

Benefits Election Form

Information provided to ERS is maintained for managing your benefits.

If you have questions about your information, or believe that information provided to ERS may be incorrect, please notify ERS.

SECTION A: EMPLOYEE DA	TA (For assistance	, see the attached instru	ctions.)				
Social Security Number/National ID (SSN)		Employee ID		First Active Duty Date			
Employee Name: First, MI, Last		Eligibility County	Mai	ling Address	☐ Check if	☐ Check if new	
City		State	ZIP Code	IP Code Phone Number		r	
			☐ Home ☐ Cell		Sett ()	4()	
En		Gender		Date of Birth			
			□M	D.F.			
Agency Name		lept ID/Agency Nun	nber Employ	Employee Class		Insurance Pay Rate	
Employee SSN/National ID Correction		Employee Nam	Employee Name Change or Corre		Date of Birth Correction		
SECTION B: ACTION (Mark ap DTA FTE to PTE/PTE to FTE OR Re PHC Post Hire Change RED R SECTION C: REASON CODE	tiree RTW/Retiree I eduction while on Li (See Family Status C	DA REH D Rehine P honge reference table on p	tFL Return from Le kage 3 before completing	stvet		×e	
Complete for changes during the plan y			ent Date:	(mm-dd-	2222)		
Medical Coverage	Optional Coverage (Newly bired employees may clear coverage on first active duty date or within 31 days of herebyline without enrolling in medical coverage.) Effective date, if different from hims/refers date. (new-dd-yyyy)						
Medical	Dental	Optional Life*	Voluntary AD/D	Dependent Life*	Short-Term Disability*	Term Disability	
□ Walve □ HealthSelect ^{im} of Texas □ HMO Name/City	□ Waive □ Scate of Texas Dental Choice Plan™ □ HumansiDental DHMO □ Add/Drop Depen- dent (See Section E)	☐ Waive ☐ Election I ☐ Election 2 ☐ Election 3	☐ Waive ☐ You Only ☐ You + Family	□ Waive □ Elect □ Add/Drop Dependent (See Section E)	□ Waive □ Blect	□ Waive □ Elect	
☐ Add/Drop Dependent (See Section E) ☐ Waive + Opt-Out (By checking Waive + Opt-Out, you			5_ Amount				
also certify that you have comparable coverage. See page 4 for important information.)	If you want to elect a Texflex health or day care account as a new enrollee or due to a qualifying life event, you must complete the Texflex Enrollment Change Form.						

Continue to next page to complete form.

"May require evidence of insurability (BOI). EOI form is available at www.ers.state.tx.us or from your benefits coordinator/accestHR.

Middle Georgia Ers Guide

Gaylord Watson

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The Federal Reporter ,1985 Current Developments in Copyright Law, 1986 **Resources in Education** ,2001 Current Developments in Copyright Law, 1986, 1986 ACSM's Complete Guide to Fitness & Health American College of Sports Medicine, Barbara A. Bushman, 2017-02-09 Here is the ultimate resource for maximizing your exercise and nutrition efforts In this new edition of ACSM's Complete Guide to Fitness Health you have an authoritative reference that allows you to apply research based guidance to your unique health and fitness needs With a focus across the life span this resource shows you how to pursue optimal health and fitness now and throughout the years to come The American College of Sports Medicine the largest and most respected sport science and medicine organization in the world has created this book to bridge the gap between science and the practice of making personal lifestyle choices that promote health This new edition contains age specific advice within the framework of the latest research thus helping you to avoid the lure of fads unfounded myths and misinformation You will learn these strategies Incorporate the latest guidelines for physical activity and nutrition into your daily routine to improve your fitness and overall health Optimize your weight and increase strength flexibility aerobic fitness and functional fitness Improve health and manage conditions such as diabetes cardiovascular disease cancer depression osteoporosis arthritis pregnancy and Alzheimer's disease through exercise and nutrition Monitor evaluate and tailor your exercise program for optimal results Featuring step by step instructions and full color photos for the most effective exercises sample workouts practical advice age specific physical activity and dietary guidelines and strategies for incorporating exercise and healthy nutrition choices into even the busiest of lifestyles ACSM's Complete Guide to Fitness Health is a resource that belongs in every fitness enthusiast s library **ACSM's Complete Guide to Fitness & Health,** 2E American College of Sports Medicine, Bushman, Barbara, 2017-01-23 ACSM's Complete Guide to Fitness Health Second Edition offers the most current exercise and nutrition guidelines along with assessments exercises activities and programs for varying ages special conditions and fitness goals Authoritative and comprehensive it makes adding enhancing or customizing a fitness and health routine safe and effective **Federal Energy Guidelines** United States. Federal Energy The Oxford Handbook of Cognitive and Behavioral Therapies Christine M. Nezu, Arthur M. Regulatory Commission, Nezu, 2016 The Oxford Handbook of Cognitive and Behavioral Therapies provides a contemporary and comprehensive illustration of the wide range of evidence based psychotherapy tools available to both clinicians and researchers Chapters are written by the most prominent names in cognitive and behavioral theory assessment and treatment and they provide valuable insights concerning the theory development and future directions of cognitive and behavioral interventions Unlike other handbooks that provide a collection of intervention chapters but do not successfully tie these interventions together the editors have designed a volume that not only takes the reader through underlying theory and philosophies inherent to a cognitive and behavioral approach but also includes chapters regarding case formulation requisite professional cognitive and

behavioral competencies and integration of multiculturalism into clinical practice The Oxford Handbook of Cognitive and Behavioral Therapies clarifies terms present in the literature regarding cognitive and behavioral interventions and reveals the rich variety similarities and differences among the large number of cognitive and behavioral interventions that can be applied individually or combined to improve the lives of patients Industrial Development and Site Selection Handbook .1986 New Guide to Reference Books Isadore Gilbert Mudge, American Library Association, 1923 Federal Energy Regulatory Commission Reports United States. Federal Energy Regulatory Commission, 1997 **American Newspaper** Readers' Guide to Periodical Literature ,1923 Directory, 1900 21st Century Education: A Reference Handbook Thomas L Good, 2008-10-02 Via 100 entries or mini chapters the SAGE 21st Century Reference Series volumes on Education will highlight the most important topics issues questions and debates any student obtaining a degree in the field of education ought to have mastered for effectiveness in the 21st Century Southern Cultivator ,1856 **Indiana Farmers Guide (1947)** ,1962 The Publishers' Weekly ,1888 Forest Landowner ,1997 Handbook of the United States of **America and Guide to Emigration...** Gaylord Watson, 1879 **Television & Cable Factbook** ,1999

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