Commissioner Corner

I still remember sitting around tables discussing the future and the 2020 plan! Well here we are and a Happy New Year to everyone!

2019 has many memories and accomplishments and 2020 looks to be very busy as well. Many of us in the County said goodbye to friends and family and also welcomed a new generation. If Commissioner Jones is looking older, we just call him Grandpa now, with the birth of his first grandson.

We are seeing a significant change in staff with many retirements. From Paulette Turner-Byrd in the Commissioners’ office, to Greg Erpenbach in Facilities, Susan Patton in Elections, and Kevin Gillen in the County Attorney’s office, we are all adjusting to new people to contact when we need something. After serving the people of Yellowstone County, we wish them well as they enjoy the fruits of their labors.

I really enjoyed getting around the courthouse with Santa and seeing many of you right before Christmas. We have a lot of staff with holiday spirit and the decorations and smiles made it even better.

As we move to the new year there are many open projects, and I want to use this space to keep you updated on their progress. The jail remodel continues, and we are adding a new booking area and administrative areas to help with the flow of people in and out of the jail. Another big project will be the elevators. We are asking Tim to make sure that as much notice and preparation is done so people know what is going on and which elevator to use. By the end of the year we should have 3 working elevators! We are replacing the motors and will have all of them using the same motors and parts. Currently we have three different types and 3 contracts.

Tim Kaczmarek accepted the position as the new Facilities Director (replacing Greg). There are many moving parts with his job and one will be to implement a new program for maintenance tracking. This will be a computer and smartphone-based tracking system. As we pick this program and roll it out, please be patient and understanding to the crew as they try to make sure all projects are loaded into the system.

We continue to look at the masterplan for MetraPark, and exciting things are being discussed as to how to improve the entire campus.

Jan. 16   Sesame Street
Jan. 17   Building and Remodeling Expo
Jan. 18   Great Rockies Sports Show
Jan. 31   Chamber Ag Appreciation Celebration

As we begin the new year and make our resolutions, may I suggest that as part of that list that you add a random act of kindness. Each time we do something nice and unexpected, we make the world a better place for everyone.

Thanks for all you do for the people of our community. Remain safe, enjoy life, and take care of yourselves, mentally and physically!

Happy New Year 2020!

Denis Pitman, Chair
Board of County Commissioners
**Harrison Gillen Receives DUI Merit Award**

DUI Angel Tree Ceremony was missing a recipient. Corporal Gillen received the DUI Award of Merit for the Yellowstone County Sheriff’s Office. Since he was in week #2 of Drug Recognition Expert training in Helena, his father, Kevin Gillen accepted the award on his behalf.

Gotta send some love his way for all the hard work he put forward to receive this award. His classmates at DRE school were more than willing to accommodate the request for a photo.

Congratulations Corporal Gillen!

**SUNSHINE NEWS**

Happy New Year from the Sunshine Committee! We wanted to say a HUGE thank you to our previous president, Julie Elwell, for all she has done for the Sunshine Committee and wish her well on her next adventure! She will be greatly missed.

If you are interested in joining the Sunshine Committee, please contact a member for more information! We are always looking for another smiling face to bring sunshine to the County!

**W-2’s and 1095’s**

W-2’s will be mailed to your home address on file with payroll by January 31, 2020.

Proof of insurance coverage (1095’s) will be mailed to your home address by March 2, 2020. These will be mailed out by Trusiac, the company contracted by Yellowstone County for ACA reporting requirements. Letters will be mailed from California.

**Direct Deposit with closed bank accounts**

If your checking or savings account has been closed you must notify Payroll immediately. Charri Victory 867-2572 or Rebecca Rhodes West 256-2732.

**Address Changes**

Have you recently moved? You must contact HR with any address changes in order to have your W-2 and insurance information going to the right address. This mail will not be forwarded.

Yellowstone County Courthouse will be closed on Monday, January 20, 2020 in observance of Martin Luther King, Jr. Day.
Congratulations to the following departments for DECEMBER:

In December there were 7 claims filed: 1-County Attorney, 1-YSC & 5-YCDF
Should You Hold In A Sneeze? And Other Silly Myths...

We’ve heard them all growing up: carrots improve your eyesight, cracking your knuckles will give you arthritis and list goes on. Are they old wives’ tales? Or is it sound medical advice? Well here are some of the best myths with advice from Erick Berger, MD, a Denver-based Internal & sports Medicine Doctor, to weigh-in to clear up some questions once and for all.

Should you hold in a sneeze?
Theoretically you could cause trauma to your eardrum, but you’re not going to blow your eyeballs or anything like that. If you do hold in a sneeze, depending on where you catch it, you could cause trauma to the eardrums if you’re congested or you have fluid in your eyes.

Should you use a Q-Tip to clean your ears?
It’s not typically recommended because most of the time what you end up doing is forcing the built up wax against your eardrum. Ideally, you should use an irrigation system to soften the wax and remove it. You can buy ear wax cleaning kits at most stores in the pharmacy section.

If you swallow gum does it take seven years to digest?
NO! It won’t stick to your intestine either. You digest this like everything else.

If you crack your knuckles frequently it will give you arthritis when you’re older.
There is no medical evidence to support this myth. The cracking causes the shifting of gases and that’s what you’re hearing in the cartilage and joints. But as far as you doing any kind of trauma to your knuckles, unless you push them in the wrong direction with excessive pressure, you could damage the knuckle joint.

Do carrots improve your eyesight?
If you’re are already deficient in beta-carotene and Vitamin A, then it might. But if your eyesight is bad and you need corrective glasses, then carrots aren’t going to make a difference.

The 5 Second Rule: If you drop food on the ground and pick it up within 5 seconds it’s safe to eat.
No…If it’s going to get contaminated it can get contaminated as soon as it hits the ground. For safety’s sake, you don’t know what has been on the ground. You’re probably better off not eating the piece of food that hit the ground.

If you can walk on or use a limb it’s not broken.
There is a rule called the “Ottawa ankle or the Ottawa knee rule” that says if you are able to weight-bear immediately after an injury, it’s probably not broken. That is a pretty good indicator, but it’s not absolute. It is a clinical sign that doctors will use. So there is validity in the saying. But if in doubt, always see your doctor for an evaluation and possible ex-rays. This same rule doesn’t necessarily apply to hand or wrists.

Health 360 Blog at: https://www.sclhealth.org/blog/
WW@ Work New Series Starts January 16th

Win a day with Oprah and guests*
Los Angeles, CA - February 29, 2020

Prize includes a 3-day/2-night trip to Los Angeles, CA, hotel accommodations and coach class air transportation for winner and a guest, two tickets to Oprah’s 2020 Vision: Your Life in Focus tour, plus a $200 gift card for ground transportation and $500 in spending money.

Don’t miss out—enter today!
You must complete the steps below by 1/14/2020 for a chance to win.

1. Sign up for a WW membership plan through your employer by going to wellness.weightwatchers.com and entering Employer ID: 15504630. All Yellowstone County employees are eligible for discounted pricing.

2. Complete the online form at WW.com/sweepstakes by 1/14/2020 to redeem your FREE Jumpstarter Kit** and gain entry to the sweepstakes.

New year, new goals!
Success starts here! Sign up for WW today to turn your resolutions into wins.

Current series members need to call 1-866-204-2885 to cancel current membership PRIOR to enrolling & give the representative the YC Employer ID listed on this flyer. The Jumpstarter kit and Oprah sweeps are great bonuses! Yellowstone County also has a Weight Management Reimbursement Program.

YELL O STONE C OUN T Y I NS I DER
Avidia Bank Fee Schedule

You can keep your HSA account with Avidia Bank, but the following fees would apply to management of that account.

A $25 fee will apply if you decide to transfer your funds to BenefitWallet.

<table>
<thead>
<tr>
<th>BANK FEES</th>
<th>Description</th>
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<tbody>
<tr>
<td>Monthly Investment Fee</td>
<td>$2.50*</td>
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<tr>
<td>Bill Payment</td>
<td>Free</td>
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<tr>
<td>Checks (upon request)</td>
<td>$8.00 for 25 checks</td>
</tr>
<tr>
<td>E-Statements** (opt-in for free eStatements)</td>
<td>Free</td>
</tr>
<tr>
<td>Pays Interest</td>
<td>Yes</td>
</tr>
<tr>
<td>Investment Option</td>
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<td>Minimum Deposit Required</td>
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<tr>
<td>Overdraft Fee</td>
<td>$30.00 per item</td>
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<tr>
<td>Deposit Item Return</td>
<td>$0 per item</td>
</tr>
<tr>
<td>Stop Payment</td>
<td>$0 per request</td>
</tr>
<tr>
<td>Outgoing Transfer/Rollover Fee</td>
<td>$25.00</td>
</tr>
</tbody>
</table>

*Devenir fee, if you keep a monthly average balance of $3,000 or greater this fee is waived.
**$1.25 mailed paper quarterly statement as of 1/1/19

All payroll deposits are currently going in to the Benefit Wallet HSA account.

<table>
<thead>
<tr>
<th>CURRENT HSA INTEREST RATES</th>
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</thead>
<tbody>
<tr>
<td>Interest Rate (Subject to Change)</td>
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</tr>
<tr>
<td>0.10%</td>
<td>0.10%</td>
</tr>
<tr>
<td>0.15%</td>
<td>0.10% - .14%</td>
</tr>
<tr>
<td>0.25%</td>
<td>.14% - .24%</td>
</tr>
</tbody>
</table>

Have A Question?
Email us at:
HSA@AvidiaHealthcareSolutions.com

YELLOWSTONE COUNTY INSIDER
January Health Tip

CONTROL YOUR WEIGHT

Healthy Weight Week is in January. Being overweight increases your risk for high blood pressure, high blood cholesterol, heart disease, stroke, diabetes, certain types of cancer, arthritis and breathing problems.

Taking in more calories than you use up is like using a credit card and not paying off the balance. With excess calories, the “interest” is in the form of body fat. The more it collects, the harder it is to pay off. To tip the scales in your favor:

- Take in fewer calories than you use up.
- Expend more energy in activity.
- Eat less and exercise more.

Ways to Control Your Weight

- Choose healthy foods for your calories. These include: Whole grains, fruits, vegetables, nonfat and low-fat dairy foods and lean meat, fish and poultry.
- Limit fat and foods with fat.
- Read food labels to guide your choices.
- Choose water and unsweetened beverages over sweetened ones.
- Limit alcohol.
- Find out how many servings of foods to eat to meet your calorie needs from [www.choosemyplate.gov](http://www.choosemyplate.gov)
- Talk to your health care provider about eating and physical activity plans that are right for you.
- Follow healthy eating behaviors:
  - Eat at regular times.
  - Eat slowly. Take at least 20 minutes to eat.
  - Eat when you are truly hungry, not as a response to emotions.

Get more information from Weight-control Information Network (WIN) [www.niddk.nih.gov](http://www.niddk.nih.gov)
Blue Access for Members (BAM)

Blue Access for Members (BAM) will be available when you receive your health insurance card. Insurance cards should be in the mail the week before Christmas or Christmas week. Members will have access to “myprime” to check pharmacies and pharmacy prices. There is a pharmacy option within BAM. Register for BAM once you get your ID card and then you will get a single sign on link in BAM to “myprime” that will match up to the Yellowstone County Health plan and the correct drug list, network and pricing.

Access is at your fingertips!
Find what you need with Blue Access for Members

1. **My Coverage**: Review benefit details for you and family members covered under your plan.
2. **Claims Center**: View and organize details such as payments, dates of service, provider names, claims status and more.
3. **My Health**: Make more informed health care decisions by reading about health and wellness topics and researching specific conditions.
4. **Doctors & Hospitals**: Use Provider Finder to locate a network doctor, hospital or other health care provider, and get driving directions.
5. **Forms & Documents**: Use the form finder to get medical, dental, pharmacy and other forms quickly and easily.
6. **Message Center**: Communicate with a Customer Service Advocate here. You can also learn about updates to your benefit plan and receive promotional information via secure messaging.
7. **Quick Links**: Go directly to some of the most popular pages, such as medical coverage, replacement ID cards, manage preferences and more.
8. **View My Plan**: See the details of your current health plan, as well as other plans you’ve had in the past.
9. **Settings**: Set up notifications and alerts to receive updates via text and email, review your member information and change your secure password at anytime.
10. **Help**: Look up definitions of health insurance terms, get answers to frequently asked questions and find Health Care School articles and videos.
11. **Contact Us**: Here you can find contact information to reach a Customer Service Advocate with any questions you may have about your plan.
The BCBSMT App!

Stay connected with Blue Cross and Blue Shield of Montana (BCBSMT) and access important health benefit information wherever you are.

- Find an in-network doctor, hospital or urgent care facility
- Access your claims, coverage and deductible information
- View and email your member ID card
- Log in securely with your fingerprint
- Access Health Care Accounts and Health Savings Accounts
- Download and share your Explanation of Benefits*
- Get Push Notifications and access to Message Center*

Text **BCBSMTAPP** to 33633 to get the app.

* Currently only available on iPhone**. iPhone is a registered trademark of Apple Inc.
** Message and data rates may apply. Terms and conditions and privacy policy at bcbsmt.com/terms/messaging

bcbsmt.com/mobile
Distracted Walking

Safety Topic

January 2020

DISTRACTED WALKING…

Distracted While Walking (Cellphone Use) Safety Talk

Everyone has seen the commercials and the billboards warning people of the dangers of texting while driving. What about the dangers of using a cellphone while walking? There are many videos online of individuals who are distracted while walking and end up injured. While some of these videos can be innocent and funny, the consequences of this unsafe act can be severe.

Distracted While Walking Injuries

Injuries caused by being distracted due to using a cellphone while walking has become so common that National Safety Council has added “distracted walking” as a category in their statistical report Injury Facts. This report tracks data around the leading causes of unintentional injuries and deaths.

Other researchers have been looking at the details of these injuries. Some of their findings include:

- 52% of distracted walking incidents involving cell phones happen at home
- 68% of those injured are women
- 54% are people ages 40 or younger

Recent injury statistics that show the total number of injuries due to distracted walking are hard to come by. Researchers have found that, over a decade’s time, texting and walking has caused more than 11,100 injuries. As you can imagine these numbers are probably higher now due to increased smartphone use.

Implications of Distracted Walking at Work

The list of possible issues distracted walking can create in the workplace is endless. A few basic examples of how using a cellphone while walking at work can lead to injuries include:

- Walking into fixed objects;
- Being struck by moving vehicles or equipment;
- Walking over an edge or into an open hole;
- Tripping over an object; and
- Walking under a lifted load.

Summary

Be mindful of your cellphone use both on and off the job. While research has shown most injuries occur in the home due to distracted walking, the consequences of doing it at work can be much more severe. Work areas and the tasks occurring in them are constantly changing. The last thing you need is to suffer from a serious injury that could have been prevented.

Courtesy of Sanders County