

YELLOWSTONE COUNTY INSIDER

AUGUST 2024

ISSUE 428

MONTANA



Bitterroot
Montana State Flower

Board of County Commissioners

John Ostlund
Chair

Mark Morse
Member

Donald W. Jones
Member

INSIDE THIS ISSUE:

August Recipe	2
New Hires & Recognition	2
Sunshine News	2
NeoGov Emails	3
Health Plan Election Period	4
Mammogram Coach	5
New Insurance Rates	6
Telehealth 98.6	7
Best Bits	8
First Aid/CPR	8
Quest Wellness Screenings	9

Commissioner Corner



August is already here which means MontanaFair is right around the corner. Let's hope for some cooler temperatures. With this hot weather and lack of precipitation the Commissioners have passed stage 1 fire restrictions that went into effect on July 24th, 2024. With these restrictions in place, we hope to lower the chance of wildland fires around Yellowstone County.

Employee Spotlight:

With MontanaFair coming up I wanted to highlight a new employee that plays a significant part in planning MontanaFair. Michaela Woempner was hired at the end of May as the new MontanaFair Coordinator. This position was created this year and is responsible for coordinating, organizing, and planning MontanaFair in collaboration with MetraPark staff.

Michaela Woempner, from Coeur d'Alene, ID, has filled the new position of MontanaFair Coordinator and is very excited to be a part of so many new things happening on the MetraPark grounds. Coming from an agricultural background, she is fully engaged in the promotion of agriculture through the Montana Harvest Haven Garden, overall growth of Heritage Park, and Ag Appreciation Day the first Saturday, August 10. To incorporate new, interactive ideas, Michaela and the MontanaFair staff have been busy planning a social media bingo game and a scavenger hunt that will lead you throughout the fair.

Joining the fun on the first weekend is the AWS trailer (American Welding Society) that will offer a virtual experience and friendly competition resulting in a scholarship for a talented fair-goer. Be sure to visit the new build-a-bar, a variety of amazing entertainers, and a refreshed version of LunchBunch called Lunch and Learn. Keeping tradition alive is The Mighty Thomas Carnival celebrating 45 years of partnership, along with the Draft Horse Exposition, Dig It Days, and the reliable fair food options you've been missing all year. You won't want to miss the community's most fun event and the last best place of summer at the MontanaFair, August 9-17, 2024!

Thank you to the MetraPark staff for all the hard work you do every year putting the fair together. I hope everyone can make it to the fair this year to see all of the great new events or watch one of the upcoming shows:

Boys Like Girls with 30H13 and Red Jumpsuit Apparatus	August 9th
Stephen Percy of RATT with Special Guests Quiet Riot	August 10th
Kip Moore	August 11th
Big Air Bash	August 13th
Yellowstone River Roundup Rodeo	August 16th-17th



Thank you for all the work you do for Yellowstone County and enjoy the rest of the summer.
Sincerely,
John Ostlund, Chairman

New Employees



Jennifer Bernards
Veronica Hills
Detention Facility

Caitlyn Foxhoven
Jeffery Flechsing
District Court

Ethan Brady
Samantha Johnson
MetraPark

Colby Sturgeon
County Attorney

Derek Yeager
DES

Matthew Marko
Road & Bridge

Recognition of Service



40 Years of Service

Lesley Sanchez
Clerk & Recorder
08/23/1984

20 Years of Service

Richard Hoffman
Sheriff's Office
08/16/2004

10 Years of Service

William Kimmerle
Facilities
08/01/2014

August Recipe

Spice-Roasted Chickpeas and Almonds

EASY recipe

- | | |
|---|---------------------|
| 1 can (15.5 oz.) unsalted chickpeas, drained and rinsed | 1 tsp paprika |
| 2 tbsps extra-virgin olive oil | 1 tsp salt |
| 1 tsp ground cumin | ½ tsp garlic powder |
| | 1 cup raw almonds |



Preheat oven to 400°F. Line a baking sheet with parchment paper. In a bowl, combine chickpeas, oil, cumin, paprika, salt and garlic powder. Stir well and pour onto baking sheet. Roast 30-35 minutes, stirring occasionally. Remove from oven, add almonds, stir well and roast another 15 minutes until chickpeas are dry and crispy. Serve.

Makes 6 servings. Per serving: 272 calories | 9g protein | 17g total fat | 1g saturated fat | 9g mono fat | 6g poly fat | 23g carbohydrate | 1g sugar (0g added sugar) | 7g fiber | 208mg sodium

Sunshine News



The Sunshine Committee will be having a bar b que again! Music, raffles and good food! Friday, August 23. Watch your email for updated time information.

The Yellowstone County Courthouse will be closed on September 2, 2024 in observance of Labor Day.

Congratulations to Detention SGT Peters and Patrol SGT Harris on receiving the Life Saver Award this week. In two separate incidents this past quarter, SGT Peters and SGT Harris performed acts which saved the life of an individual. Thank you for what you do.



Wildfire Watch

Most wildfires occur in the summer and have been more frequent in recent years with devastating results. Statistics show humans start most wildfires on public lands.

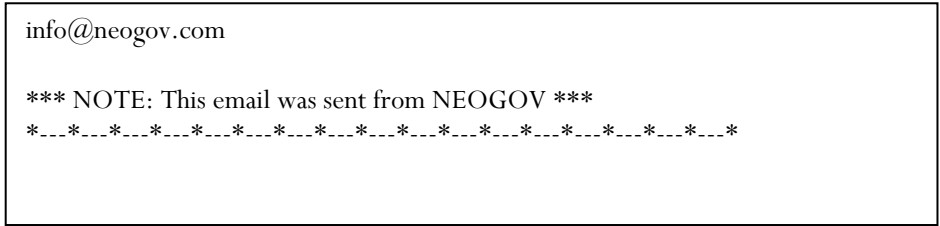
You can do your part to prevent wildfires. **Here's how:**

- ➔ Check weather and drought conditions before building an outdoor fire.
- ➔ Build campfires and bonfires in an open location and away from flammables.
- ➔ Never build a fire when it's windy or restricted because of drought.
- ➔ Extinguish all campfires or bonfires until they are cold before leaving the area or going to sleep.
- ➔ Maintain your vehicles, equipment and tires. Keep vehicles off dry grass.
- ➔ Don't smoke or use fireworks or sparklers during a drought or in a dry area. **Tip:** Leave fireworks to the professionals.





Have You Received an Email That Looks Like This?



It is not spam or a phishing email.

It is a notification from NeoGov which is your new, self-service Dashboard Portal.

These emails from **info@neogov** are legit, please don't phish them.

Human Resources administers the NeoGov Program for Yellowstone County. Through this program HR can assign certain tasks for you to complete and you have the ability to update and change your information from your NeoGov Dashboard. You can change your personal information such as address and phone numbers, change your W-4 and Montana withholding, update your insurance when you have a family status change and more.

There is a "Document Library" that has copies of your benefit booklets, health & life insurance plan books, information on how to access the Employee Assistance Program (EAP), Travel Assist, Identity Theft, general County information, "Helpful Links", the County newsletter, and information on your Public Employee's Retirement.

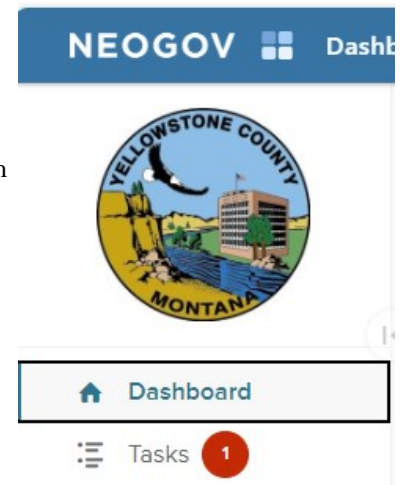
You have access to a "Safety Video Library", a training video on AED use, and Run-Hide-Fight! Your NeoGov Dashboard is filled with information just for you such as a copy of your job description.

The web site is this: <https://login.neogov.com/signin>

You can access your Dashboard at any time from your work computer, home computer, laptop, phone, or iPad. Your "login" is your county email, and if you forget your password, you can reset it. Please take the time to go out on your Dashboard and get familiar with the site. Click on "Onboarding" on the left to access County information.

The Annual Election Period will be October 21 through November 1, 2024. You will make your insurance elections for 2025 through your NeoGov Dashboard. You will receive an email from info@neogov...so, be watching for this email.

NEO GOV



Work Comp Claim FREE - Congratulations!

Congratulations to the following departments for **July**:
Clerk & Recorder/Auditor, Commissioners, County Attorney, District Court, Disaster & Emergency Services, Elections, Extension, Facilities, Finance, Human Resources, Information Technology/GIS, Junk Vehicle, Justice Court, MetraPark, Motor Vehicle, Public Works, Treasurer, and Weed.

In July there were 7 claims filed: 2-YCDF, 1-Sheriff Office, 3-Youth Service Center, 1-Road & Bridge



Health Plan Election Period Open October 21 – November 1, 2024 For January 1, 2025 effective date

ALL EMPLOYEES MUST MAKE AN ELECTION



All medical, vision, and FLEX/HSA plan election forms are online on your NeoGov Dashboard at: www.neogov.com

The Yellowstone County Health Plan Election Period will be from October 21 through 11:59 pm on November 1, 2024 for coverage beginning on January 1, 2025. You will be electing your benefits for the 2025 year.

Please keep in mind that Yellowstone County does not have annual open enrollment, this is not an Open Enrollment. In order to add family members to the plan, the employee must incur a family status change to be eligible for a "Special Enrollment Period" to add dependents. You have 31-days from the date of the event to enroll new members on the Yellowstone County Health Plan.

The Yellowstone County Health Insurance Plan offers employees two (2) health insurance options with claim administration conducted by BCBS:

- 1) The Traditional Plan with a \$500 individual / \$1,500 family deductible
80/20 coinsurance & \$2,500 individual MML / \$7,500 family MML

OR

- 2) High Deductible Health Plan (HSA) with a \$3,300 individual / \$6,600 family deductible
100/0 coinsurance & \$3,300 individual MML / \$6,600 family MML

Note the change in the deductible for the HDHP Plan.

The HDHP plan has limited eligibility. Please check with HR if you have questions.

ALL employees must make an election.

A Kiosk is set up in HR for your use. When using the kiosk, you will need bring your "Duo fob".

If you do not have a "Duo fob", you must contact the IT Help Desk at 256-2713 to get the following: 1) a user ID, 2) a password and, 3) a "Duo Code". This code is only good for the day it is issued.

If your election is not received by 11:59 pm on November 1, 2024 you will default and will remain in your current health insurance plan for 2025, *BUT* all voluntary deductions such as Vision, FLEX and HSA will be turned off on January 1, 2025.

Department Heads: Please forward and share this information with those individuals without email access.

HR will assist you if you need help with the online election forms.

Please call 256-2737 or 256-2732 for assistance.

Get On Board

Awareness. Detection. Survival



Yellowstone County Employees

September 25, 2024

7am-3pm at YC Courthouse

September 27, 2024

6:30 am-10am at YC Detention Facility

September 30, 2024

7am-3pm at YC Courthouse

Please have your insurance information available at your appointment



Say goodbye to excuses and hello to good breast health with the St. Vincent Healthcare Mobile Mammography Coach.

On the Mobile Mammography Coach, a mammogram takes just 15 minutes, is covered by most insurance plans and is completed by a team focused on helping you feel at ease.

We use the same 3D Mammography imaging equipment used in our on-campus site, and your confidential results are mailed directly to you and your healthcare provider. Mammograms can also be performed at Yellowstone Breast Center, 2900 12th Ave. N. Suite 276W, Billings, MT 59101.

To schedule your appointment call 406-237-4373.



New Health Insurance Premium Rates - Effective August 1, 2024

Yellowstone County



HUMAN RESOURCES

(406) 256-2705
(406) 254-7908 (fax)
P.O. Box 33041
Billings, MT 59107-5041

June 7, 2024

TO: Yellowstone County Employees

New Health Insurance Rates:

Yellowstone County continues to make every effort to provide the best medical, dental and prescription drug plan to its employees and retirees. Below are the health insurance rates effective August 1, 2024.

Premium rates are listed by the per-pay period (pp) costs for the employee and dependent health insurance premiums for fiscal year 2024/2025 effective on August 1, 2024 – this rate change will be reflected on the August 7th payroll.

Effective August 1, 2024	Traditional Plan (\$500/\$1,500)	HDHP Plan (\$3,200/\$6,400)
Single – No Cost to the employee	\$476.00 /pp paid by County \$0 – Cost to the employee	\$398 /pp paid by County \$78.00 /pp into employee HSA by County \$0 – Cost to the employee
Spouse only	\$279.00 /pp	\$160.00 /pp
1 child	\$174.00 /pp	\$70.00 /pp
2 children	\$347.00 /pp	\$217.00 /pp
Family (3+ children)	\$372.00 /pp	\$239.00 /pp
Part-time single (.5 - .74 FTE)	\$238.00 /pp paid by Employee	\$199.00 /pp paid by Employee + \$39 in HSA
Part-time single (.75 - .99 FTE)	\$119.00 /pp paid by Employee	\$100.00 /pp paid by Employee + \$59 in HSA

Remember the annual Election Period will be from October 21 to November 3, 2024 for 2025 benefit coverage.

Be sure to take advantage of the services offered at the annual Wellness Screenings which will be from September 3 through November 3, 2024 . Check out the County’s newsletter available on your NeoGov Dashboard to keep informed on benefit changes and other County sponsored events.

Sincerely,

Board of County Commissioners, Yellowstone County



98point6 - How to Sign Up

On-demand, text-based care

Diagnosis, treatment and support for 900+ conditions.

Connect with a care team member for treatment and diagnosis, get answers for any and all health questions, get prescription orders or refills - via text, 24/7, right from the palm of your hand.



GET THE APP:



[NEED SUPPORT?](#)

What to expect



Get care quickly and easily

Get text-based care 24/7, wherever it works best for you.



Trusted support

Get answers to all your health questions anytime, and consistent guidance navigating chronic health conditions.



Convenience

No appointments, no waiting rooms, no hassle. Start a text-based visit from your couch, your car, your desk or wherever you find yourself.



High-quality care

The care team you work with through 98point6 are regularly reviewed by other providers, and our own quality program, to make sure they're delivering the best care.



Download the app to get started with 98point6



1

Install the app

Download 98point6 from the Apple App Store or Google Play.



2

Create your account

No password to remember. Enter your mobile number and we'll send you a unique PIN.



3

Start your visit

Get care when you need it, as well as necessary labs ordered and prescriptions sent to your local pharmacy.

Yellowstone County Employee/ FREE-First Aid/CPR/AED Training

*Yellowstone County will be installing AED machines in county buildings. **Be prepared!** Learn what to do in the event you will need to use the AED to save a life!*



*Tuesday, August 20, 2024
1:30 – 3:30 pm
Room 212 - Courthouse*

*Learn the new procedures!
Class size limited to 6-12*

*To register, contact HR at 256-2705 or email:
mreinke@yellowstonecountymt.gov or
lschmidt@yellowstonecountymt.gov*

Don't delay – register by Wednesday, August 14!

Walking Montana Mileage Logs Will you reach 300 miles by August 31st ???

Turn in your mileage log to Human Resources no later than **September 10th** to be entered into the Grand Prize Drawings!

Remember you can earn awesome awards from our sponsors:

100 Miles - Intermountain Healthcare

200 Miles - Blue Cross Blue Shield

300 Miles - Marsh-McLennan Agency

\$100 Gift Cards for Grand Prize Drawings -

Alliant Consulting

Thank you to our sponsors who help to make this program possible.

BEST bits



National Immunization Awareness Month teaches the importance of **vaccination** for people of all ages against several serious, sometimes deadly diseases; it also celebrates the successes of the different immunizations created in the 20th and 21st centuries. It's an important reminder to talk to your health care provider about getting vaccinated against COVID-19, including booster shots. And don't forget flu season — it's just around the corner. Ask your health care provider when flu shots will be available. Get yours as soon as possible. Vaccines for flu and COVID-19 reduce the risk of infection and lower your chances of being hospitalized and treated for serious complications if you do become ill.



August 31 is Opioid Misuse Awareness Day. This global event remembers those we have lost to overdose deaths. Opioid drug abuse is an epidemic in the U.S. Oxycodone, hydrocodone, fentanyl and other opioids are highly addictive painkilling medications. They were widely prescribed for pain in the 1990s and early 2000s. Through the years, misuse of prescription and illicit opioids increased. Today, about 136 Americans die from opioid overdoses daily, according to the CDC. Of the more than 112,000 drug overdose deaths from May 2022 to May 2023, most were due to fentanyl. Learn more at [cdc.gov/opioids/index.html](https://www.cdc.gov/opioids/index.html).



Regular eye exams are important for children. Children are susceptible to nearsightedness, amblyopia (lazy eye), eye infections and other problems that left untreated can interfere with reading, focus and learning. Identifying and treating problems early gives youngsters the best opportunity for healthy vision long term. **Children's Eye Health and Safety Month**, sponsored by Prevent Blindness and the National Optometric Association, is a great time to schedule your child's eye checkup. Learn more at [preventblindness.org](https://www.preventblindness.org).



Wellness Screenings – 2024
September 3 – November 1

Yellowstone County has contracted with Quest Diagnostics to do our annual Wellness Screenings (blood draw). You and your health insured spouse will be able to participate in the Wellness Screenings. Flu shots will not be given on site. You can request a voucher for a free flu shot that can be redeemed at various providers which are listed on the voucher.

You can begin to schedule your appointments starting on September 3, 2024. The portal will not be opened until September 3rd.


Go online to: My.QuestForHealth.com
The Registration Key is: [Yellowstone2024](#)
Unique ID is: [Last 4 digits of your SSN and your date of birth](#)
[Example: 123406011999](#)
You can also call: [855-623-9355](tel:855-623-9355)

When calling in for an appointment, you will be asked for the Registration Key and your Unique ID number.

Quest Diagnostics is located at: [2900 12th Avenue North, Suite 255](#)

Remember, these tests are “fasting tests”. No food or drink before your blood draw. You should have at least an 8 hour fast before the tests.

What is **FASTING**?

FASTING is defined as refraining  from the intake of food & drink for **at least 8 to 12 hours** before blood collection.

Patient **may drink water** , but **not** juice, coffee, tea, and other caffeinated drinks.

Intake of medications , as well as **strenuous activities** should also be **avoided** prior to blood extraction.

You will need to provide picture ID at the time of your test. Please be prompt for your appointment. If you have any questions, please contact Human Resources.

There will be more information in the September newsletter and on your NeoGov Dashboard.



Quest Diagnostics Frequently Asked Questions

General information

Registration and scheduling

Q: How can I sign up to complete my biometric screening?

A: Register and schedule a screening at My.QuestForHealth.com. To register, use the Registration Key and Unique ID provided below (Spouse may require a separate Unique ID, if applicable).

- For scheduling questions, contact the Service Center at 1.855.623.9355 (1.855.6.BE.WELL)



First-time participants:

- Use Registration Key: **Yellowstone2024**
- Your Unique ID: Last 4 of **SSN** followed by 8-digit date of birth
Example: 123412012000
- Your Spouse Unique ID: Last 4 of **SSN** followed by 8-digit date of birth
 - Example: 432106011999

Q: What if I'm a new user, how do I log in for the first time?

A: Before logging in, you'll need to register to access My.QuestForHealth.com. For standard login you must use the "Register now" button in the "Create Account" area. Within this area, you'll also need to enter the Registration Key provided above. You will be required to provide your Unique ID, along with basic personal information, to create a username/password combination specific to you.

Q: What if I've forgotten my password or I need my password reset?

A: There are separate links available for retrieving your username and resetting your password.

If you select the "username" link, you will need to provide the email address associated with your account and your date of birth. As long as the email address/date of birth combination provided matches what is on file, you will receive an email with your username.

If you select the "password" link, you will need to provide your username and date of birth. As long as the username/date of birth combination provided matches what is on file, you will receive an email with a link to reset your password.



Screening information

Q: What can I expect to experience at a Quest Diagnostics Patient Service Center?

A: Participants will have their blood pressure, height, and weight measured. The examiner will obtain a specimen through a venous blood draw (blood taken through the vein). The process usually takes 10-15 minutes. Even if you registered as a walk-in, you may be required to select an appointment time when you check in at the Patient Service Center.

Q: What are biometric measurements?

A: Biometric measurements refer to height, weight, body mass index (BMI), blood pressure, waist, and/or hip circumference.

Q: Do I need to fast before screening?

A: Yes, it is recommended/required for you to fast for this screening. This means you cannot eat before your screening. To ensure your results provide an accurate depiction of your health, do not eat anything 9-12 hours prior to your screening appointment. Please drink plenty of water and take any medications as directed by your doctor.

Results and Reporting

Q: Are my results confidential?

A: Yes. Quest Diagnostics and your employer value and understand that your privacy is very important, and we have put many steps in place to assure confidentiality. All information obtained from your biometric screening experience is Protected Health Information (PHI) and is secured in accordance with the Health Insurance Portability and Accountability Act (HIPAA). Your employer will not have access to individual results.

Q: How do I get my results?

A: You will receive a confidential, personalized, multi-page report providing current health status and individual risk factors in the mail within 2 to 3 weeks of your blood draw. If you registered online and provided an email address, you will receive an email when your results are available to view online 3-5 days after your screening. To view your results online go to My.QuestForHealth.com. If you already created a username and password when you made your appointment, enter them. If you have not yet registered and created a username and password, click the "Register now" button in the "Create Account" area. You will be prompted for your Registration Key and your Unique ID to register and access your results online.

Q: What is MyGuide to Health™

A: MyGuide to Health uses simply stated insights to health and risk, with highly personalized content that can help guide you to better health. It provides powerful and engaging information where "the health measures you most need to focus on" meets "what you can do to most improve them." MyGuide to Health maximizes the value of biometric screening by focusing on your unique health risks and how you can modify your behaviors to improve them.

Q: What should I do with my results after I receive them?

A: Review your health report and then share it, along with any questions you may have, with your physician during your next visit.