



Flu Season is Here

Our Chief School Nurse, Jen Ellis has stated in an email that this year's vaccination will protect against 2 strains of Influenza A and 2 strains of Influenza B.

Under Hometown Health **the cost of 1 flu vaccination per year per eligible participant will be covered at 100% under preventative benefits.**

If you choose to see your physician ONLY for the flu shot, that service should be covered under the preventative benefit. If other

services were rendered during that visit, the member could incur the cost of the vaccination along with other charges for that date of service.

Preventative measures:

1. Washing your hands with soap and water or an alcohol-based hand rub.
2. Cover your nose and mouth with a tissue or your sleeve when you

cough or sneeze.

3. Avoid touching your eyes, nose or



mouth. That's how germs are spread.

4. Get plenty of sleep, drink plenty of fluids and eat healthy.

Dr. Notes

Human Resources is requesting that any employee that is absent 5 or more consecutive days needs to provide a doctor's note for their absence

AND requiring a release prior to returning to work.

A copy of the release will need to be provided to Cori Isherwood, Benefits Coord-

inator.

Notices can be faxed to 775-782-8351.



Need Child Care

Minden Montessori Pre-school and Child Care Center is offering child care services. They are able to care for children from ages 6 weeks to pre-school. They are offering Douglas County School District employees a 5% discount for a single child and for additional siblings an extra 5% with a total of 10% overall.

FEES:

Annual registration fee: \$100

FT infant: \$600 mo

Half day FT infant: \$500 mo

FT Toddler: \$560 mo

Half day FT Toddler: \$490 mo

FT pre-school: \$546 mo

Half day FT pre-school: \$464 mo

3 days a week or more is considered full time.

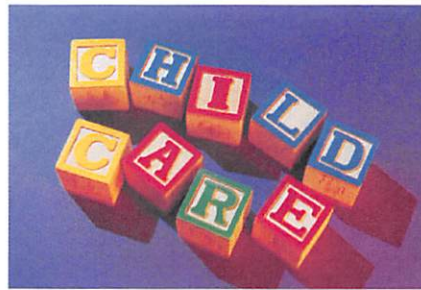
If you interested or need more information you can contact:

Minden Montessori Pre-school and Child Care Center

Tara Guajardo (Director)

1695 County Rd, Minden NV

775-782-9180



Weather is changing

As we have just experienced, our weather is changing quickly. Along with winter comes snow, ice, slipping and falling. Here are some simple steps in helping to prevent injuries.

- * Look before you walk-make sure the path is clear
- * Wear slip-resistant, well fit-

ted shoes

- * Don't carry items that obstruct your view.
- * Make sure walkways and stairs are clear of snow, ice and debris. Let your custodian know right away
- * WALK-DON'T RUN!!



Affordable Health Care

Nevada Health Link and Covered California are your contacts for information pertaining to affordable health care for your dependents.

They will assist you with selecting a qualified health plan, to determine if your family may be eligible for premium tax credits and to calculate the net amount of any premiums that may be required to pay through Nevada Health Link and Covered California.

Every individual is required to

obtain health insurance through their employer, private agency or through Nevada Health Link or Covered California.

Nevada Health Link

[Www.nevadahealthlink.com](http://www.nevadahealthlink.com)

Tel: 855-768-5465

Email: contact@exchange.nv.gov

Covered California (CA Res.)

[Www.coveredca.com](http://www.coveredca.com)

Tel: 800-300-1506

Open Enrollment

Open Enrollment will be from **November 20—December 6th**. This is the time when you can remove or add any dependents to your insurance. Remember, the Affordable Care Act is requiring all individuals to be enrolled in some sort of medical coverage

by January 1st. All changes that are done during open enrollment will take effect on Jan 1st, 2014.

As we have done in the past; open enrollment is done through the portal which can be accessed via the website.

You can find our Plan Summary Document on the District website for coverage information.

If you need assistance, please feel free to contact Cori Isherwood in HR for assistance.

RX company changes

MedImpact will now be DCSD's prescription coverage company, effective November 1st. MedImpact has taken over filling prescriptions from Catamaran/Catalyst.

Your valid and current mail in prescriptions will now be han-

dled through MedImpact. Certain prescriptions can not be transferred without a new prescription. Please refer to the mailing that was sent out to you from Hometown Health.



For further information you can contact MedImpact's Customer Service 888-266-7481 24 hrs a day 7 days a week.

DCSD

1638 Mono Ave
Minden, NV 89423

Phone: 775-782-7177
Fax: 775-782-8351

*High Standards for Peak
Performance*



District Office Staff

Human Resources	775-782-7177
Business Services	775-782-5131
Educational Services	775-782-7179
Curriculum/Projects	775-782-7170
Assess/Grants/Projects	775-782-5160

The Purpose of Thanksgiving

The purpose of Thanksgiving is to commemorate the good harvest of the Pilgrims in 1621, and to give thanks for our friends, family and good fortune.

Thanksgiving is important to many people because it is a day to give thanks for all that we have. It is a day to sit with our families and friends to count our blessings and not our shortcomings.

However you celebrate the holidays, the staff in HR would like to send many blessings your way and wish you a safe and happy holiday season.

