

Benefits Newsletter

December 2020

Deductible Year

The deductible and maximum out of pocket starts over on 1/1/21. All amounts are set to zero on 1/1 of each year for all medical plans.

BCBS – Customer Service

If you have any specific questions about your coverage, you can call the Benefits Value Advisor (BVA) customer service number.

The Benefits Value Advisor number is 855-686-8517 and is on the back of your ID card.

STAFF SELF CARE TASK FORCE

CHANGE ONE THING CAMPAIGN

December can be a stressful time, plan to set aside time for yourself!

20 minutes, 3 times a week, for the next 4 weeks = 4 hours TOTAL!

All you have to do is find FOUR hours throughout the total MONTH to give to yourself, your sanity, and ultimately to the overall happiness of your holidays!

Will it be a brisk walk, a bubble bath, Zoom with a friend, Monday Night Football?

What will you intentionally SCHEDULE ON YOUR CALENDAR for you?

That's it. It's simple, completely doable, and all you need to make it stick is to write it on the calendar.

Coming 2nd semester:

January - Focus on Fitness

February - Focus on Finances

Outreach to Homebound staff

Weekly Challenges

Contact Information

Benefits Coord:
Teresa Kemp
228-7158 #2244
kempte@qps.org

SIC Officers:
Chair – Darla Rardon
Secretary –

BCBS Customer Care:
1-855-686-8517
Pharmacy:
1-800-423-1973

QPS Website:
www.qps.org
“Human Resources”
“Benefits”