

Benefit Focus

January 2013

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Flexible Spending Accounts

If you are enrolled in a Flexible Spending Account (FSA), you are half way through your benefit period! The plan year ends June 30, 2013. You have until October 31, 2013 to submit any expenses incurred prior to June 30, 2013 or in the 75 day grace period.

Remember, you must keep all explanation of benefits (EOB) statements or complete itemized statements for expenses you wish to have reimbursed. Click [here](#) for the reimbursement form.

Eligible FSA items that may surprise you:

- Acupuncture
- Abdominal and back supports
- Band-aids
- Laser Eye Surgeries
- Prescription Sunglasses
- Lamaze classes
- Transplants (including organ donation)

For a list of eligible and ineligible expenses, please visit the Stanley, Hunt, Dupree and Rhine (SHDR) website [here](#). A complete list is available through [irs.gov](#) in Publication 502.

Keep in mind that IRS rules require you to forfeit any money left in your FSA account after the filing deadline.

New Year, New You

If your goal this year is to lose weight or quit smoking, put your wellness benefits to work with the State's Weight Management or Tobacco Cessation program.

The tobacco cessation program provides \$10 co-pays for prescription drugs or NRTs to employees, retirees or dependents on the State of Idaho health plan. Checkout [Project Filter](#) for additional tobacco cessation support.

The Weight Management program offers up to a \$200 reward for losing 10% of your body weight and maintaining the loss over a 12-month period. Click [here](#) for more information.



Welcome, Sarah Hinckley!

January 2013

The Newest Member of the OGI Team



Sarah Hinckley

The Office of Group Insurance is excited to introduce Sarah Hinckley as our newest employee. Sarah is a Personnel Technician and is responsible for responding to inquiries related to active employee and retiree enrollment and eligibility and COBRA. Please join us in welcoming Sarah to State of Idaho employment!

Other OGI Staff

Nancy Regent: Employee Benefits Specialist

- Retiree medical
- Active employee life and disability

Emily Figart: Employee Benefits Specialist

- Active employee medical, dental, FSA

Nicole Fitzgerald: Wellness Benefits Coordinator

Cindy Dickinson: State Group Insurance Benefits Program Manager

Amy Johnson: Administrator

Did You Know?

Gym membership discounts are available for State of Idaho employees!

Log into your Blue Cross of Idaho account, click the "Discount Programs" link located on the far right hand side of the page and select "Fitness Clubs". There are discounts for a number of facilities located across the state.

You may also register for the *Natural Blue* program for other facility discounts as well as massage and acupuncture discounts. Click the "Safety and Natural Medicine" link (also on the Discount Programs page) and follow the prompts for registration.

For comments or suggestions for future editions of *Benefit Focus*, please email: ogi@adm.idaho.gov.

IDAHO

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