

INSURANCE MATTERS

COUNTY COMMISSIONERS ASSOCIATION OF PENNSYLVANIA
THE **VOICE** OF PENNSYLVANIA COUNTIES



Insurance Programs proudly exhibited at CCAP's 138th Annual Conference and Trade Show in Adams County in early August. This Conference and Trade Show welcomed more than 500 county members, vendors, exhibitors, guests and speakers over the four-day Conference. Insurance Team Members Desiree Nguyen, Cassie Troup and Keith Wentz spent time with represented counties discussing the various programs and coverages offered and available through Insurance Programs. Our team takes great pleasure meeting with county leadership and talking about our programs. Our team is privileged to be a part of these wonderful events put on by the Association, and we look forward to seeing you at the Fall Conference in Hershey!



UC Trust Members: Remember to Submit Your Activity Reports!

Just a friendly reminder that the deadline to submit your Activity Reports for the 2024 UC Trust Risk Control Incentive Program is Friday, September 6. [The 2024 Risk Control Incentive Program document](#) outlines everything your county/county related entity needs to do to qualify for up to 5% credit toward next year's renewal. As outlined on page two of the program document,

Activity Reports must be submitted electronically using the following link: [2024 UC Trust Risk Control Program](#). Additionally, if you are still in need of onsite training to fulfill that portion of your credit requirements, here is the link to register for applicable risk management training: [GLIMPSE - Risk Management Training Opportunities](#).

Our Team will be reviewing your submissions the week following their due date, so timely submission is crucial and much appreciated. Should you have any questions regarding this matter, please feel free to contact Desiree Nguyen at dnguyen@pacounites.org.



Wellness at Work

The benefits of workplace wellness programs are endless! Healthy employees have a better a quality of life and benefit from a lower risk of disease, illness and injury. Additionally, employees may feel a greater sense of belonging, and employers may see an increase in work productivity through their investment in wellness programs. Wellness program engagement is vital and key to a successful program at work. It is more than just attending an activity or event or performing a health screening sponsored by the employer. Participation needs to be encouraged, and engagement involves creating and maintaining a sincere interest and involvement in living a healthy life—at home and at work. Workplace wellness programs are only as effective as the proportion of employees who are truly engaged in the program.

[Per Forbes magazine](#), “67% of employees who work for organizations with wellness programs like their jobs more and this same percentage is extremely or very likely to recommend their employer to others.”

On July 31, 2024, CCAP’s Wellness Committee welcomed back guest speaker and nutritionist, Shanna Shultz from Giant Foods. During this two-part educational series of ‘What’s on a Dietician’s Grill’ staff learned about healthy grilling options for desserts. This informative session promoted wellness at work, engaged staff and provided healthy options for staff to consider while grilling. Included below, is the

recipe to try in your county and/or at home.

For more information on how to promote wellness within your county or to learn more about CCAP's Wellness Program, contact Jean Henry at jhenry@pacounties.org.

Attention PComp Members: Wellness events and education, such as the one showcased, are eligible and reimbursable through your Wellness Improvement Grant (WIP). WIP Grants are proudly sponsored by the PComp Board of Trustees. New for 2024, WIP Grants provide PComp members with financial support to fund programs for employees with the goal of implementing, improving and increasing wellness related activities. For more information on PComp's WIP Grant, eligibility or how to submit contact Keith Wentz at kwentz@pacounties.org.

Simplest Grilled Peaches Recipe

Grilled peaches may be summer's greatest joy. Cook them over a medium to low gas grill or a dying charcoal fire, and serve them with yogurt (frozen, high protein, non-fat), ice cream, whipped cream or nothing at all.

Note: You can substitute peaches for nectarines, pineapples or plums.

Step 1: Heat a gas grill to medium. If you are cooking on a charcoal grill, wait until the fire has died down to medium to low heat.

Step 2: Cut the peaches along their seams, all the way around, and twist their halves off their pits. Brush the cut sides of the peaches with olive oil and grill, cut side down, until the fruit has developed grill marks and started to soften, about 4 to 5 minutes.

Step 3: Brush the tops with oil, turn over and move to the side of the grill to continue cooking over indirect heat, another 4 to 5 minutes. You can add flavor by brushing them with maple syrup or molasses, honey or butter. But if they are perfect peaches, they shouldn't need anything at all.

Step 4: Eat! Serve the grilled peaches on their own, serve with ice cream and add your desired toppings.



Mentally Prepare for a Better Day

Often, our mood or emotional state is dictated by what's happening around us at any given moment, and we react to each situation as it occurs. However, we have the power to make choices about how we feel and respond. Taking time before work and mentally preparing for the day is a perfect opportunity to practice this life skill. Doing so allows you to work with a positive frame of mind.

How to do it:

- Spend 15 minutes in mindful meditation to clear your mind and visualize positive expectations and outcomes for the day.
- Use deep breathing exercises. Deep breathing exercises improve focus and concentration. This calms you and helps the visualized messages sink in and feel more certain.
- Listen to motivational podcasts. Motivational podcasts shift your focus from negative thoughts to positive ones and they can excite you about possibilities that boost your mood.
- Create your own playlist of uplifting songs. This works because upbeat songs release neurotransmitters like dopamine, which lift your mood.
- Reflect on gratitude - what you are thankful for? This practice has numerous payoffs, but one that will show at work is your more optimistic perspective where challenges are seen instead as opportunities. This is called having a "growth mindset".
- Finally, don't let your day simply happen. Be intentional. This means planning not just what you want to accomplish, but also how you would like to feel today, taking charge of your mood and what happens to it.

Read more articles like this in [M&S EAP's blog!](#) M&S EAP services are available to UC Trust members at no cost.



Registration is Open for the Fall Risk Management Workshops!

September will be the official start of the Fall Risk Management Training season! We have a great training season lined up. [Online registration is open!](#)

Date	Topic	Location

September 25	Defensive Driving Course	Best Western Plus, Lewisburg
October 1	KEYS: Listen, Communicate, Thrive	CCAP Office, Harrisburg
October 3	Safety Workshop	The Penn Stater Hotel and Conference Center, State College
October 9	Excellent Supervisor Seminar: Workplace Ethics	Regional Learning Alliance, Cranberry Twp.
October 17	Defensive Driving Course	The Penn Stater Hotel and Conference Center, State College
October 22	KEYS: HR Boot Camp	CCAP Office, Harrisburg
October 24	Excellent Supervisor Seminar: Workplace Ethics	The Penn Stater Hotel and Conference Center, State College
October 30	Excellent Supervisor Seminar: Workplace Ethics	Virtual Option via Zoom
November 1	County Risk Managers Sharing Group	CCAP Office, Harrisburg
November 13	Prison Personnel Workshop	The Penn Stater Hotel and Conference Center, State College
November 14	Excellent Supervisor Seminar: Workplace Ethics	CCAP Office, Harrisburg

As a reminder, most of the workshops are **FREE** to attend if your county is a member of the sponsoring Insurance Programs. To check membership status, please refer to [CCAP Insurance Programs Member Listings](#). Please refer to the [GLIMPSE Online](#) section of the CCAP website for more information. As always, if you have any questions, please feel free to contact Linda Rosito at lrosito@pacounties.org.

The CCAP Insurance Programs continues to collaborate with the [Academy for Excellence in County Government](#). Please refer to our website for additional information on co-sponsored events. These workshops are **FREE** to current Academy participants.

We hope to see you this fall!



Prison Inmate Medical
Cost Containment

Provides medical cost management and education to assist county prisons with the containment of costs related to inmate medical expenses

- Auditing of inmate medical bills
- Drug formulary for physician use
- Subrogation to insurance when applicable
- Group prescription drug purchasing program
- Monthly pharmacy invoice review and trending report
- Preliminary notification program for outside treatment
- Periodic on-site visits to discuss trends and program status
- PIMCC Manual with recommended procedures and forms
- Complete review of existing medical program and service providers
- Ongoing communication with prison medical personnel
- Discount fee negotiations with medical service provider
- Assistance in obtaining statewide provider services
- Concurrent review of all hospitalizations
- Electronic newsletter (three per year)
- Overall case management

For more information, contact
Desiree Nguyen at dnguyen@pacounties.org



PA Counties Workers'
Compensation Trust



PA Counties
Risk Pool



Prison Inmate Medical
Cost Containment



Unemployment
Compensation Trust



Updated Online Training offered through LocalGovU

We are excited to announce the addition of 37 new and updated courses offered through our online training platform available through LocalGovU. New and updated training material is conveniently identified with a course flag for easy identification, below is a listing of the new material available:

- Budgeting for Local Government
- Juvenile Corrections: Staff Roles and Reentry
- Juvenile Corrections: Facts, Trends and Youth Rights
- Racial Profiling
- Foundations in Ethics for Corrections
- Water Slide Inspections and Maintenance
- Active Shooter
- Wellness for Corrections
- PREA: Rights, Reporting and Retaliation for Juvenile Detention
- Combating complacency in Jails
- Officer Wellness & Mental Health Awareness
- Community Stop the Bleed
- PREA: Rights, Reporting and Retaliation for Prisons and Jails
- Sexual Harassment Prevention – Local Government

- Hazmat First Responder Awareness (FRA) Level 1
- Body-Worn Cameras for Law Enforcement
- Procedural Justice
- Airborne and Bloodborne Pathogens
- Interacting with the Mentally Ill as a First Responder
- Responding to People with Mental Illness
- Implicit Bias
- Workplace Bullying
- Hate Crimes Training for Law Enforcement
- Off Duty, Safe and Ready (UPDATED)
- Written Communication and Report Writing
- Using Oleoresin Capsicum
- Mental Health in Jails
- Crisis Intervention Training Overview
- Dispatcher Specialized Call Types (Sovereign Citizens, Domestic Terrorism, and Lone Wolf Attacks)
- Emergency Preparation and Egress (UPDATED)
- Evidence Collection, Control, and Storage
- Form I-9 and Employment Eligibility Verification
- Foundations in Ethics for Corrections
- Mass Casualty, Natural Disaster Standards
- Presenting Effective Testimony in a Courtroom (UPDATED)

CCAP Insurance Programs partners with LocalGovU providing online training and resources to UC Trust, PCoRP, PComp and PIMCC Members. Members can access/attend these courses at no cost, for more information about LocalGovU contact Andrew Smith at asmith@pacounties.org.

CCAP

Health Alliance

Medical, dental, vision and prescription plans, fully customized to meet the needs of each individual county or entity

- Guaranteed rates
- Comprehensive Member Wellness Program
- Online benefit portal for open enrollment and coverage changes
- Nurse Navigator
- Access to Healthcare Bluebook
- Compliance with Affordable Care Act
- Access to FSA, HRA and HSA Administrators
- Preparation of IRS Forms
- COBRA Administration



For more information, contact
Desiree Nguyen at dnguyen@pacounties.org

Insurance Team Member Spotlight Featuring Marian Mark

Marian has served as a workers' compensation Claims Representative at CCAP since 2003. Previously, she worked as a coverage/file clerk at Liberty Mutual for 7 years and then worked at EBI Companies for 9 years, repricing medical bills and eventually working as a medical-only claims representative.



What's your favorite part of working at CCAP? I love my co-workers. Some have become close friends over the years. I also love working with and visiting the counties.

What does your daily routine look like? My days are not always the same, but they always consist of calling injured workers, defense counsel, medical providers and county contacts. I must review and approve medical bills and

process forms for the Bureau of Workers' Comp.

Where do you see yourself in 5 years? Hopefully retired and traveling the world... but realistically, still handling claims for PComp.

What's the most exciting thing you are working on right now? Work-wise there is nothing exciting. At home we are re-doing my home office. I spend a lot of time in there so we need to make it beautiful.

What skill do you think everyone should learn? Cooking and/or baking – I LOVE both!

Other Training Opportunities

[GLIMPSE Risk Management Trainings](#)

Each workshop season, there are a number of training opportunities designed for and open to Pennsylvania counties, county-related entities (CREs) and PELICAN program members. The Fall Workshop Season is just around the corner!

[LocalGovU](#)

LocalGovU's Online Training Center comes equipped with a library of high-quality risk control courses covering a variety of topics including Risk Management, Safety and Environment, Law Enforcement, Corrections, Human Resources and Management. In partnership with the UC Trust, PComp and PCoRP, this online training is available to members at no cost. If you have questions regarding the trainings, please contact Andrew Smith at asmith@pacounties.org.

[M&S EAP](#)

Take personal assessments, build skills for personal or professional growth, work on your health, and more at M&S's Employee Assistance Program dashboard. In partnership with the UC Trust, M&S EAP services are available to members at no cost.

Quote of the Month

"It is health that is real wealth."

– Gandhi

CCAP INSURANCE PROGRAMS

ASK US FIRST...WE COVER IT ALL!

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