Due to healthcare reform, the 2013 max for medical reimbursement (FSA) will be $2,500. Dependent care FSA max will remain $5,000.

**Get FREE Prescriptions!**

Enroll your maintenance medications in Express Scripts Home Delivery NOW through September 15, 2012 and get your first **generic** fill FREE up to $50 per member!

Take one of these simple steps to get started today.

- **Enroll online** 24/7 at StartHomeDelivery.com. You will need your Express Scripts card to register. The EKU Benefits Office can assist you with registering.
- **Call** Express Scripts at 877.697.7088, Monday – Friday, 8:30 a.m. to 6 p.m. Express Scripts will make the transition easy by contacting your doctor to get a new 90-day prescription.
- **Ask your doctor** to fax your Rx to Express Scripts. The Benefits Office has a form you can take to your doctor.

**For Questions, please contact:**

- EKU Benefits Office – 859-622-1324
- Kentucky Rx Coalition – 855-218-5979

**Small Steps, Big Rewards**

**Conversations about Diabetes**

- **WHO??** Anyone interested in learning more about diabetes.
- **WHAT??** Checking your blood sugar at home…the how and why!
- **WHERE??** Jones Building- Room 328
- **WHEN??** Tuesday 7/17/12 and Wednesday 7/18/12; 2:00 pm
- **WHY??** So you know as much as you can about being healthy and happy!

Please RSVP at **PaulaA.Hollon@ky.gov**.
Spotlight on HealthyYou! at EKU

Farmers Market every Thursday from 10-1pm in the parking lot across from the Powell Employee Parking Lot. Every week be entered into a drawing for $10 you can spend at the market next week. Try making this easy cucumber salad with the cukes you pick up from the market this week:

**Sweet and sour cucumber salad with green onions**

- 2 cucumbers, sliced thinly
- 1/4 c white wine vinegar
- 1 1/2 T sugar

1/2 T kosher salt
2 green onions, sliced thinly
freshly ground black pepper

Place cucumber slices in a colander or wire mesh strainer and sprinkle kosher salt over top. Toss well to coat. Let sit 15 minutes, stirring occasionally. Meanwhile, mix dressing ingredients in a large bowl, mixing well so that sugar dissolves. Drain cucumbers and pat dry. Add cucumbers to dressing and toss well. Refrigerate 15 minutes or up to 2 hours. Serve cold.

**Insuring Against College Calamities**

If you’re the parent of dependent college students living away from home, you may not be aware that your homeowners policy will cover their personal property and personal liability.

**Personal Property Coverage**

Although limits and coverage vary by state, as long as your children’s permanent residence is your home, their personal property is automatically covered anywhere in the world up to a limit of 10% of your personal property coverage limit or $1,000, whichever is greater. Under the terms of a basic policy, they’re covered for the actual cash value of their lost or damaged items.

To get the most from your coverage:
- Take an inventory of your child’s personal property.
- Keep the receipts of valuable items.
- Make a video of the dorm room or apartment after you’ve set it up.

**Personal Liability Coverage**

Personal liability coverage protects your child against claims of unintentional bodily and property damage up to $100,000 per incident. Coverage includes medical bills for injured parties up to three years from the time of the incident, property damage up to $500 per occurrence and legal defense against claims brought on by injured parties.

*A note about renters insurance*

If your child establishes legal residency in a place other than your home and lives in an apartment, be aware that a landlord’s insurance policy covers only damage to the apartment building itself, not the tenant’s personal property. You should, therefore, purchase a separate renters policy, which provides personal property and personal liability coverage.

Liberty Mutual is a responsible company that delivers expert advice and caring service. For more information, please call Joey Doom and Jeff Creech, at 800-852-4419 ext. 53302 and ext. 53300 or visit www.libertymutual.com/gspeku. Or email Jeffrey.Creech@LibertyMutual.com and Joey.Doom@LibertyMutual.com. Reprinted with permission from Liberty Mutual. ©2012 Liberty Mutual Group. All rights reserved.

**Know Your M.Y. Benefits Staff**

**Find us in Jones 104**

- Erin Bailey, Benefits Specialist Ph: 622-1324
- Tarena Tyree, Benefits Specialist Ph: 622-1325
- Jamie Carmichael, Benefits Specialist Ph: 622-8637

**Find us in Coates 2**

- Patty Sallee, Retirement Specialist Ph: 622-1326
- Leanna Bowles, Wellness Analyst Ph: 622-7218
- Wally Skiba, Associate Director, Benefits and Compensation Ph: 622-5893