

# Suffolk County Community College

## College Brief

NO. 56      December 23, 2020

TO:            The College Community

FROM:        Office of Human Resources

SUBJECT:    County Offers Mobile COVID-19 Rapid Testing to Employees/Retirees and Dependents

Suffolk County has expanded its partnership with Baseline Health to offer mobile COVID-19 Rapid Tests free of charge to Suffolk County employees, their dependents and retirees.

Testing will continue to operate at Smith Point County Park every Saturday throughout December and January from 8 a.m. to 4 p.m. No appointment is necessary and employees/retirees and their dependents will be tested in their vehicles. Testing at this site is exclusively available to employees/retirees, who must present either their employee identification card, a paystub, or a Suffolk EMHP insurance card. Employees/retirees must accompany their dependents who are interested in receiving this benefit.

In addition, on Tuesdays, throughout December and January, Baseline Health will be operating drive-thru testing sites at a variety of locations across the County. The sites are noted below and will be operational from 10 a.m. to 6 p.m. This is also mobile rapid COVID-19 testing, free of charge to County employees/retirees and their dependents. No appointments are necessary to access this benefit. Testing at these sites are exclusively available to employees/retirees and their dependents, who must present either their employee identification card, a paystub, or a Suffolk EMHP insurance card in order to gain access to the testing site. Employees/retirees must accompany their dependents who are interested in receiving this benefit.

Also attached are the instructions to the Well-being Coach, an application for your smart phone that allows you to upload all your insurance information as well as information for your dependents. Utilizing the app before you arrive at a testing site will save you time and alleviate the need to bring your ID cards along with you.

If you have any questions about either of the aforementioned testing sites, please contact the College's Office of Human Resources at 631-451-4207.

**UPCOMING MOBILE TESTING DATES AND LOCATIONS:**

<b>SATURDAY</b>		
<b>Date</b>	<b>Location</b>	<b>Time</b>
12/26/2020	Smith Point County Park	8-4pm
1/2/2021	Smith Point County Park	8-4pm
1/9/2021	Smith Point County Park	8-4pm
1/16/2021	Smith Point County Park	8-4pm
1/23/2021	Smith Point County Park	8-4pm
1/30/2021	Smith Point County Park	8-4pm

<b>TUESDAY</b>		
<b>Date</b>	<b>Location</b>	<b>Time</b>
12/29/2020	H. Lee Dennison Building, North Lot 100 Veterans Memorial Hwy, Hauppauge	10-6pm
1/5/2021	Yaphank-FD Academy 102 East Avenue, Yaphank	10-6pm
1/12/2021	Indian Island Golf Course 661 Riverside Dr, Riverhead	10-6pm
1/19/2021	Bergen Point Golf Course 69 Bergen Ave, West Babylon	10-6pm
1/26/2021	H. Lee Dennison Building, North Lot 100 Veterans Memorial Hwy, Hauppauge	10-6pm

# A digital coach for your health

Well-being Coach can help you reach your health goals

**Live a healthier life with motivation from your personal coach!**

Empire is excited to introduce Well-being Coach, a digital coaching app that brings you closer to your health goals at **no extra cost**.

**Well-being Coach can help you make positive, lasting changes by connecting you to a digital health coach, 24/7, through your smartphone or Apple Watch.** The program learns about your habits and lifestyle to give you customized, step-by-step guidance you can act on — whether you want to **quit using tobacco, lose weight, or achieve other wellness goals.**

**With Well-being Coach, you can access real-time:**

- One-on-one text coaching, day or night.
- Feedback on food choices, general nutrition, and meal planning.
- Support for quitting tobacco use before, during, and after your actual quit date.
- Activity tracking and recommendations.
- Help for other well-being issues, like mindfulness and sleep.

**Your health journey is yours to explore.** Well-being Coach is here to encourage and inspire you wherever you are along your path.



**Begin the program today by downloading the Sydney Health app from the App Store® or Google Play™.**

Go to *My Health Dashboard* and select **Well-being Coach** under *Programs*. Follow the prompts to download the Lark app.\*



An Anthem Company

\* Well-being Coach is powered by Lark. Lark is a digital coaching app accessible through Sydney Health. Sydney and Sydney Health are service marks of CareMarket, Inc. ©2020.

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## Get help in your language

Under Section 1557 of the Affordable Care Act (ACA), covered entities are required to post notices of nondiscrimination and taglines that alert individuals with limited English proficiency (LEP) to the availability of language assistance services.

### Spanish

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-631-853-5172 (TTY: 1-631-853-5658).

### Chinese

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-631-853-5172 (TTY : 1-631-853-5658)

### Russian

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-631-853-5172 (телетайп: 1-631-853-5658).

### French Creol

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-631-853-5172 (TTY: 1-631-853-5658)

### Korean

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-631-853-5172 (TTY: 1-631-853-5658) 번으로 전화해 주십시오.

### Italian

ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-631-853-5172 (TTY: 1-631-853-5658).

### Yiddish

1-631-853-5172 רופט. אפצאל פון פריי סערוויסעס הילף שפראך אייך פאר פארהאן זענען, אידיש רעדט איר אויב: אויפמערקזאם (TTY: 1-631-853-5658)

### Bengali

লক্ষ্য করুন: যিদ আপনি বাংলা, কথা বলতে পারেন, তাহলে িন:খরচায় ভাষা সহায়তা পিরেসবা উপলব্ধ আছে। েফান করুন 1-631-853-5172 (TTY: 1-631-853-5658)

### Polish

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-631-853-5172 (TTY: 1-631-853-5658).

### Arabic

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-631-853-5172 (رقم هاتف الصم والبكم: 1-631-853-5658)

### French

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-631-853-5172 (ATS : 1-631-853-5658).

### Urdu

خبردار: اگر آپ اردو بولتے ہیں، تو آپ کو زبان کی مدد کی خدمات مفت میں دستیاب ہیں۔ کال کریں۔ 1-631-853-5172 (TTY: 1-631-853-5658)

### Tagalog

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-631-853-5172 (TTY: 1-631-853-5658).

### Greek

ΠΡΟΣΟΧΗ: Αν μιλάτε ελληνικά, στη διάθεσή σας βρίσκονται υπηρεσίες γλωσσικής υποστήριξης, οι οποίες παρέχονται δωρεάν. Καλέστε 1-631-853-5172 (TTY: 1-631-853-5658).

### Albanian

KUJDES: Nëse flitni shqip, për ju ka në dispozicion shërbime të asistencës gjuhësore, pa pagesë. Telefononi në 1-631-853-5172 (TTY: 1-631-853-5658).