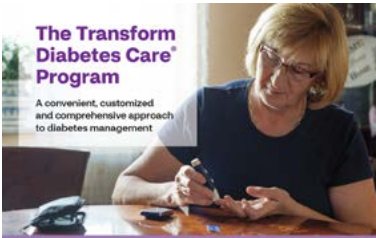


Introducing the Transform Diabetes Care Program by Aetna®



Did you know that managing diabetes is like being a superhero, except instead of battling villains, you're fighting high blood sugar levels and

insulin resistance? Diabetes is a chronic condition that is becoming increasingly common and difficult to manage. It is a costly disease that can have significant impacts on the health of those who suffer from it. The Transform Diabetes Care Program by Aetna® is a solution that goes beyond the typical one-size-fits-all approach to diabetes care. Instead, it offers comprehensive, customized support to those who need it, when they need it.

What makes this program different is its focus on five key clinical intervention categories. These include monitoring blood glucose, making positive lifestyle changes, taking the right medication, adhering to prescribed medication, and prompting guideline-driven screenings. The program also uses advanced analytics to identify and prioritize gaps in care and to provide personalized recommendations for each member.

The program is designed to be convenient and easily

accessible. Members have access to outreach and support in various forms, including in-person with local pharmacists and clinicians, digital and print communications, and remote support from Aetna Care coordinators. With these resources, members can close their care gaps and make positive changes in their health management.

Great news! The program has already shown promising results, with a 13% improvement in closing care gaps and a .14% lower A1c per member. There has also been an increase in preventative care and a decrease in patient admissions, demonstrating that the program is driving positive behavior change.

The more you know about diabetes, the more you can do about preventing it, delaying it, or lessening its harmful effects. The Transform Diabetes Care Program® is a comprehensive and personalized solution for managing diabetes. It is an important tool in the fight against diabetes and an excellent resource for those looking to take control of their health.

For information, please call Aetna at (855) 648-0388.

Aetna Benefits & Wellness Programs

aetna Click the links below to learn more about your plan's benefits and how they can help you be the best possible you.

- [Gym & Fitness](#)
- [Transportation](#)
- [High Blood Pressure](#)
- [Healthy Home Visit](#)
- [Ask a Nurse 24/7](#)
- [Health Tools](#)
- [Manage Your Health](#)
- [Resources For Living®](#)
- [Flu & Shingles Prevention](#)

The Pen Retiree Survey: Respond by June 7

We want to make sure important information reaches all retirees.

Human Resources wants to know your preferences when reading the *Pen*, which is our monthly newsletter for employees and retirees.



Which sections do you enjoy the most? Do you read every article or just skim the issue? Do you read every issue or only read it periodically?

We are inviting you to complete a 5-question anonymous [Retiree Pen Survey](#). It should take you only 2 minutes to complete. Your responses will help us better tailor content to meet retirees' needs.

The deadline to submit your responses is **June 7**.

New Fitness Machine Arrives at the Clearwater Wellness Center



We are very excited to announce the arrival of a brand-new machine—the seated cross trainer! This low impact machine adjusts to all heights and sizes and is a great option if you have trouble standing or cannot exercise your

lower body. It is also a fantastic way to change up your usual cardio routine and isolate lower and upper body workouts. A large swivel seat makes the cross trainer easy to get in and out of and is also wheelchair accessible. Challenge and motivate yourself using the interactive smart screen, which provides various programs including hikes and walks with views from all over the world!

As with any equipment, proper seat position and alignment is important. If you would like assistance, [email us](#) and we'll be happy to set up some time to guide you through it, or [watch the video tutorial](#).

Our [Wellness Center](#) located at 324 S. Ft. Harrison Ave. in Clearwater is open to retirees once they have [completed an orientation](#).

Volunteer Opportunities

Make a difference in your community! Volunteer with Pinellas County to help provide quality service to your fellow citizens.



- **Dog Enrichment** - Walk, train, provide comfort items and companionship.
- **Garden Helper (Heritage Village)** - Activities include soil preparation, planting, watering, weeding, harvesting and sharing information with visitors.
- **Gift Shop (Florida Botanical Gardens Foundation)** - Conduct sales transactions, help customers, and serve as a “goodwill ambassador”.

To apply and view additional volunteer opportunities, visit [Volunteers in Pinellas](#).

Colors of Pinellas



Coming Soon! The 2023 Colors of Pinellas Virtual Art Show

This year's [Art Show](#) will again be virtual.

June 12	Registration opens
Sept. 8	Deadline to register and submit digital images of artwork
Oct. 9	Virtual Art Show begins, entries are anonymous
Oct. 9-13	Judging including People's Choice voting
Oct. 30	Winners announced, artist names added to the entries

We will send emails to remind you and to give you more information.

The Importance of Friends as You Age

By Aetna®

The fact that friendships improve physical and mental health isn't news to John



Moore, DO. Dr. Moore is an Aetna® Medical Director and senior health specialist. During his 17 years of practice, he saw a marked difference in the health outcomes of older patients who were socially active compared to those who weren't. The difference was especially clear among people who had complex, chronic conditions like diabetes or emphysema. These conditions required that they stick to a daily regimen of medications and healthy routines.


Research supports his observations. Just as loneliness can hurt our health, friendships can actually improve it. Studies have found socializing can: lower inflammation, lower blood pressure and the risk of heart disease, boost our mental health, help us get a better night's sleep, and help us live longer.

When it comes to building a social circle, experts suggest finding people who are supportive and share your interests. Here are some good ways to meet new people: volunteer, take a class, join a gym, and get moving with activities such as a taking a dance class, going bowling, or playing golf.

[Read the complete article on Aetna's website.](#)

Resources & Contacts


Medicare Advantage PPO

- **Aetna**
(includes prescription and behavioral/mental health) 
<http://pinellascounty.AetnaMedicare.com>
(855) 648-0388 from 8 a.m. to 9 pm.
Monday to Friday to speak to customer service; or call (855) 493-7019 any time to speak with a nurse

Non-Medicare (pre-65) and Traditional Medicare Plan

- **Cigna**
www.myCigna.com 
(800) 862-3557, available 24/7 to speak with a nurse or customer service
- **Express Scripts**
(prescription coverage) 
www.ExpressScripts.com
(866) 544-9221

Dental

- **Cigna**
www.myCigna.com 
(800) 862-3557, option 2


Vision

- **EyeMed** 
www.EyeMed.com
(866) 939-3633

Florida Retirement System

- **FRS** 
www.myFRS.com
(866) 446-9377

Pinellas County Retirement Information

- **Human Resources** 
www.pinellas.gov/hr/retiree
(727) 464-3367, option 1

REPCO News

Next REPCO Meeting June 12, 2023

Join the Retired Employees of Pinellas County (REPCO) for their next meeting on Monday, June 12, beginning at noon. Please arrive early to order your meal prior to start of the meeting. The meeting will be held at **Quaker Steak & Lube located at 10400 49th Street North in Clearwater.**

Please RSVP to Rudy Garcia at rdgarcia@verizon.net or (813) 855-3466.

Night at the Ballpark

BayCare Ballpark
601 N. Old Coachman Road,
Clearwater



Enjoy a fun night out at the ballpark on **Saturday, June 17** with family, friends, or co-workers at a discounted rate. The game is at 6:30 p.m. and gates open at 5:30 p.m. Tickets are \$15.50 per person (children 4 & under are free) and can be purchased in advance by calling Dan Madden at (727) 712-4403 or the day of the game at window #2 at the west box office off of Old Coachman Road. Simply identify yourself as part of the Pinellas County group.

Your tickets include seating in the Hot Corner Cafe, food and drinks from 5:30 - 8:30 p.m., and \$3.00 draft beer. Enjoy post-game fireworks!

Human Resources

Helping U Succeed

Retiree Connection is a periodic publication by Pinellas County Benefits
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employee.benefits@pinellas.gov