

# **HEALTH BENEFITS E-NEWS EXTRA**

*Department of Human Resource Management  
Office of Health Benefits*

*July 16, 2009*

## ***Mailing of COVA Connect Welcome Packets***

Employees and non-Medicare eligible retiree group members enrolled in COVA Connect should begin receiving their welcome packets today, Thursday, July 16, at their home addresses. The mailing began yesterday. Each packet includes a welcome letter, COVA Connect Member Handbook, Employee Assistance Program brochure, CVS Caremark pharmacy order form, and flyers on the CVS Caremark pharmacy benefit, Personal Health Profile and Optima Web site. To order additional member handbooks or other materials, see the COVA Connect Materials Order Form at [www.dhrm.virginia.gov/hbenefits/openenroll09/COVAConnectMaterialsOrderForm.pdf](http://www.dhrm.virginia.gov/hbenefits/openenroll09/COVAConnectMaterialsOrderForm.pdf).

## ***New Resources Available on Value Options Achieve Solutions® Web Site***

Training videos (10-14 minutes), new educational and promotional pieces, articles on the H1N1 virus (swine flu), quizzes and managers' articles are new additions to the Value Options *Achieve Solutions* Web site at [www.achievesolutions.net/covacare](http://www.achievesolutions.net/covacare).

The videos may be found by clicking on the "Resources" tab at the top of the page and then either "Videos" or "Trainings." They address such topics as "Financial Uncertainty Training" and "Dealing with Challenging People." New educational and promotional pieces include handbooks on communications and living "greener," videos and an audio clip on swine flu, and a variety of articles dealing with stress, healthy eating, weight management, "going green" and other lifestyle issues.