

# ANNUAL EMPLOYEE BENEFITS ENROLLMENT

OCTOBER 18, 2024 - NOVEMBER 15, 2024

# 2025



## ANNUAL ENROLLMENT DATES

Friday, October 18 @ 5 p.m. to Friday, November 15 @ 5 p.m.

### **2025 Benefits & Wellness Event | Wednesday, October 23, 2024 | 7:30 a.m. to 12:30 p.m. Jack L. McLean Community Center | 700 Paul Russell Road**

*This is your opportunity to visit with benefit providers, ask questions and obtain valuable plan information. Vendors will be available on site to answer questions and provide you with detailed information about benefit plans, as well as information on health and wellness. You will also have an opportunity to participate in health screenings.*

### COMPLIMENTARY SERVICES PROVIDED

- ▶ GET YOUR FLU VACCINE\*  
Sam's Club Pharmacy  
Will be on site to administer Flu shots.
- ▶ Blood Pressure Checks – Tallahassee Fire Department
- ▶ Vision Screenings
- ▶ Hearing Screenings
- ▶ A1c tests (test for Diabetes 1 and 2)\*\*

\*Please bring your medical ID card.

\*\*Tests available while supplies last and will be administered by FSU College of Nursing



**CITY OF  
TALLAHASSEE**  
EMPLOYEE WELLBEING

### PARTICIPATING EXHIBITORS

- Tallahassee Senior Center
- COT Human Resources and Workforce Development
- TMH Metabolic Health Center
- TMH Employee Assistance Program
- Dermatology Specialists of Florida & Aqua Medical Spa
- Big Red Bus Blood Mobile
- Big Bend Area Health Education Center
- Vision Works
- Red Wing Shoes
- Clear Connect Medical Imaging/Envision Radiology
- New Season Treatment Center
- Stretch Zone
- Bond Community Health Center, Inc.
- Florida Department of Health - Leon County
- North Florida Spine and Wellness
- TMH - Metabolic Health Center
- Premiere Health & Fitness Center
- ExStatic Chiropractic
- Allstate
- Capital Health Plan
- Florida Blue
- Davis Vision
- Guardian Dental
- Metropolitan Life Insurance Company
- TASC- Flexible Spending Accounts
- My COT Rewards
  - Employees that sign in and attend will receive 400 points in My COT Rewards.

▶ Please visit [Talgov.com/AnnualEnroll](https://Talgov.com/AnnualEnroll) for more information