

JANUARY 2019

# Wellness Wednesday

Your HGTC Employee Wellness Newsletter

## State ORP Open Enrollment

January 1, 2019 – March 1, 2019

Annual open enrollment for the [State Optional Retirement Program](#) (State ORP) began January 1 and continues to March 1, 2019.

During annual open enrollment, all State ORP participants have the option to change service providers. State ORP participants may also make an irrevocable switch to the [South Carolina Retirement System](#) (SCRS) during annual open enrollment if at any point during the open enrollment period they have at least 12 months, but no more than 60 months, of participation in State ORP. More information on annual open enrollment may be found [here](#).

MassMutual | RetireSMART

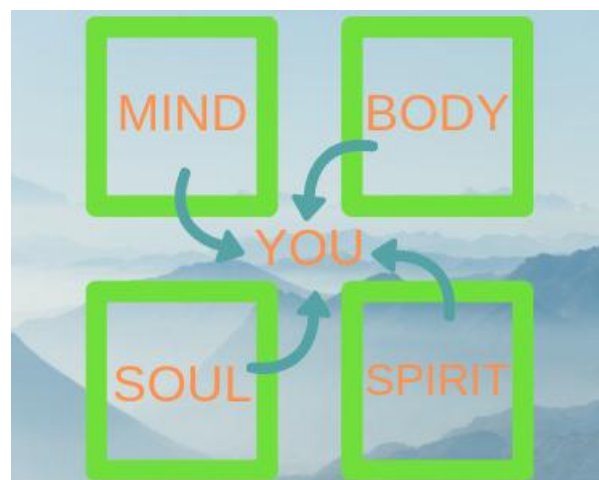
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## Holiday Fit-Mas Challenge Results



Congratulations to all participants that chose to GET MOVING this holiday season and a special congratulations to our GRAND PRIZE WINNER:

**ELIZABETH SMITH**

Your prize may be claimed in the Office of Human Resources on Friday, January 18<sup>th</sup>.



**"Sweat is magic. Cover yourself in it daily to grant your health wishes."**



# NEW YEAR'S SHAPE UP

Are you looking to lose weight, put on muscle mass, or simply improve your endurance but don't have time to make it to the gym after work? The HGTC Campus Fitness Center provides a safe, healthy, diverse and invigorating workout experience for all members of the HGTC community. The Fitness Center features treadmills, ellipticals, squat racks, bench racks, free weights, dumbbells, and compound machines – perfect for a lunchtime workout! So, ditch the excuses this year and join the fitness train.

The Fitness Center is located on the **Conway Campus** in **Building 1100, Room 321C** (to the right of the Café). Hours are posted on the door and WaveNet each semester.



# FIND YOUR HAPPY PLATES.

**Learn how to lose weight and improve your  
health while eating the foods you love.**

The Naturally Slim program has the secret to lasting weight loss and it doesn't include starving, counting calories or eating diet food. You have the opportunity—at no cost to you—to learn how to eat to reduce your chances of getting a serious disease, like diabetes or heart disease, and increase your chance at living a longer, healthier life.

**Visit [www.naturallyslim.com/PEBA](http://www.naturallyslim.com/PEBA) to find available  
classes and to apply.**

State Health Plan members, including spouses and dependents age 18 and older, are eligible to apply.  
Medicare-primary members are also eligible to apply.



LET'S START KICKING!

# 9ROUND

30 MINUTE KICKBOX FITNESS

Special Rates for **Horry-Georgetown**  
**Technical College Faculty, Staff &**  
**Students!**

- Your first session is ALWAYS FREE!
  - \$25 registration fee
  - \$50/month for HGTC Students
  - \$78/month for HGTC Faculty/Staff
  - Free gloves and wraps
  - No set class times, new round every 3 minutes
  - Membership includes qualified trainers and nutritional guidance
- 

201 GRADUATE DR. SUITE 113  
CONWAY, SC 29526  
843-234-0120

**Making members stronger in 30 minutes,  
physically and mentally.**

Horry-Georgetown Technical College Colonial Life Annual  
Enrollment

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**Grand Strand Campus**

**January 30th**

**Bldg. 200, Conference Room (11am-2pm)**

**Georgetown Campus**

**February 6th**

**Bldg. 100, Conference Room (11am-2pm)**

**What is offered? : Life, Short-Term Disability, Cancer,  
Critical Illness, Accident, and Medical Bridge**

It is that time again for the annual Colonial Life benefits enrollment for Horry-Georgetown Technical College. You do not need an appointment to see us but those who currently have policies need to come by to make sure any claims and/or wellness benefits have been filed for the last year. You are paying for these policies so we want to make sure you are getting the money that is owed to you. We will also be giving a brief overview on the PEBA benefits and how our products can fill in the gaps, please come listen and bring your questions.

You can contact either Josh Colvin at 843-601-5512 or email at [josh.colvin@coloniallifesales.com](mailto:josh.colvin@coloniallifesales.com) if you have any questions.



# Take advantage of an adult well visit in 2019

## ADULT WELL VISITS

As a State Health Plan primary member, adults ages 19 and older can take advantage of a well visit at a network provider specializing in general practice, family practice, pediatrics, internal medicine and obstetrics and gynecology.

Well visits may be a key part of preventive care. They can reassure you that you are as healthy as you feel, or prompt you to ask questions about your health. Evidence-supported services, based on [United States Preventive Services Task Force \(USPSTF\) A and B recommendations](#), are included as part of an adult well visit under the State Health Plan. After talking with your doctor during a visit, the doctor can decide which services you need from the approved USPSTF recommendations and build a personal care plan for you.

For Standard Plan members, adult well visits are covered beginning on January 1, 2019, and are subject to copayments, deductibles and coinsurance in covered years. If you have not met your deductible, you will pay the \$14 copayment plus the remaining allowed amount for the visit. If you have met your deductible, you will pay the \$14 copayment plus your 20 percent coinsurance for the visit.

The Plan will only cover one well visit in covered years, based on the following schedule:

- Ages 19-39: Once every three years
- Ages 40-49: Once every two years
- Ages 50 and up: Once a year

Beginning January 1, 2019, Savings Plan members' covered well visits will include evidence-supported services based on USPSTF A and B recommendations at an eligible network provider. The Plan will cover a well visit every year for Savings Plan members at no member cost.

You can learn how preventive screening and cervical cancer screening benefits work with your adult well visit, and find more information about the adult well visit benefit at [www.peba.sc.gov/wellvisits.html](http://www.peba.sc.gov/wellvisits.html).



## Take advantage of a well visit



Find out more at  
[peba.sc.gov/wellvisits.html](http://peba.sc.gov/wellvisits.html).





# Healthy Recipe of the Month

## **BAKED PARMESAN TOMATOES**

### **Ingredients.**

- 4 tomatoes, halved horizontally
- ¼ cup freshly grated Parmesan cheese
- 1 teaspoon chopped fresh oregano
- ¼ teaspoon salt
- Freshly ground pepper, to taste
- 4 teaspoons extra-virgin olive oil

### **Instructions.**

1. Preheat oven to 450 degrees.
2. Place tomatoes cut-side up on baking sheet.
3. Top with Parmesan, oregano, salt and pepper. Drizzle with oil, and bake until the tomatoes are tender, about 15 minutes.

### **Nutrition Facts:**

Serving Size: ½ tomato

Calories 91; Total Fat 6g; Saturated Fat 2g; Monounsaturated Fat 4g;  
Cholesterol 4mg; Sodium 375mg; Total Carbohydrates 23g; Dietary Fiber 2g;  
Protein 3g; Potassium 363mg

Recipe adapted from [www.eatingwell.com](http://www.eatingwell.com)

