

# The Wellness Bulletin

Your Health and Wellness Lifeline

Spring 2024



## INSIDE THIS ISSUE

- » Know Where To Go
- » Triathlon Month Sneak Peak
- » Weight Management Program
- » Fitness Your Way® Blue 365
- » Tobacco Free Florida Resources



**MCPS**  
MARION COUNTY PUBLIC SCHOOLS

*"Helping Every Student Succeed"*



Employee  
**Wellness®**

# Where Should You Go When You Need Care?

Choosing the right treatment plan is important! It can help you avoid needless worry, higher out-of-pocket costs and long wait times.



Use this guide to help you make the right decisions when you can't see your PCP.

## Teladoc

Teladoc doctors (including pediatricians) are available via phone or video 24/7. Use Teladoc for conditions like:

- Upper respiratory infection
- Sinus infection
- Urinary tract infection
- Common cold
- Cough
- Flu

Register with Teladoc at [teladoc.com](https://teladoc.com)

## Urgent Care Center

Urgent care centers are less expensive than the ER and often have shorter wait times. Visit urgent care for conditions like:

- Cold, flu and fever
- Strains, sprains, and /or breaks
- Infections
- Mild burns

\*Ensure the facility is listed as an urgent care center and not a free standing ER.

## Emergency Room

Going to the ER for an issue that is not life threatening often results in long wait times and high medical bills. Symptoms that require ER care can include:

- Severe chest pain
- Signs of a possible stroke
- Severe or sudden shortness of breath
- Sudden or unexplained loss of consciousness

## Cost Comparison

	Plan #1	Plan #2	Plan #3	Plan #4
Teladoc	\$10	\$55*	\$10	\$10
Urgent Care	\$35	\$200*	\$35	\$35
Emergency Room	Deductible**	Deductible**	Deductible**	\$200

\*Approximate cost, applies to deductible.

\*\*Average ER cost in the U.S. is \$2,200 (2024).

For more information on care options visit [floridablue.com](https://floridablue.com).

# Triathlon Month



Join us in April for a month-long challenge!  
*Stay tuned for more information following Spring Break.*

## FREE Weight Management Program

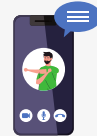
Looking to lose weight, eat healthier, and feel better?

Florida Blue offers weight management programs for eligible members at **zero cost!**



### No extra cost

Florida Blue has you covered



### Health coach

Available in-person or online



### Support plans

Menu plans, feedback, and coping strategies



### Fitbit tracker

Fitbit activity tracker included to boost motivation

Click [HERE](#) for more information!





# MORE GYM, LESS MONEY

Fitness Your Way® lets you join as many gyms as you want, wherever you want.

LIMITED TIME OFFER

**\$0 ENROLLMENT FEE**

Join now using code

Offer valid until March 31, 2024.

**FYWENROLL4FREEMAR**

Click [HERE](#) to learn more!

Must be a Blue365 member to qualify.

## Fitness Your Way® Membership Benefits:

- \$0 cancellation fee
- Access to thousands of gyms nationwide with no long-term contract

- Sample of Ocala locations:

AdventHealth Ocala Wellness Center  
Gold's Gym Ocala  
Anytime Fitness  
Phoenix Fitness

Use the Fitness Your Way® Gym Finder Map to find eligible locations near you!

Stay up to date with the latest Blue365 deals!



BlueCross  
BlueShield

Blue365

Find unbeatable discounts on services like:

- Hearing and Vision
- Personal Care
- Nutrition

Visit [blue365deals.com](https://blue365deals.com) to access over 100 health and wellness discounts.

# QUIT YOUR WAY

*Tobacco Free Florida*



Quitting tobacco isn't easy. Finding help should be.

*Tobacco Free Florida* offers tools and services at **no cost** to help you quit tobacco **your** way.

Whether you wish to embark on your quitting journey alone or with group support, *The Tobacco Free Florida AHEC Program* has you covered.

Call toll free  
**1-877-U-CAN-NOW**  
**1-(877)-822-6669**

or

**[CLICK HERE](#)**  
to register today!

## **FREE Nicotine Replacement Therapy**

- Patches
- Gum
- Lozenges

**Quit services can double or triple your chances of success!**

- Phone quit
- Group Quit
- Web Quit

