



HealthWatch

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STATE EMPLOYEES' INSURANCE BOARD

WEAR SUNSCREEN – I WISH I HAD

BY SALLY CORLEY

I have always tanned easily, and rarely used sunscreen. At age 18, I went to the dermatologist to get an odd shaped "beauty mark" examined. The doctor said that this one was harmless but to be sure to wear sunscreen. I wish I had taken his advice.

About 15 years later, I noticed a tiny mole on my cheek that makeup didn't quite cover. It just looked different. My dermatologist noticed it too, and about a week later gave me the dreaded news that my biopsy came back as MELANOMA. I needed surgery immediately. After the upsetting news sank in, I recognized that I had a serious diagnosis and did not need to waste time by feeling sorry for myself. (Did I mention that my first child was only 6 months old at the time!?) I quickly located a plastic surgeon that specialized

in melanoma and would see me straightaway. I had to get an oncologist too. None of those were easy appointments to keep.

With the love, support and prayers of good friends and family, I came through this experience a better person. I thank the Lord every day that I am here to tell the story, and regularly thank my doctor for saving my life. I have a scar on my right cheek, but it is fading with time. It is my reminder to embrace the natural tone of my skin – no more sun worshipping for me. The scar is also my opportunity to encourage others to wear plenty of sunscreen that is at least 30spf (per my doctors' orders). You will frequently hear me saying, "Do not hesitate to get your moles checked... especially the ones that catch your eye."

Position #1

Retiree Representative Election for the State Employees' Insurance Board of Directors is coming this year. Our most distinguished Dr. William Mellow of Prattville has decided to not seek another term. For more information and a copy of the election rules and procedures, go to www.alseib.org. The deadline for nominations is June 30, 2015.



**"I am not a product of my circumstances.
I am a product of my decisions."**

– STEPHEN COVEY

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Wellness.....1.866.838.3059
Flexible Benefits1.866.833.3378
Blue Cross Blue Shield.....1.800.824.0435

Keep Your Address Current

TAL KELLEY

We routinely send out important information and letters that are either required by law or related to your SEIB healthcare account; therefore, keeping your profile up to date is extremely important.

We process returned mail on a daily basis because our subscribers have moved to a new address and did not notify us, or there was an error when it was reported to our system. Our SEIB Address Validation System (AVS) is here to help, and make things more convenient for you. Simply log in to your mySEIB account and click the "Update Active Profile" link under the Manage Account section, and update your contact information in 3 easy steps.

Step 1 allows you to modify your address, phone number, email address and other information.

Step 2 uses our AVS to validate your address in accordance with the USPS address validation standards. During step 2 you will be presented with the correct address as seen in the sample image below. Notice how the AVS changed the sample address from "307 South Decatur Street" to "307 S Decatur St". This correction enables the USPS to deliver your mail more accurately and in a timelier fashion.

Step 3 simply notifies you that your contact information has been successfully saved.

I wish to use the results from the SEIB AVS below:
Address 1: 201 S UNION ST
Address 2:
City: MONTGOMERY
State: AL
Zip Code: 36104-4369
 I prefer to use the address I entered that is displayed below:
Address 1: 201 S UNION ST
Address 2:
City: MONTGOMERY
State: AL
Zip Code: 36104

ARE YOU A ROAD WARRIOR?

JOHN PARKS

Does your job keep you on the road with overnight travel assignments in various places around the state? It's easy to lapse into bad habits when being away from home becomes the norm. Many travelers eat every meal out in restaurants, consuming high calorie entrees and mindlessly snack while watching television or surfing the internet in the evening. You're sleeping in a strange bed and often don't get enough rest. Even taking work back to the hotel with you puts you in a sedentary pattern. All too often, the result of extended travel is a lack of exercise, overeating, and a decline in your overall health.

So, what can you do to fight this? Well, fitness opportunities are easier than you think. If your hotel has a pool or fitness room, it's easy enough to take advantage of them. Many gyms and fitness clubs offer day passes at a minimal cost for travelers and hotel guests. Most communities have established walking trails in their parks or green spaces you can take advantage of in your off hours. If you're working on a team, recruit a partner to walk or work out with to motivate each other.

But what if you're staying in a small town with limited recreation facilities or a large urban area near a major highway? You can map out your own walking trail on the hotel grounds. Many hotels have interior corridors you can use for walking - especially during inclement weather. You can also perform a large variety of exercises using an inexpensive pair of hand weights and an exercise mat. Taking walks during breaks or at lunch during the work day is also a great way to squeeze in some exercise.

So what can you do about your diet? When you're traveling, stop by the store and pick up fruit and other healthy snacks to keep at work and at your hotel. This can keep you from hitting the vending machine or overeating at meals. You can easily find healthy alternatives to eating breakfast out.

Above all, make sure you eat a balanced diet, exercise and get plenty of rest.

Most road warriors will agree that their main goal is to finish the job and get home. If you don't take care of yourself on the road, you won't enjoy your time off when you return home.

SEIB Employees Develop Fun, Competitive Way to Increase Activity During Workday

DAVID HILYER

The SEIB has created a way to encourage employees to increase their daily activity level, get to know each other better and engage in a little fun competition against their fellow employees. In the summer of 2014 the SEIB began the SEIB Fitness Challenge, a monthly fitness competition among its employees. Employees are awarded points for the number of minutes they exercise each day. Exercising with a "buddy" (a co-employee) earns the employee double points. Many

employees take advantage of daily breaks and their lunch hour to exercise either by themselves or with a "buddy". Employees log their points into the Fitness Challenge leaderboard for all employees to see. Monthly winners have received various prizes, all from staff donations, including \$10 gift cards. This simple, innovative fitness program is assisting and encouraging SEIB employees to develop good health and exercise habits while also boosting morale.

The October 31st deadline to qualify for the 2016 wellness premium discount is less than six months away. SEIB is pleased to announce free screenings are available through our network of participating pharmacies. For addresses and times screenings are offered please visit our website at www.alseib.org and search SEHIP wellness, participating pharmacy providers. Our website is updated as new pharmacies are added. Please contact our wellness department at 866.838.3059 if you have questions or need assistance.

PARTICIPATING PHARMACIES FOR FREE WELLNESS SCREENINGS

AUTAUGA

Prattville
Publix Pharmacy
(334) 285-0623

BALDWIN

Daphne
Publix Pharmacy
(251) 626-1349
Walgreens
(251) 621-7266

Fairhope

Publix Pharmacy
(251) 929-7359
Walgreens
(251) 928-4846

Foley

Walgreens
(251) 971-6257

Gulf Shores

Publix Pharmacy
(251) 948-2781
Walgreens
(251) 968-5946

Orange Beach

Publix Pharmacy
(251) 980-1445

Spanish Fort

Publix Pharmacy
(251) 621-9771
Walgreens
(251) 625-4654

CALHOUN

Anniston
Calhoun Comp Pharmacy
(256) 237-8139

Oxford

Publix Pharmacy
(256) 835-4080

COFFEE

Enterprise
Publix Pharmacy
(334) 348-1526

COVINGTON

Andalusia
Darby's Med Ctr Pharmacy
(334) 582-3784

CULLMAN

Cullman
Borden Family Pharmacy
(256) 734-7535
Cullman Int Med Pharmacy
(256) 737-8021
Good Hope Pharmacy
(256) 841-5958
Walgreens
(256) 736-9901

DEKALB

Rainsville
Rainsville Drugs
(256) 638-2255

ELMORE

Tallassee
The Apothecary, Inc.
(334) 283-3120

Wetumpka

Adams Drugs
(334) 567-5136

ETOWAH

Gadsden
CVS Pharmacy
(256) 492-7368
Gadsden City Pharmacy
(256) 547-4479

GENEVA

Hartford
Dalton Pharmacy
(334) 588-2442

Slocomb

Dalton Pharmacy
(334) 886-2442

HENRY

Abbeville
Dalton Pharmacy
(334) 585-0246

HOUSTON

Dothan
Publix Pharmacy
(334) 792-4812
Publix Pharmacy
(334) 673-1208
Publix Pharmacy
(334) 792-6824
Walgreens
(334) 671-3701

JEFFERSON

Adamsville
Brooklere Pharmacy
(205) 674-1400

Bessemer

FMS Pharmacy
(205) 424-3194
Publix Pharmacy
(205) 426-7105

Birmingham

Publix Pharmacy
(205) 980-7511
Publix Pharmacy
(205) 987-3413
Publix Pharmacy
(205) 951-6637
Publix Pharmacy
(205) 967-2315
Publix Pharmacy
(205) 981-7420

Waldree

Walgreens
(205) 323-6823
Walgreens
(205) 833-6882
Walgreens
(205) 991-1599

Forestdale

Walgreens
(205) 798-8360

Homewood

Publix Pharmacy
(205) 944-1112

Hoover

Publix Pharmacy
(205) 982-8519
Publix Pharmacy
(205) 825-7223

Hueytown

Publix Pharmacy
(205) 497-5372
Walgreens
(205) 744-9972

JEFFERSON (CONTINUED)

Mountain Brook
Ritch's Pharmacy
(205) 871-1141

Pinson

Publix Pharmacy
(205) 815-5373

Trussville

Publix Pharmacy
(205) 661-3506

Vestavia Hills

Publix Pharmacy
(205) 824-6010

LAUDERDALE

Florence

Chad's Payless Pharmacy
(256) 766-3298
Publix Pharmacy
(256) 718-1795
Walgreens
(256) 764-0436

LAWRENCE

Moulton

Steve's Discount Drugs
(256) 974-7663

LEE

Auburn

Publix Pharmacy
(334) 502-8672
Publix Pharmacy
(334) 502-2801
Walgreens
(334) 821-6538

LIMESTONE

Athens

Publix Pharmacy
(256) 230-2324

Madison

Publix Pharmacy
(256) 230-2631

MADISON

Harvest

Publix Pharmacy
(256) 851-5963

Huntsville

CVS Pharmacy
(256) 650-1543
Publix Pharmacy
(256) 885-2161
Publix Pharmacy
(256) 650-2396
Publix Pharmacy
(256) 851-5831
Publix Pharmacy
(256) 534-2333
Sterling Compounding Pharmacy
(256) 518-9530

Madison

Publix Pharmacy
(256) 461-6467

Publix Pharmacy
(256) 864-0511

Waldree

Walgreens
(256) 895-9326

Meridianville

Publix Pharmacy
(256) 829-3492

Owens Cross Roads

Publix Pharmacy
(256) 512-5679

MARSHALL

Albertville
CVS Pharmacy
(256) 878-3846

Guntersville

Bunch Pharmacy
(256) 582-5700

MOBILE

Mobile

Publix Pharmacy
(251) 341-5749
Publix Pharmacy
(251) 661-5395
Walgreens
(251) 345-3394

Waldree

Walgreens
(251) 661-7763
Walgreens
(251) 666-0249

MONTGOMERY

Montgomery

Adams Drugs
(334) 386-8813
Publix Pharmacy
(334) 290-4507
Publix Pharmacy
(334) 260-7788
Publix Pharmacy
(334) 290-4922
Publix Pharmacy
(334) 244-4487

MORGAN

Decatur

Publix Pharmacy
(256) 301-6411
Walgreens
(256) 584-6626

Trinity

Trinity Discount Drugs
(256) 350-3365

RUSSELL

Phenix City

Publix Pharmacy
(334) 291-8533
Walgreens
(334) 297-3722

SHELBY

Alabaster

Publix Pharmacy
(205) 663-3881

Calera

Publix Pharmacy
(205) 668-3590

Chelsea

Publix Pharmacy
(205) 678-5594

Helena

Publix Pharmacy
(205) 620-0292

Montevallo

FMS Pharmacy
(205) 665-1261

Pelham

Publix Pharmacy
(205) 620-0691
Walgreens
(205) 444-9488

ST. CLAIR

Leeds

Walgreens
(205) 702-4783

Odenville

Odenville Drugs
(205) 629-6303

Pell City

Publix Pharmacy
(205) 338-4081

SUMTER

Livingston

York Drug
(205) 652-9595

York

York Drug
(205) 392-5201

TALLADEGA

Sylacauga

Marble City Pharmacy
(256) 245-4446

Talladega

Walgreens
(256) 315-1659

TUSCALOOSA

Northport

Publix Pharmacy
(205) 339-4388

Tuscaloosa

Publix Pharmacy
(205) 247-7715
Publix Pharmacy
(205) 247-4721
Walgreens
(205) 556-3800

WALKER

Jasper

Curry Discount Pharmacy
(205) 221-6330

FMS Pharmacy
(205) 221-3090

Sumiton

Walgreens
(205) 648-8420



**STATE EMPLOYEES'
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Don't forget to call our health insurance benefit advisors, located conveniently throughout the state, for all your questions on enrollment, benefits and plan options. Listed here are the advisors, their territories and ways to contact them. You should contact the advisor assigned to your county of employment.

NOTE: All health care claims inquiries must be directed to Blue Cross Blue Shield.