The employee must supply to Employees' Group Insurance a written certification by the child's treating physician stating the child is suffering from a serious illness or injury, and the leave (or change of enrollment) is medically necessary to

qualify for the extended coverage.

When employees have qualifying events, the enrollment period will increase from 31 days to 60 days. Qualifying events include:

1. A change in family status because you acquire a dependent through marriage, birth or adoption.
2. A dependent child ages 19-25 returning to school full time after a break in school of at least one semester (did not attend school full time).
3. Individuals covered under another insurance plan who lost coverage due to termination of employment, reduction in hours of employment that affects eligibility for benefits, or exhaustion of COBRA coverage.

Women's Cancer Rights

Under federal law, group health plans, insurers, and HMO's that provide medical and surgical benefits in connection with a mastectomy must provide benefits for certain reconstructive surgery, effective for the first plan year beginning on or after October 21, 1998. In the case of a participant or beneficiary who is receiving benefits under the plan in connection with a mastectomy and who elects breast reconstruction, federal law requires coverage in a manner determined in consultation with the attending physician

and the patient for
- reconstruction of the breast on which the mastectomy was performed.
- surgery and reconstruction of the other breast to produce a symmetrical appearance; and
- prostheses and treatment of physical complication at all stages of the mastectomy, including lymphedemas.

This coverage is subject to a plan's annual deductibles and coinsurance provisions. These provisions

are generally described in the plan's Benefit Booklet.

If you have any questions, about how your plan covers mastectomies or reconstructive surgery, please contact our office at 307-777-6835 or 1-800-891-9241 or Great West at 1-800-685-1060.





Prescription Benefit Management Changes

CIGNA Pharmacy Management to Become State's Prescription Benefit Manager (PBM) on November 1st.

The State's pharmacy administration will transition from Express Scripts (ESI) to CIGNA Pharmacy Management on November 1, 2009. This transition will provide members access to CIGNA's specialty network and home delivery services. There are three areas where members will experience change.

NEW ID CARD

All plan participants will receive a new ID card in mid-October. Your old ID card should be discarded on November 1st. You will need to present your new ID card to the pharmacist when filling prescriptions at a retail pharmacy after October 31, 2009. All network pharmacies will be notified that they will be presented with this new ID card when a Great-West participant fills a prescription. Call centers at Great-

West, CIGNA and Express Scripts are aware of this change, and will be trained on how to assist individuals throughout the transition with any potential issues with the newly issued ID cards. Watch your mail carefully in October to avoid accidental discarding of your new ID cards.

HOME DELIVERY SERVICE

CIGNA Home Delivery Pharmacy will take over the home delivery service currently provided by Express Scripts. CIGNA Home Delivery Pharmacy will coordinate the transfer of any eligible remaining refills from Express Scripts. Following the transition, all new prescriptions, including specialty drugs, must be submitted directly to CIGNA Home Delivery Pharmacy.

Welcome packets will be distributed to current home delivery customers in late October. These packets will provide details

around CIGNA Home Delivery Pharmacy service capabilities, including directions on how to place new prescription orders and refill orders moving forward.

If individuals have a prescription that cannot be transferred to CIGNA Home Delivery Pharmacy, they will be notified in advance of the transition.

SPECIALTY DRUGS

The current specialty network (CuraScript) will also be transitioned to CIGNA Home Delivery Specialty Pharmacy. CIGNA Home Delivery Specialty Pharmacy will coordinate the transfer of eligible specialty drug prescriptions. Case managers will

conduct outreach calls to individuals with specialty drug prescriptions to assist in this transition.

Watch your mail carefully in October to avoid accidental discarding of your new ID cards

Open Enrollment for Health continued from Page 1

Applications must be completed to make changes. **No applications will be accepted after the November 30th deadline!**

Don't wait to enroll yourself or your dependents not covered under the State's health plan. The next open enrollment will be in the Fall of 2011.

Other changes that can be made during the open enrollment:

- Change your Health coverage deductible

- If three year waiting rule is completed for Optional Dental you can elect coverage
- If the two year waiting period has been met by January 1st for Voluntary Vision you can elect coverage
- Change your pre or post tax premium election
- Make medical reimbursement account election
- Make dependent daycare reimbursement election

Effective date of coverage for elections is January 1, 2010



2010 Premium Rates

For Active employees and COBRA participants

For help calculating your premium rates, please go to <http://personnel.state.wy.us/EGI/Index.htm>

Active \$350 Deductible	Health	Preventive Dental	Total	Optional Dental	Grand Total
Employee	607.38	19.06	626.44	10.60	637.04
Employee + Spouse	1,222.88	42.12	1,265.00	24.84	1,289.84
Employee + Children	922.26	42.12	964.38	24.84	989.22
Family	1,406.08	42.12	1,448.20	24.84	1,473.04
Split	703.04	21.06	724.10	12.42	736.52

COBRA

Employee	619.53	19.44	638.97	10.81	649.78
Employee + Spouse	1,247.34	42.96	1,290.30	25.34	1,315.64
Employee + Children	940.71	42.96	983.67	25.34	1,009.01
Family	1,434.20	42.96	1,477.16	25.34	1,502.50

Active \$750 Deductible

Employee	577.01	19.06	596.07	10.60	606.67
Employee + Spouse/Child(ren)	1,161.74	42.12	1,203.86	24.84	1,228.70
Employee + Children	876.15	42.12	918.27	24.84	943.11
Family	1,335.78	42.12	1,377.90	24.84	1,402.74
Split	667.89	21.06	688.95	12.42	701.37

COBRA

Employee	588.55	19.44	607.99	10.81	618.80
Employee + Spouse/Child(ren)	1,184.97	42.96	1,227.93	25.34	1,253.27
Employee + Children	893.67	42.96	936.63	25.34	961.97
Family	1,362.50	42.96	1,405.46	25.34	1,430.80

Active \$1500 Deductible

Employee	522.34	19.06	541.40	10.60	552.00
Employee + Spouse/Child(ren)	1,051.68	42.12	1,093.80	24.84	1,118.64
Employee + Children	793.14	42.12	835.26	24.84	860.10
Family	1,209.24	42.12	1,251.36	24.84	1,276.20
Split	604.62	21.06	625.68	12.42	638.10

COBRA

Employee	532.79	19.44	552.23	10.81	563.04
Employee + Spouse	1,072.71	42.96	1,115.67	25.34	1,141.01
Employee + Children	809.00	42.96	851.96	25.34	877.30
Family	1,233.42	42.96	1,276.38	25.34	1,301.72

Active \$2500 Deductible

Employee	516.50	19.06	535.56	10.60	546.16
Employee + Spouse	1,039.45	42.12	1,081.57	24.84	1,106.41
Employee + Children	783.92	42.12	826.04	24.84	850.88
Family	1,195.18	42.12	1,237.30	24.84	1,262.14
Split	597.59	21.06	618.65	12.42	631.07

COBRA

Employee	526.83	19.44	546.27	10.81	557.08
Employee + Spouse	1,060.24	42.96	1,103.20	25.34	1,128.54
Employee + Children	799.60	42.96	842.56	25.34	867.90
Family	1,219.08	42.96	1,262.04	25.34	1,287.38



2010 Premium Rates

Retiree Rates

For help calculating your premium rates, please go to <http://personnel.state.wy.us/EGI/Index.htm>

Medicare \$750 Deductible	Health	Preventive Dental	Total	Optional Dental	Grand Total
Retiree	433.75	19.06	452.81	10.60	463.41
Family	857.35	42.12	899.47	24.84	924.31
Retiree 65+ Spouse < 65	1,114.17	42.12	1,156.29	24.84	1,181.13
Retiree 65+ Spouse < 65 w/Dep	1,377.96	42.12	1,420.08	24.84	1,444.92

Retiree Under 65 \$750 Deductible					
Retiree	689.68	19.06	708.74	10.60	719.34
Retiree + Children	1,071.25	42.12	1,113.37	24.84	1,138.21
Retiree + Spouse	1,379.36	42.12	1,421.48	24.84	1,446.32
Family	1,633.24	42.12	1,675.36	24.84	1,700.20
Retiree < 65 Spouse 65+	1,113.07	42.12	1,155.19	24.84	1,180.03
Retiree < 65 Spouse 65+ w/Dep	1,376.86	42.12	1,418.98	24.84	1,443.82

WrapAround Medicare (no prescription drug coverage)					
Retiree	170.99	19.06	190.05	10.60	200.65
Family (Retiree and Spouse 65+)	341.99	42.12	384.11	24.84	408.95

Retiree Under 65 \$1500 Deductible					
Retiree	626.99	19.06	646.05	10.60	656.65
Retiree + Children	952.05	42.12	994.17	24.84	1,019.01
Retiree + Spouse	1,262.37	42.12	1,304.49	24.84	1,329.33
Family	1,451.51	42.12	1,493.63	24.84	1,518.47
Retiree < 65 Spouse 65+	989.16	42.12	1,031.28	24.84	1,056.12
Retiree < 65 Spouse 65+ w/Dep	1,302.02	42.12	1,344.14	24.84	1,368.98

Medicare \$2500 Deductible					
Retiree	399.05	19.06	418.11	10.60	428.71
Family	788.77	42.12	830.89	24.84	855.73
Retiree 65+ Spouse < 65	963.45	42.12	1,005.57	24.84	1,030.41
Retiree 65+ Spouse < 65 w/Dep	1,267.82	42.12	1,309.94	24.84	1,334.78

Retiree Under 65 \$2500 Deductible					
Retiree	596.57	19.06	615.63	10.60	626.23
Retiree + Children	926.20	42.12	968.32	24.84	993.16
Retiree + Spouse	1,193.15	42.12	1,235.27	24.84	1,260.11
Family	1,412.09	42.12	1,454.21	24.84	1,479.05
Retiree < 65 Spouse 65+	962.35	42.12	1,004.47	24.84	1,029.31
Retiree < 65 Spouse 65+ w/Dep	1,266.72	42.12	1,308.84	24.84	1,333.68



2010 Dental Rates

	Preventive Dental	Optional Dental	Total Monthly
Single Coverage	19.06	10.60	29.66
Family Coverage	42.12	24.84	66.96
COBRA Single Coverage	19.44	10.81	30.25
COBRA Family Coverage	42.96	25.34	68.30

2010 Employer Contribution

Employee Only	550.83
Employee + Spouse	1093.60
Employee + Child(ren)	838.07
Family	1249.32
Split	624.66

2010 Active Life Rates

Age Group	Life Benefit	AD & D	Cost
0-34	50,000	20,000	3.60
35-39	50,000	20,000	5.60
40-44	50,000	20,000	7.60
45-49	50,000	20,000	9.10
50-54	50,000	20,000	12.10
55-59	50,000	20,000	17.60
60-64	32,000	13,000	17.03
65-69	21,000	9,000	16.23
70-74	14,000	6,000	21.60
75-79	9,000	4,000	13.89
80-84	6,000	3,000	9.27
85 & up	4,500	2,000	6.95

2010 Retiree Life Rates

Age Group	Life Benefit	Cost
0-34	50,000	3.60
35-39	50,000	5.60
40-44	50,000	7.60
45-49	50,000	9.10
50-54	50,000	12.10
55-59	50,000	17.60
60-64	32,000	17.03
65-69	21,000	16.23
70 & Up	14,000	21.60

Dependent Life \$1.95



Flexible Benefits

If you haven't submitted any claims yet this year, please don't wait until the last minute. Our Plan does allow you to submit 2009 claims until March 31, 2010. However, you can request your reimbursements now, with proper documentation, instead of waiting into next year. For the Medical Reimbursements, be sure to send the Explanation of Benefits for any services covered by insurance. If you have questions about allowable expenses, refer to the Flexible Benefits booklet on our website. Pages 9-11 list many eligible and non eligible expenses.

If you have submitted claims and wonder when the check should arrive, check out the 2009 Flexible Benefits Payment Schedule on our website at <http://personnel.state.wy.us/EGI/Index.htm>.

During the past year, we have been distributing educational information in anticipation of our new procedure to scan all Medical and Dependent Care Reimbursement claims and supporting documentation. More recently, we have corrected improperly submitted claims and again sent out educational information. Now, we are returning any claims that do not meet the necessary criteria to the member. The specific guidelines are:

- Any piece of paper smaller than the standard page size (8 ½ x 11 inches) needs to be taped down on all four edges to a standard sized page.
- Prescription receipts (must include name of patient, medication, doctor, and price) must be

taped on all four edges to a standard size (8 ½ x 11 inch) paper or send a legible copy of all prescription detailed receipts. An alternative is to get a printout from your pharmacy or use the Express Scripts print-out from my-greatwest.com. Cash register receipts are not necessary for prescriptions, nor a viable alternative.

- Over the counter claims need the cash register receipt that includes the name of the product and date of purchase. The receipt needs to be taped down on all four edges to a standard size (8 ½ x 11inch) paper or submit a legible copy. If the register receipt does not accurately describe the purchased product, ask the pharmacist for a hand-written receipt to accompany the register receipt.
 - Due to the scanning process, glue and staples can not be permitted to attach smaller pieces of paper to the standard sized paper. Please attach all documentation pages to your claim form with one paper clip or one staple.

If you have any questions regarding Medical or Dependent Care Reimbursement claims, feel free to call our office (307-777-6835 or in WY 800-891-9142) or me (307-777-8646) directly.

Deb Vaughan

**Claims for the 2009
Plan Year must be
submitted by
March 31, 2010.**

**Please watch for your new health plan
ID card coming to you in mid-October!**



Healthier WY begins 2nd Year October 1st

The State of Wyoming employee wellness program, Healthier WY, will begin its 2nd year on October 1, 2009 for a premium discount for plan year 2011. You can increase your knowledge, learn about health concerns and have fun too! And reduce your health care premiums by \$480 a year if you participate and comply with the program!

The program consists of three components:

- Complete a Health Assessment at www.mygreatwest.com
- Have an annual wellness physical with a licensed health care provider
- Complete three out of the six every other month challenges

The following are the new challenges for the 2009-2010 program:

Healthy Lunch Club - October 2009 (eating better) receive Fast

Food Guide

Scrubadub - December 2009 (hand washing) receive hand sanitizing wipes

Test Your Rest - February 2010 (hours of sleep) receive relaxation CD

Be Ready - April 2010 (emergency planning) receive personal first-aid kit

Read The Label - June 2010 (nutrition facts, meal planning) receive Nutrition Fact booklet

Healthy Dinner Club - August 2010 (portion control) receive portion plate

Each monthly challenge will again have compliance days per challenge that you must log/tracking on-line or on your personal log/tracking sheet that is mailed to your home. These monthly challenges

have a start and end date and **each challenge must be completed in the month they are offered.**

You must complete three out of six different challenges between October 1, 2009 and September 30, 2010 to qualify for the 2011 premium discount.



For more information - watch for an Invitation to Participate to come to

your home address during the month of September or log onto www.healthierwy.org for complete details of the entire Healthier WY Program.

Don't procrastinate - register today!! For questions, contact Tammy Till, State Wellness Coordinator at 307-777-6716.

Testimonials from 1st Year HealthierWY participants

- This is a GREAT program! It is nice to know that our state is interested in the wellness of its employees (citizens). **AWESOME!**
- My blood pressure went down and is at a steady rate at the best range possible and my blood glucose is back to normal.
- This program made me think each time I went to eat something. It made me very aware of how I was eating and changed some bad habits to good habits. Thank you for the help in the right direction.
- I'm so glad Wyoming is investing in its employees this way.
- Love the State's efforts to motivate healthier lifestyles! I have learned so much and feel so much better.
- I like the small steps; I think the overall program is surprisingly good. Somehow little constant daily reminders, small things that one can do instead of large reforms all at once, are going to be more successful making people habitually mindful of behaving in healthy ways.



OCTOBER '09

Mon	Tue	Wed	Thu	Fri
5 <i>Cheyenne, WY</i> 8:15 am WYDOT - Auditorium	6	7 <i>Cheyenne, WY</i> 9:00 am RETIREE Herschler Building Room 1699 11:00 am Herschler Building Room 1699 2:30 pm Herschler Building Room 1699	8	9
12 <i>Cheyenne, WY</i> 10:00 am Emerson Building Auditorium 3:30 pm LCCC - Rm CCI-125 Center of Conferences	13	14 <i>Cheyenne, WY</i> 11:00 am CBC Building Room 1141	15	16

Employee Meeting Schedule

Due to the tight economy, Employees' Group Insurance will only hold meetings in Cheyenne this Fall. The schedule for the Cheyenne meetings is posted above.

As an alternative we will have a recorded presentation on our website at <http://personnel.state.wy.us/egi/> beginning October 1, 2009.

We encourage everyone who cannot attend a meeting in Cheyenne, to take a few minutes to watch the presentation.



Retirees Vision Coverage—Special Open Enrollment

Employees' Group Insurance will hold a **one-time** vision coverage special open enrollment period for retirees who currently are enrolled in one of the products offered by EGI (health, dental, life). The adjacent enrollment form must be completed and returned to Employees' Group Insurance between October 1st and November 30th 2009. No applications will be accepted after November 30th. Enrollment for vision coverage is for a minimum of two years and may not be changed without a qualifying event.

The Voluntary Vision program through VSP has two plans available. Please see the Special Enrollment Form for plan details and monthly premium costs.

More information is available about VSP on their website www.vsp.com. The website can tell you how to use your benefits including:

- Finding a doctor
- Viewing your eligibility and coverage
- Current trends in eyecare

- Eyecare news

Be sure to see if there is a participating doctor near you. Ask your eye care provider if they participate with VSP. Using non-participating doctors will leave you with additional out of pocket expense.

Remember, this retiree vision special enrollment is a one-time offer. Applications must be received by November 30, 2009 for a January 1, 2010 effective date.

Complete the Vision Enrollment Form on the next page and return by November 30, 2009 to:

Employees' Group Insurance (EGI)
2001 Capitol Avenue
Room 106
Cheyenne, WY 82002

Cucumber Yogurt Dip



Ingredients:

- 2 cups plain low-fat yogurt
- 2 large cucumbers; peeled, seeded and grated
- 1/2 cup nonfat sour cream
- 1 Tbsp lemon juice
- 1 Tbsp fresh dill
- 1 garlic clove; chopped
- 1 cup cherry tomatoes
- 1 cup broccoli florets
- 1 cup baby carrots

Recipe Summary:

- Preparation Time: 15 minutes
- Number of Servings: 6
- Cups of Fruits & Vegetables per Person: 0.50

Directions:

Peel, seed and grate one cucumber. Slice other cucumber and set aside. Mix yogurt, grated cucumber, sour cream, lemon juice, dill, and garlic in a serving bowl. Chill for 1 hour. Arrange tomatoes, cucumbers, broccoli and carrots on a colorful platter. Serve with cucumber dip.



V S P Vision Retiree One-Time Special Enrollment Form Wyoming Employees' Group Insurance

Vision Choice - Your election will be in effect for TWO YEARS and cannot be changed without a qualifying event.

- | | |
|--|--|
| <input type="checkbox"/> Plan B - Eye Exam and lenses every 12 months and frames every 24 months | <input type="checkbox"/> RETIREE ONLY |
| <input type="checkbox"/> Plan C - Eye Exam and lenses every 12 months and frames every 12 months | <input type="checkbox"/> RETIREE + 1 |
| | <input type="checkbox"/> RETIREE + 2 OR MORE |

Retiree Information

Retiree Name: _____ SSN: _____

Complete Address (including City, State, & Zip code): _____

Date of Birth: _____ Home Phone Number: _____ Other Phone Number: _____

I understand that if I do not enroll during this open enrollment, I will not be eligible at a later time. I also understand that by enrolling, I am committing to a minimum two-year enrollment.

I hereby accept the Group Plan as indicated and authorize any required retiree contributions to be deducted from my earnings through the Wyoming Retirement System or my personal bank until cancelation of coverage. I accept the responsibility of notifying the Employees' Group Insurance office of any changes for myself, my spouse or dependents that would affect eligibility for coverage, premium amounts or payments.

Under the penalty of perjury, I declare that the information I have furnished, to the best of my knowledge and belief, is true, correct and complete.

Signature: _____

Date: _____

Benefit Information

Exams - \$10 Co-pay

Covered in full after copay.....every 12 months

Prescription Glasses - \$25 Co-pay

Lenses covered in full after copay.....every 12 months
Single vision, lined bifocal, & lined trifocal lenses.
Polycarbonate lenses for dependent children.
Frames --Plan B.....every 24 months
Frames --Plan C.....every 12 months
Frame, allowance after copay.....\$120
Plus, 20% off any out-of-pocket costs.

OR

Contact Lens Care

Coveredevery 12 months
When you choose contacts instead of glasses, your \$120 allowance applies to the cost of your contacts and the contact lens exam (fitting and evaluation). This exam is in addition to your vision exam to ensure proper fit of contacts. If you choose contact lenses you will be eligible for a frame 12 months from the date the contact lenses were obtained.
Current soft contact lens wearers may qualify for a special contact lens program that includes a contact lens evaluation and initial supply of replacement lenses. Learn more from your doctor or vsp.com or 1-800-877-7195.

Vision Rates

Plan B	Monthly Premium	Plan C	Monthly Premium
Retiree Only	\$6.76	Retiree Only	\$8.40
Retiree + 1	\$13.50	Retiree + 1	\$16.78
Retiree + 2 or More	\$21.74	Retiree + 2 or More	\$27.02

Vision Open Enrollment for Retirees!

Benefit Press



Phone: 307-777-6835
In Wyoming: 800-891-9241
Fax: 307-777-7685

2001 Capitol Avenue
Room 106
Cheyenne, WY 82002

Employees' Group Insurance



Choose your partners, one and all,
Aspirin, Advil, or Tylenol!
Now fling those covers with all you've got,
One minute cold, the next minute hot,
Circle right to the side of the bed,
Grab the tissues and Sudafed.
Back to the middle and don't goof off;
Hold your stomach and cough, cough, cough.
Forget about slippers, dash down the hall,
Toss your cookies in the shower stall.
Remember others on the brink;
Wash your hands; wash the sink.
Wipe the doorknob, light switch too,
By George, you've got it, you're doing the Flu!
Some like it cold, some like it hot;
If you like neither get the SHOT!

flu season

The best way to protect against the flu is to get a flu vaccination each year. Influenza (also known as the flu) is a contagious respiratory disease caused by viruses and easily spread from person to person.

This year Public Health Nursing will again be coordinating with Employees' Group Insurance to provide flu shots at no cost to you; for employees and dependents enrolled in the State of Wyoming group health plan. The Public Health Nursing Office will bill Employees' Group Insurance (or Medicare for retirees). You will need to bring your Social Security or Medicare ID number.

Please contact your local Public Health Nursing Office for dates and locations to receive your free flu shot (*OR suffer these consequences!*)

Flu shots will also be available at the scheduled Wyoming Health Fair sites.

