

PMR Residency Program Awarded The Gaylord Cup



Not pictured: Muriel Garvey, Mark Powers and Chrissy Rutigliano

At the August management meeting, Tara Knapp, vice president of external affairs, announced that the PMR Residency program received the monthly Gaylord Cup award. Noting it as the first PMR residency in Connecticut, in partnership with UConn School of Medicine, Knapp said it has quickly become a competitive and highly sought-after program since its launch in 2021. It has experienced great rounds of matching and attracted clinically strong residents. The site Director is Dr. David Rosenblum who has played a pivotal role in its success today. The first class started in July 2022. Both Dr. Rosenblum and Dr. Alyse Sicklick have been training residents in their respective areas: spinal cord and brain injury. The faculty at Gaylord comprises all of our physiatrists who serve as educators and mentors. In addition to program learning, residents have shadowed Dr. Wang to learn EMG procedures and Dr. Siegele for ultrasound-guided injection. In addition, Mark Powers, PA, has been teaching residents about brain injury, and the research team, led by Hank Hrdlicka, PhD, and supported by his team and our librarian, Muriel Garvey, has worked with residents on research and presenting at national meetings. Congratulations to everyone at Gaylord who has been supportive of the residents and contributed to a first-class learning environment.

New Performance Appraisal System

We're excited to announce the launch of our new performance appraisal system, powered by the UKG platform, starting on October 1st. This intuitive and user-friendly system is designed to simplify our performance appraisal process, minimize inconsistencies, and include Gaylord's ICARE values, all while supporting employee engagement. Focusing on goal-setting, self-assessments, and valuable feedback from managers and employees, this system supports your professional development.



For more details, watch Mitch Podob, VP Human Resources, in the first video of our three-part series. [CLICK HERE TO WATCH](#). Look for more communications including systems training!

Our mission is to enhance health, maximize function and transform lives.

FYI

Our Values are

Integrity

Compassion

Accountability

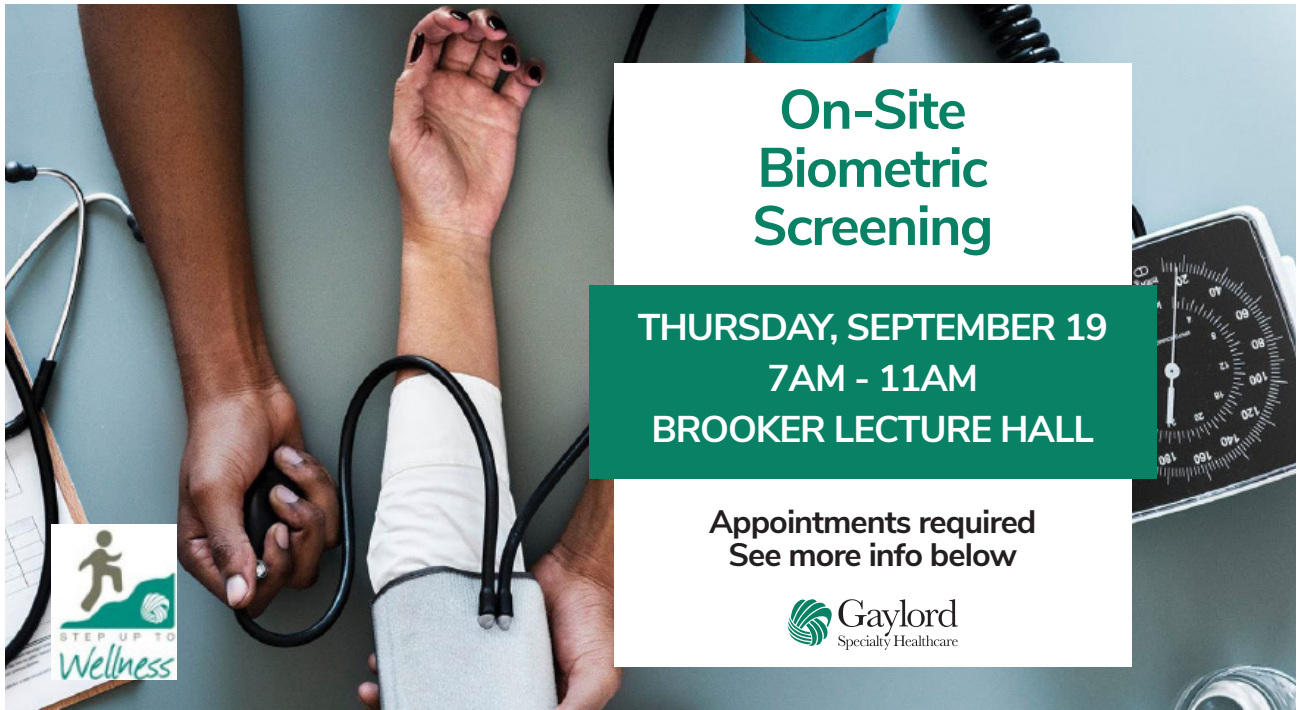
Respect

Excellence

FYI DEADLINE

The deadline for the next FYI is Friday, September 13.

Email: publicrelations@gaylord.org



Please join us for our onsite biometric screening on Thursday, September 19th from 7am to 11am. This event is your opportunity to help you achieve your preferred premium in the Step Up To Wellness Program. If you cannot make this onsite screening, we will have additional onsite biometric screenings later in the year.

Gaylord Specialty Healthcare takes your health seriously. Metabolic syndrome is a cluster of conditions that occur together, increasing your risk of heart disease, stroke and type 2 diabetes. These conditions include increased blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol or triglyceride levels. This condition is increasingly common, and up to one-third of U.S. adults have it.

Making lifestyle changes can delay or even prevent the development of serious health problems. Which is why we always incorporate these additional measures into our wellness program. To earn points towards your Step Up to Wellness Program, you will meet 3 out of 5 biometric outcomes. If you do not meet the 3 out of 5 biometric outcomes, you have the alternative opportunity to participate in 3 health coaching sessions before 11/30/24 to achieve the requirement.

Thursday, September 19, 2024

7am – 11am

Brooker Lecture Hall

*** Appointment Required ***

*Screenings are open to all Gaylord employees as well as Spouses with Cigna medical coverage.

Continued on next page

The 15 minute biometric screening appointment will include:

- Blood Pressure
- Glucose – Fasting or Non-Fasting. Fasting is not required but is recommended. If fasting, do not eat or drink anything except water (do not drink coffee) for 8 to 12 hours before your appointment.
- Waist Circumference/ Body Mass Index
- Triglyceride
- HDL Cholesterol

Participant Registration

- [Click here](#) for video tutorial of Participant Registration. You will need to set up an account and answer a few questions before scheduling an appointment. **Please note: If you already have an account through my.questforhealth.com, you may need to use another email address to set up an account with the new Gaylord/Cigna partnership. This account will not affect a personal account that you may have with Quest.**
- **Reg Key: Gaylord2024**
- Scheduling by Phone: If you are unable to schedule online, you can contact the Health & Wellness Service Center at 877-304-7055 to schedule an appointment.



Special thanks to 7 Brew of Wallingford for treating our staff to free coffee on August 30. Welcome to the neighborhood! Check out their menu on page 20.





UKG Performance Assessment Training

Managers

*Webinars:

September 16, 18 at 11:00 am

On-Site, IT Training Room, Hooker Ground:

September 17, 19 at 11:00 am

All Employees

*Webinars:

September 24, 25, 26

11:00 am & 2:00 pm

*Recorded

Questions? Contact Andrea Williams at x2990



National
REHABILITATION
AWARENESS
Week

SEPTEMBER 16-22



Thank you to our amazing staff!

Employee Flu Vaccine Program



In preparation for the upcoming flu season, I would like to take the time to review CDC's recommendations. Late September and October are the best times for most people to get vaccinated however, flu activity often begins to increase in October and typically peaks between December and February, although significant activity can last as late as May. Flu viruses are constantly changing therefore, the composition of U.S. flu vaccines is reviewed annually by the

U.S. Food and Drug Administration Vaccines and Related Biological Products Advisory Committee and updated as needed to best match the flu viruses research indicates will be most common during the upcoming season.

We will begin our Mandatory Employee Influenza Vaccine Program on **Monday, October 14, 2024**, in order for the 2 weeks it takes for antibodies to develop and provide protection against the flu.

Gaylord Hospital will be partnering with Griffin Hospital to facilitate employee flu vaccine clinics this year. Infection Prevention will not be administering any flu vaccines as Griffin will accept all insurances including Medicaid/Husky.

A sign up process will be in place and instructions on how to do so will be provided in the coming weeks.

Please note you can also choose to receive your influenza vaccine at your local retail pharmacy or through your medical provider and then submit your documentation to the FluVaccine@gaylord.org email, attached to a cover sheet (found on the last page of FYI)

-Sonia Belcourt, Manager, Infection Prevention

2024 Flu Vaccine Schedule			
Day of the week	Date	Time	Location
Monday	10/14	6 am-11am	Brooker Lecture Hall-Gaylord
Thursday	10/17	2 pm-5 pm	Brooker Lecture Hall-Gaylord
Monday	10/21	12 pm-2 pm	North Haven
Tuesday	10/22	12 pm-1 pm	Cheshire
Tuesday	10/22	2 pm- 3 pm	Cromwell
Wednesday	10/23	10 am-12 pm	Brooker Lecture Hall-Gaylord
Thursday	10/24	12 pm-1 pm	Madison
Friday	10/25	6 am-11 am	Brooker Lecture Hall-Gaylord
Thursday	10/31	2 pm-5 pm	Brooker Lecture Hall-Gaylord
Friday	11/8	10 am-12 pm	Brooker Lecture Hall-Gaylord
Tuesday	11/12	8 am-12 pm	Brooker Lecture Hall-Gaylord- LAST DAY of FLU CLINICS

The last day for submission of any flu vaccine documentation will be Friday, November 15, 2024



Be Innovative.
Think Possible.



Share your
innovative
ideas with us.

Scan the QR code or
email innovation@gaylord.org

Jeans for Charity: Friday, September 6



The featured organization
is:

**Crohn's & Colitis
Foundation**

[Click here to learn more.](#)

Employees need a Jeans for Charity
sticker or button to indicate their
participation.

Stickers can be purchased for \$2 in
the cafeteria, Jackson Java, Human
Resources, Jackson 2 outpatient,
North Haven, Cheshire, Cromwell and
Madison.



GAYLORD IN THE NEWS



Inside Edition

[CT Teen Paralyzed in Motocross
Accident Says Finding His Purpose in
Life Saved Him](#)

*Featuring Anthony Picchione, a former
SCI patient.*

Click [HERE](#) for more media mentions.

September	October	November
National Spinal Cord Injury Awareness Month	National Physical Therapy Month	Jeans for Charity October 4, 18
Complex Rehab Technology Awareness Week	National Case Management Week	Jeans for Charity November 1, 15, 29
Jeans for Charity Sept. 6, 20	National Respiratory Care Week	Gaylord Giving Day October 14
Employee Appreciation Day/ Traurig Picnic Sept. 12	National Pharmacy Week	Employee Meeting October 17
World Sepsis Day Sept. 13	Infection Prevention Week	Halloween Parade October 31
Nursing Professional Development Week Sept. 14-20	National Patient Account Management Week	Employee Giving Campaign Kick-Off October 31
National Rehabilitation Awareness Week Sept. 16-22	Healthcare Quality Week	
United Way Day of Caring Sept. 19		
Corks & Forks Sept. 19		
Falls Prevention Awareness Day Sept. 22		

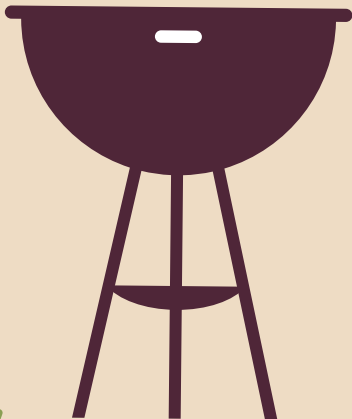
EMPLOYEE
APPRECIATION DAY

Summer BBQ

Thursday

SEPT

12



BROOKER SOUTH LAWN

11:30 AM-1:30 PM

4:00 PM-6:00 PM

FREE FOOD
DRESS DOWN DAY
LAWN GAMES
PHOTO BOOTH
DOOR PRIZES
POPSICLE TRUCK

3rd Shift BBQ: 12 am-1 am



EMPLOYEE APPRECIATION DAY

Summer BBQ

9 - 12 - 24

MENU

BURGER BAR

Beef, Turkey, Veggie, Hot Dog, Chicken Breast
American cheese, Cheddar Cheese
Mayonnaise, Mustard, Ketchup, Honey Mustard
Pickles, Relish, Lettuce, Tomatoes, Onions, Bacon

TACOS & BURRITOS

Chicken Tinga, Barbacoa Beef, Carnitas, Camarones, Chimmichurri-Tofu
Shredded Cheddar & Jack Cheese, Queso Blanco
Lime Juice, Guajillo Pepper Sauce, Ranch
Shredded Lettuce, Red Onion, Jalapeño, Tomato
Guacamole, Pico de Gallo, Sour Cream
Saffron Rice, Frijoles Negro

BBQ PIT

14 Hr. Spiced Brisket
12 Hr. Pulled Pork
BBQ Braised Pulled Chicken
Slow Roast Kielbasa
Sweet Apple Baked Beans (Vegan/GF)
Classic Cole Slaw (Vegetarian)
Dressed Greens with Tomato & Cucumber
Corn on the Cobb with Maitre'd Butter
Red Bliss Potato Salad
Roasted Garden Vegetable Salad

DESSERTS

Assorted Cupcakes
GF & Vegan Options Available
Sliced Watermelon

National Healthcare Environmental Services Week

SEPTEMBER 8-14, 2024



Environmental Services Week is a time to recognize the hard work of custodial staff members who keep healthcare facilities clean and safe, and are often the first line of defense against infections.

Special thank you to all of our Environmental Services staff.



CORKS & FORKS

FOOD • SIGNATURE DRINKS • LIVE MUSIC

**Thursday,
September 19, 2024**

5:30pm - 9:00pm
Brooker South Lawn

Staff Discount:

**\$100
PER TICKET**

Limit 2 discounted tickets per employee

To purchase tickets contact
Georgette MacQuarrie at **ext. 2881** or
gmacquarrie@gaylord.org.

To benefit:



For more information visit www.gaylord.org/corks

December

Giving Tuesday
December 3

Jeans for Charity
December 6, 20

January 2025

Happy New Year

February

National Heart Month

March

National Nutrition Month

Brain Injury Awareness Month

April

Occupational Therapy Month

Fit Testing

August 6, 2024 - September 19, 2024

Staff that are required to be fit tested will receive an email from **Gaylord University**, then follow steps to be completed on your phone, desktop, or laptop



Step 1	Questionnaire	All employees are to complete <u>entirely</u> even if not able to fit test	If employee has a beard or more than a thin moustached* per OSHA-no need to fit test- stop after step 1
Step 2	Schedule appointment	Open up time slots available and choose	This is employee's last step
Step 3	Fit tester	This is completed by person fit testing	Completed date will be reflected into each employee's UKG file

**Figure 1-short mustache only acceptable*



1. Accepting walk-ins will be very limited. Staff will still be required to complete questionnaire on UKG and will be taken after scheduled appointments.
2. Fit tests will be conducted by trained personnel following the OSHA guidelines.
3. At the completion of fit testing, employees will receive a Fit Testing Verification Respirator Training card.
4. Thereafter, employees will receive an annual reminder of fit testing.
5. Any HCW tested May through July 2024 will not have to fit test until 2025 however they will still have to complete the questionnaire and provide the documentation of fit testing if from another facility.
6. Please keep in mind that this process is new and it may encounter some delays in testing- we appreciate your patience.

Any questions, contact Sonnia Belcourt ext. 2795

Did you know Gaylord holds a weekly 'Photo of the Week' Contest on the intranet homepage?

Share your amazing photos with us and your photo may be chosen for display on the intranet homepage for one week for all to see. Please email photo entries to publicrelations@gaylord.org with your name, department, title and brief description of the photo.



REMINDER
for all emergencies dial
3399

SEPTEMBER Service Awards

Congratulations to the following employees for their years of service to Gaylord:

20 YEARS

Marjorie Kanyusik, MD
Physician Services

15 YEARS

Sharon Giancola
Patient Financial Services

Scott Sieputowski
Facilities

10 YEARS

Muriel Garvey
Library

5 YEARS

Lauren Como
Outpatient Speech

Kaila Morin
Outpatient Services-NH

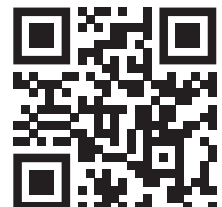
Maria Zerla Nierva Paz-Gato
Nursing Services

Susan Stango
Quality & Safety



**Did your co-worker
go above and beyond?**

Scan the QR code and fill out the form to recognize them.



Sepsis FACTS

Sepsis is the number

1

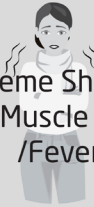
- cause of death in hospitals
- cause for hospital readmissions

These signs may indicate sepsis:

Slurred Speech
or Confusion



Extrême Shivering
or Muscle Pain
/Fever



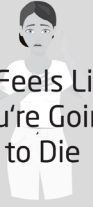
Passing No
Urine
All Day



Severe
Breathlessness



It Feels Like
You're Going
to Die



Skin Mottled
or Discolored



World Sepsis Day - September 13
stop sepsis save lives

Message from Infection Prevention Office



Sepsis PREVENTION

- ✓ Good hand hygiene.
- ✓ Keeping open wounds clean.
- ✓ Treating bacterial infections- if antibiotics are prescribed, complete course as prescribed.
- ✓ Take good care of chronic conditions, such as diabetes, lung disease, cancer and kidney disease.
- ✓ Get recommended vaccines, since vaccinations can prevent or reduce the severity of some infections that can lead to sepsis.
- ✓ Knowing the signs and symptoms of sepsis.
- ✓ Act FAST-sepsis is a medical emergency.



**Scan to learn
more about
Sepsis**



For more information, please contact Sonnia Belcourt, Manager, Infection Prevention.

IMPRIVATA TAP N' GO

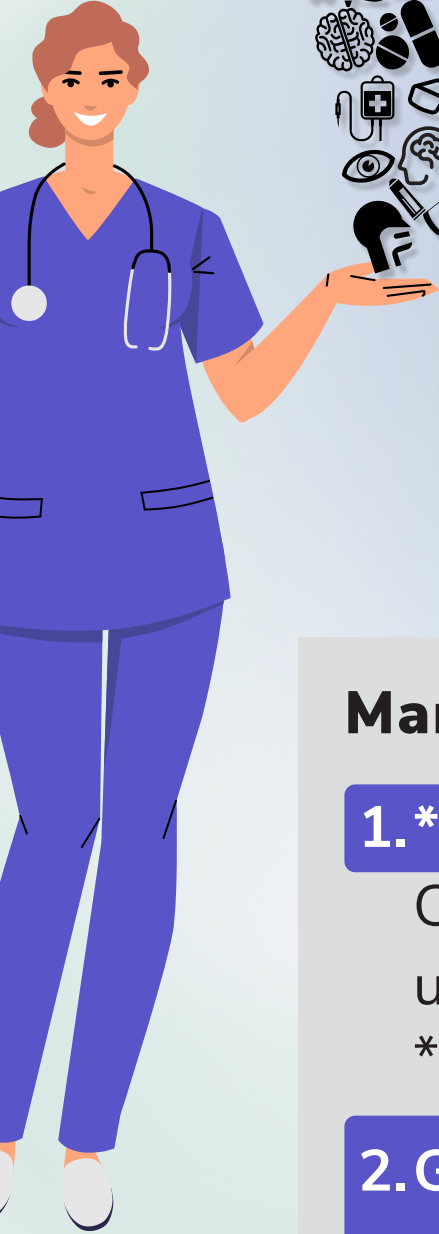
GO-LIVE AUGUST 29

This new scanning system will help streamline the login and logout process for all essential systems using your Gaylord employee badge.

- Expanse**
- UKG**
- Gaylord Email**
- Responder**

 Questions? Please feel free to reach out to IT or Rosie Delgado ext. 3331





ALL NURSING EMPLOYEES

Competency Validation

August 5- September 20

See your email for more information

Mandatory Annual Requirements:

1. *Clinical skills validation packets:

Complete packet & return to your unit's "competency box" by 9/20

*Nurses, PCTs/SNTs and MTs only

2. Gaylord University (UKG Pro Learning) online competency curriculum:

Complete all assignments by 9/20

3. N95 Fit Testing: Register in UKG. Call Infection Prevention x2795 with questions.

Questions?

Call the NPD Department x2135



Approved Validators

Andrea Fairchild, L1 RN
Mia Pulisciano, L1 RN
Allison Crandall, L1 RN
April O'Neill, L1 RN
Jaime Maddalena, L1 RN
Brianna Puccino, L1 RN
Siobhan Peng, H1 RN
Jaime Kaska, H1 RN
Yazmin Ortiz, H1 RN
Arelis Quintana, H1 RN
Emily Clifford, M1 RN
Keri Saxton, M1, UNL
Liz Kelly, M1 RN
Brian Poplawski, M1 RN
Ciara Caliwara, H2 RN

Beth Benigni, RN
Jennifer Lombardi, RN
Rosie Delgado, RN
Raquel Conklin, RN
Caitlin Cote, RN
Breanna Medina, RN
Kristen Berg, RN

Erin Keef, H1 PCT
Shauna Crawford, M1 PCT
Theresa Smith, H1 PCT
Charlease Hunter, L2 PCT

**PCTs & MTs can be signed off by a PCT or RN/LPN validator.
RNs/LPNs can only be signed off by another nurse.**



Research EDucation Development (**REDD**) Series

IRB Applications: NAVIGATING TOWARDS APPROVAL

ABOUT REDD SERIES

The REDD Series has been developed to provide staff interested in research with a background in various skills and topics that will help them to get their project started. **These bite-sized informative summaries will be presented in 15 – 20 minutes, or less.**

For more information:

Hank Hrdlicka, hhrdlicka@gaylord.org

Date:

Thursday, September 12, 2024

Time:

12:10 p.m.

Location:

Contact jcorbett@gaylord.org for Zoom info

Host:

John Corbett of the Milne Institute for Healthcare Innovation

Can't attend live? No worries!

**All series sessions will be recorded and made available on
the Research Department SharePoint**



Team Care of the Burned Patient

The big things and little things that make all the difference

Presented by:

Jason Bresky RN, CBRN, CCRN,
Trauma and Burn Injury Prevention and Outreach
Coordinator Bridgeport Hospital

Wednesday, September 25

11am-12pm or 2-3pm
Kryiacou Lecture Hall

REGISTRATION REQUIRED

Gaylord University
(UKG Pro Learning)

Open to all

TOPICS COVERED:

- Review of normal skin function, anatomy, burn injury depth and assessment
- Acute care of burn injuries, surgery, grafts, dressings
- Post acute wound care, dressings, and the healing process
- Scars; compression, treatments, common complications
- The patient experience
- Survivorship programs for burn patients



Continuing Nursing
Education (CNE)
Contact Hours offered
for attendance



Refer A Friend

Employee Referral Bonus Program

Helping fill jobs is **ALL** our job.
Get paid to help.

***REFERRAL BONUS**

POSITION

\$2,000

RN

\$2,000

Respiratory Therapist

\$2,000

PT

\$1,500

LPN

\$1,000

PCT

\$1,000

Intake Rep

\$500

EVS or F&N

***For program details and payout schedules, contact HR.**



September Safety Habit:
Mentor Each Other
200% Accountability



A Safety Codeword:
"I have a Concern."

Speak Up for Safety: ARCC it Up -"I have a concern"

A responsibility to protect in a manner of mutual respect—an assertion and escalation technique.



A non-threatening technique you can use to raise concerns. Each letter in ARCC stands for an action.

Ask a question: *"Did you forget your gloves?"*

Request a change: *"Please put on your gloves."*

Communicate a Concern: *"I'm concerned about the safety of the patient."*

Chain of Command: *"I'm not comfortable with this; I will need to speak to my supervisor."*

Most of the time, the **A alone or the **A+R** will achieve the behavior change needed.*



SAFETY STARTS WITH ME

Questions about CHAMP?

Ask a Safety Coach. Talk to a staff member wearing the Safety Coach button.



Wallingford CONNECTICUT

905 N COLONY ROAD

**COME CELEBRATE OUR
NEW LOCATION!**



Friends & Family Hours

Friday, September 6 th	7AM - 10AM & 4PM - 7PM
Saturday, September 7 th	9AM - 12PM & 3PM - 6PM
Sunday, September 8 th	12PM - 3PM

Opening Day!

Monday, September 9th



Community Hours

Monday, September 16th - Friday, September 20th
 7AM - 8AM | 12PM - 1PM | 5PM - 6PM



SWAG DAY

Saturday, September 21st
 5:30AM - 11PM

WHILE SUPPLIES LAST

* 1 DRINK PER PRESENT CUSTOMER

THE 7 ORIGINALS

BLONDIE
VANILLA & CARAMEL BREVE
(270-850 CAL)

BRUNETTE
HAZELNUT & CARAMEL MOCHA
(280-850 CAL)

SMOOTH 7
IRISH CREAM & WHITE CHOCOLATE BREVE
(260-840 CAL)

WHITE CHOCOLATE MOCHA
WHITE CHOCOLATE & MILK CHOCOLATE MOCHA
(280-850 CAL)

CINNAMON ROLL
BROWN SUGAR CINNAMON & WHITE CHOCOLATE BREVE
(300-770 CAL)

GERMAN CHOCOLATE
COCONUT & CARAMEL MOCHA
(280-860 CAL)

SWEET & SALTY
SALTED CARAMEL & WHITE CHOCOLATE BREVE
(260-840 CAL)



➤ **MAKE IT A TRIPLE 7**
ORIGINALS CAN COME WITH 6 SHOTS FOR AN EXTRA BOOST
(180-880 CAL)

➤➤➤ CUSTOMIZE EVERYTHING ◀◀◀

SUGAR FREE

EXTRA SHOT
(5 CAL)

SWEETNESS
1/4 1/2 REG EXTRA

COLD FOAM

MILK ALTERNATIVES
OAT, ALMOND, OR COCONUT

7 ENERGY
ICED or CHILLER
(10-560 CAL)
A PREMIUM ENERGY DRINK
CREATED BY 7 BREW!
INFUSE WITH ANY FLAVOR!
ORIGINAL OR SUGAR-FREE



TOP PICKS OCEAN BREEZE SF SUNRISE SF

PIXIE STICK NIGHTSHADE

RED BULL AVAILABLE

NEW! COLD BREW
(20-90 CAL)
TRY IT WITH OUR COLD FOAM!



CLASSICS
ICED or HOT

LATTE (120-320 CAL)

MOCHA (200-520 CAL)

BREVE (250-660 CAL)

CARAMEL MACCHIATO (210-850 CAL)

CAPPUCCINO (100-260 CAL)

HOUSE BLEND (10-20 CAL)

CHAI LATTE (160-400 CAL)

MATCHA LATTE (170-390 CAL)

COCOA (250-630 CAL)



7 FIZZ
(0-435 CAL)

SPARKLING WATER INFUSED WITH ANY FLAVOR!

ADD CREAM OR WHIPPED CREAM



TEAS & LEMONADES
(0-510 CAL)

SWEET / UNSWEET GREEN EARL GREY PARIS DECAF CINNAMON SPICE

THE CLASSIC LEMONADE FLAVORS OR MAKE YOUR OWN COMBO!



SMOOTHIES & SHAKES
(163-1,110 CAL)

STRAWBERRY PIÑA COLADA WILDBERRY MANGO PEACH BLUE POM

THE CLASSIC ICE CREAM FLAVORS OR MAKE YOUR OWN COMBO!



KIDS SIZES AVAILABLE!



ASK ABOUT OUR SECRET MENU!

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request. Before placing your order, please inform your server if a person in your party has a food allergy. We reserve the right to make any menu or pricing changes. Stated amounts do not include sales tax; sales tax stated separately on receipt. ©2022 Seven Brew, LLC All Rights Reserved.

Fiducius
A Better Kind of Benefit



Gaylord
Specialty Healthcare

Fiducius Student Loan Financial Planning Benefit

Gaylord Specialty Healthcare has covered the administrative cost of the Fiducius platform to encourage employees to start taking control of their student loans with the guidance and assistance offered by Fiducius.



Begin today by completing the short online assessment.



<https://gaylord.myfiducius.com/login>



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DIRECT
MORE THAN JUST WORK SHOES

Friends & Family Days

**30%
OFF**

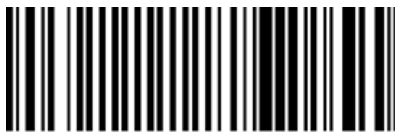
**SKECHERS FOOTWEAR,
APPAREL & ACCESSORIES**

SEPTEMBER 5 - 11, 2024

**EXCLUSIVELY FOR EMPLOYEES, THEIR FRIENDS
AND FAMILIES.**

Show this flyer at any of our 500+ SKECHERS retail stores
nationwide.

Shop online at www.skechers.com and enter **PROMO CODE:**
SDFAF324 at checkout.



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JOIN SKECHERS PLUS AND RECEIVE FREE SHIPPING BOTH WAYS

Offer valid 09/05/2024 - 09/11/2024 on select regular priced items at www.skechers.com and Skechers Store Locations. Not valid at other stores and websites carrying Skechers products. Offers exclude prior purchases, test styles, select accessories, sale or clearance items, gift cards, applicable taxes, and shipping charges. Not redeemable for cash. Cannot be combined with other offers or promotions. Valid in the U.S. only. Limit one (1) code per customer. Limited to 10 pairs per customer.

Excludes select styles.



SKECHERS

DIRECT

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*Descuento Para Amigos
y Familiares*

30%

DE DESCUENTO EN CALZADO
SKECHERS, ACCESORIOS Y ROPA

5 - 11 SEPTIEMBRE 2024

**EXCLUSIVAMENTE PARA LOS EMPLEADOS,
SUS AMIGOS Y FAMILIARES**

Enseñe este volante en cualquier de nuestras más de 500+ tiendas
SKECHERS en todo el país.

Compre en línea en www.skechers.com y al realizar el pago use el
CÓDIGO PROMOCIONAL: SDFAF324



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ÚNASE A SKECHERS PLUS Y OBTENGA GASTOS DE ENVÍO Y DEVOLUCIONES GRATIS.

Promoción válida del 05/09/2024 al 11/09/2024 para artículos no rebajados seleccionados en www.skechers.com y en tiendas Skechers. Promoción no válida en otras tiendas ni páginas web de venta de productos Skechers. La promoción no se aplica a artículos adquiridos con anterioridad, modelos de prueba, accesorios seleccionados, artículos rebajados o en liquidación, tarjetas regalo, impuestos aplicables ni gastos de envío. No canjeable por dinero en efectivo. Esta promoción no es acumulable con otras promociones actuales. Promoción válida solo en los Estados Unidos. Solo un (1) código por cliente. Solo 10 pares por cliente.

Excluye estilos seleccionados.



Resource Advisor is here with help for life's issues

A program to support your family, financial, and legal needs

Resource Advisor is a member assistance program you can use as part of your life and disability benefits from Anthem Life Insurance Company. It offers resources, counseling, and services for you and your household family members when you may need them.

Support when and where you need it

Resource Advisor gives you and each family member up to three visits with a counselor per issue at no extra cost to you. Counselors can help you cope with:

- Stress
- Anxiety
- Depression
- Family and relationship issues
- Illness



Connect with people who care

Call **1-888-209-7840** and ask for Resource Advisor. Steps to sign up for Talkspace:

1. Visit talkspace.com/associatecare and choose **Get Started**.
2. Fill out the registration form.
3. When asked for the **Organization** name, enter AnthemResourceAdvisor.
4. Complete the *QuickMatch* questions.
5. Send a message or schedule a virtual session after you receive your counselor match.

Counseling by phone, in person, or video

Sessions are available through Resource Advisor or Talkspace

Resource Advisor

Call Resource Advisor to:

- Talk to a counselor by phone right away.
- Set up face-to-face sessions.
- Schedule a virtual visit using LiveHealth Online.

If you choose virtual visits, Resource Advisor can help you with LiveHealth Online. You will get a coupon code to access the visits at no extra cost to you. Connect with a counselor anywhere you have privacy and internet access.*

Talkspace

Talkspace provides confidential counseling for ages 13 and up. With Talkspace QuickMatch,[™] you will be paired with a counselor who fits your needs and preferences. You can message your counselor through:

- Text
- Audio
- Video

You can also schedule a live chat, call, or virtual visit in real time.

Helpful resources and tools at no extra cost to you

Financial planning

A certified financial planner can work with you one on one to help with issues like retirement planning and saving for your child's education.

Legal services

Consult with an attorney over the phone at no charge. If you want to talk with an attorney in person, Resource Advisor's legal expert can set up a meeting at a discounted rate.

Identity theft recovery and monitoring

If someone stole your identity, Resource Advisor can connect you to a fraud specialist. They work with you and creditors, collection agencies, law firms, and credit reporting agencies for up to one year. Sign up for ID monitoring, receive credit report reviews, and place fraud alerts on credit reports.

Online tools to help with life's issues

Tap into support for common issues and challenges, like

- Creating a will
- Household support
- Parenting
- Referrals for services like elder care, pet sitting, and child care
- Aging
- Funeral planning
- Healthy living

Savings on goods and services you use every day

Perks at Work is a discount shopping program you can access through the Resource Advisor Savings Center. It can help you pay less for gym memberships, weight loss and food delivery programs, glasses and contacts, travel services, and other goods and services.



How to contact Resource Advisor

If you have questions or want to access the resources, call **1-888-209-7840** and ask for Resource Advisor, or go to **www.ResourceAdvisor.Anthem.com** and enter **AnthemResourceAdvisor** to log in.

*LiveHealth Online appointments are subject to availability.

LiveHealth Online is the trade name of Health Management Corporation, a separate company, providing telehealth services on behalf of Anthem Life.

Online counseling is not appropriate for all kinds of problems. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please call **988** (National Suicide Prevention Lifeline) and ask for help. If your issue is an emergency, call 911 or go to your nearest emergency room. Talkspace does not offer emergency services.

Resource Advisor services are not a part of the certificate, policy, or trust agreement and do not modify any insured benefits. Resource Advisor additional services are provided based on negotiated agreements between the insurance company and certain service providers. Although the insurance company endeavors to make these services available to all policyholders and certificate holders as described, modifications to our agreements with service providers may require that services be periodically modified or terminated. Such modification or termination of services may be made based on cost to the insurer, availability of services, or other business reasons at the discretion of the insurer or service providers.

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Flu Documentation Cover Sheet

If you are submitting proof of flu vaccination documentation **NOT** received at Gaylord please complete this cover sheet and submit with your flu documentation.

PLEASE PRINT CLEARLY:

Name of employee -

Position-

Department-

Name of supervisor-

Date flu vaccine received-

Date flu documentation submitted-

After completing this cover sheet, submit it along with flu documentation provided by your provider via email by scanning forms to: FluVaccine@gaylord.org

Please make sure all your submitted documentation is legible and if submitting electronically that it be in **JPEG or PDF only otherwise it will not be accepted.**

Please contact me with any questions.

Thank you,
Sonia Belcourt BSN, RN, CIC
Manager, Infection Prevention