



### ANNUAL ENROLLMENT DATES

Friday, October 21, 2022 @ 5 p.m.  
to Friday, November 18, 2022 @ 5 p.m.

2023 Benefits & Wellness Event | Wednesday, October 26, 2022 | 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/ COVID BOOSTER\*  
Sam's Club Pharmacy  
Will be on site to administer Flu shots.
- ▶ Chair massages- 10 minutes

- ▶ Vision Screenings
- ▶ A1c tests (test for Diabetes 1 and 2)\*\*
- ▶ Hearing Screenings
- ▶ Blood Pressure Checks

\*Boosters are Pfizer and are while supplies last. Please bring your vaccine card and medical ID card.

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

## PARTICIPATING EXHIBITORS

- Tallahassee Senior Center
- TMH Metabolic Health Center
- Smoothie King
- TMH Employee Assistance Program
- Dermatology Specialists of Florida & Aqua Medical Spa
- Ecstatic Chiropractic
- Smith Family Chiropractic
- Big Bend Area Health Education Center
- Bond Community Health Center, Inc.
- U-Vest Financial
- Fitness Pro
- North Florida Spine and Wellness
- Healing Arts Alliance
- Leslie Warren – Boot Camp
- Sam's Club
- My COT Rewards
- Ride On/Apalachee Regional Planning Council
- Red Wing Shoes
- Allstate
- Capital Health Plan
- Florida Blue
- Davis Vision
- Guardian Dental
- Metropolitan Life Insurance Company
- TASC – Flexible Spending Accounts
- Ride On - Apalachee Regional Planning Council
- Be Strong Therapy
- HCA Florida Capital Hospital
- Tallahassee Ear, Nose, & Throat
- AAA
- Department of Health

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