



## **ANNUAL HEALTH & BENEFITS FAIR**

For all Active Town & School Employees, COBRA participants and Spouses

Monday, May 14, 2012

3 - 6 PM at Duxbury's Senior Center, Ellison Room  
10 Mayflower Street, Duxbury, MA 02332

*On-site seminars offered at 3:15 and 4:30 PM detailing elimination of Master Health Plus and important HMO and PPO plan changes effective 9/1/12*

*RSVP Required; 781/934-1100, ext. 143, or [horne@town.duxbury.ma.us](mailto:horne@town.duxbury.ma.us)*

### **COME TO THE FAIR TO**

1. Take advantage of free massage therapy and health screenings including; bone density, blood pressure, body mass index and body composition
2. Win raffle prizes and enjoy light refreshments

### **WHO WILL BE THERE?**

Anytime Fitness *NEW OFFERING*

Blue Cross/Blue Shield of MA (health insurance)

Boston Mutual Life Insurance (represented by Life Plus)

Cafeteria Plan Advisors (Flex Spending Accounts, info only – Nov. enrollment for Jan. benefits)

Delta Dental

Duxbury Fire Department (blood pressure screening)

Duxbury Fitness Private Gym & Training *NEW OFFERING*

Foodies Duxbury Market (offering healthy food ideas)

ICMA, ING & VALIC Retirement Services (457 Plans)

Jordan Hospital Sleep Center

Jordan on the Job (occupational health services)

Life Plus (cancer and disability insurance)

Plymouth Fitness

Rockland Trust Bank

Kingsbury Club

USA Health & Fitness

SHINE Officer (assisting with health plan selection, Medicare claims & prescription cards)

### **REMEMBER**

1. Annual enrollment runs from 5/01/12 – 5/31/12
2. During annual enrollment you have an opportunity to change your benefit plans, or enroll in a plan you do not have
3. Benefit representatives will be available to answer your questions and provide information about the different offerings, and PPO and HMO plan changes effective 9/01/2012 (Aug. deductions for Sept. benefits)

### **FINALLY**

You can elect Medical, Life (basic, optional and/or permanent), Cancer, Disability and Dental insurance coverage during this annual enrollment period (Jun. deductions for Jul. benefits)

***\*Please note birth, adoption and marriage certificates (or divorce decree) are required for new subscribers or dependents, and a brief medical form may be required by some benefit providers***

**ALL PAPERWORK FOR BENEFIT CHANGES MUST BE SUBMITTED TO PHYLIS HUGHES BY MAY 31, 2012**