



# Health Insurance Newsletter

Vol. 3



With open enrollment and flu shot clinics behind us, I only need to remind you and any covered spouses to complete the Health Risk Assessment to keep getting the \$55 benefit towards your insurance premium. The deadline of December 31st will be here before we know it! Below is the flyer explaining the HRA. **Please note that Human Resources does not**

**have access to user names and passwords.** If you cannot remember either one, you just need to click on the "forgot my username or password." Blue Cross and Blue Shield will be getting a report to HR the beginning of December to let HR know who has completed assessment at that time. Heather will be sending out reminders to all who have not yet completed it.

## HRA Flyer:

[BCBS Health Risk Assessment Instructions](#)



*This quarter, we are promoting preventative Breast and Prostate Cancer screening. These services are not limited to this quarter. Screenings can be done at any time.*

## MMR Vaccination Request:

[MMR Protocol](#)

If you have a question you'd like answered, email Heather Spurzem, GFPS Benefits Analyst, at [heather\\_spurzem@gfps.k12.mt.us](mailto:heather_spurzem@gfps.k12.mt.us).

Benefit Information can be found on the link below. It includes information on health insurance including minutes from health insurance committee meetings.

<http://gfpsweb.weebly.com/benefits.html>

## BCBS Gym membership information:

<https://www.bcbsilforyourhealth.com/>

## Alluvion Healthcare website:

<https://alluvionhealth.org/>