

Kent County Public Schools

H.R. Newsletter

May 2019

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Exciting News!

We are excited to share that we can expect to see only a tiny increase in our 2019-2020 health insurance rates. We would like to thank you all for being responsible consumers of our health plan. It is our utilization of the CareFirst Video Visit App, working with your Primary Care Physician (PCP) to manage your care, and participation in wellness initiatives to maintain a healthy lifestyle that can have a huge impact in controlling the ever-increasing costs of health insurance.

As we prepare for our Open Enrollment period in June, we would like to talk about your choices in plans offered through CareFirst. We will continue to offer our EPO and PPO plan options. Prescription, dental and vision benefits, as well as copays, are the same, regardless of which plan you choose.

While the EPO plan offers no out-of-network benefit, the 99% provider participation in the Mid-Atlantic region, makes finding an in-network provider a breeze. The other major difference between the two options is that EPO requires a specialist referral from your PCP, while the PPO does not.

A cost savings of about \$40 per pay (\$860 annually) for family and \$11 per pay (\$243) for an individual plan can make the EPO option a great way to save some money while not sacrificing great medical care for yourself and your family.

May is
Mental Health Awareness Month

1 in 4 people will suffer from some form of mental illness in any given year

Break the Silence
Break the Stigma

Not all pain is physical and not all wounds are visible
Out of the Ashes / FB

The graphic features a word cloud on the left with terms like 'stigma', 'depression', 'anxiety', 'discrimination', 'shame', 'myths', 'avoided', 'embarrassed', 'distress', 'opinion', 'reaction', 'obstacles', 'weakness', 'difficult to discuss', 'patronising', 'vulnerable', 'negative attitude', 'blame', 'judgemental', 'disappointment', 'regret', 'letdown', 'frustration', 'disappointment', 'regret', 'letdown', 'frustration', 'disappointment', 'regret', 'letdown', 'frustration'. A green ribbon is draped across the text.

Monday, May 27, 2019

HONORING ALL WHO SERVED

MEMORIAL DAY

Schools and Offices Closed

The graphic features a floral border at the top with orange, white, and green flowers. Below is a background of a wooden surface with a red and white American flag draped across it.