

April 2021



Topics include:

- HR Corner- Births & Milestones
- Benefits Day & World Health Day
- Annual Benefits Survey
- Covid Relief for Dep Care FSA's
- EyeMed- Eye Health
- TouchCare Advocacy
- Mental Health Resources
- Upcoming Webinars

Welcome to... HR CORNER

March/April Anniversary Milestones and Birth Announcements!

Celebrating 5 Years

- Donna Sellers
- Sarah Murchison
- Tricia Udovich
- Breena Danner
- Ashton Dierking

Celebrating 10 Years

- Geraldine Carter

Celebrating 15 Years

- Christopher Kohleffel
- Karen Antis
- Socorro Ogaz

Celebrating 20 Years

- Kerri Evans

Celebrating 35 Years

- Ellen Jenkins

Welcome: Birth Announcements!

o Baby:

Congratulations to Chiara Hanna (Conner) on welcoming Henry Wade. Born February 25, 2021 weighing 7lbs, 6oz!!!

Congratulations to Nicole Lauback on welcoming Coen Merritt Ferguson. Born March 18, 2021 weighing 10lbs, 2oz!!



National Employee Benefits Day is a time for benefit professionals to step back, assess the big picture, and take stock of available resources for plan participants. This year, the focus is on resilience and mental health.



Free Webcast:

[Mental Health at Work: Today's Lessons for Tomorrow's Workforce](#)

April 6, 2021 | 3:00 PM ET

WORLD HEALTH DAY 2021 – APRIL 7th! (Building a fairer, healthier world for everyone)

In recent years, countries in the Western Pacific have experienced rapid economic growth, migration, and urbanization. This created opportunities for better lives for many, but left others behind. The COVID-19 pandemic has undercut recent health gains, pushed more people into poverty and food insecurity, and amplified gender, social and health inequities. This World Health Day, we're calling for action to eliminate health inequities, as part of a year-long global campaign to bring people together and build a fairer, healthier world. The campaign highlight WHO's constitutional principle that "the enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinctions of race, religion, political belief, economic or social conditions."



ANNUAL BENEFITS SATISFACTION SURVEY



We are exciting to launch our annual Benefits Satisfaction Survey.

These annual surveys are useful as we plan our benefit offerings each year. Your feedback is strongly encouraged as we begin our planning for benefits for January 1, 2022.

The survey takes 8 minutes to complete. It's completely confidential. **The survey will close on April 30, 2021 at midnight Eastern Time.**

To access the survey, click [here](#) or use the following QR code to access from your mobile device. The link can also be found on the top of the page at www.convatecbenefits.com.

Submissions to Global Fit will be accepted through May 30th only! Please allow 3-4 pay periods to see the \$40 reward in your check.

Receive a \$40 reward by submitting to GlobalFit!



COVID-19 Relief Under Consolidated Appropriations Act, 2021

DEPENDENT CARE FLEXIBLE SPENDING ACCOUNTS

COVID RELIEF BILL, THE CONSOLIDATED APPROPRIATIONS ACT, 2021



The IRS is allowing employers to provide temporary flexibility with your Dependent Care FSA.

- Any unused balance from 2020 will be carried over into 2021. If you are impacted by this one-time carry-over, you will have received an email from Benefits@convatec. If you have any questions, please let us know.
- You can make elections and/or changes without a qualifying life event to your 2021 DCFSA on a go forward basis only. To do so, please contact benefits@convatec.com for assistance.
- For 2021, the IRS has increased the DCFSA limit to \$10,500 annual per household; \$5,250 single.



Keeping an eye on your health

Women are more likely than men to develop many common, but serious eye diseases. Knowing what to look for and a healthy lifestyle can give your eyes a fighting chance.*

[View Article](#)



"Framing your personality" quiz

Your choice of eyewear says a lot about you. Are you quiet and intelligent or creative and romantic? Or all four? Take our quiz to see which style of eyewear matches your personality profile.

[Try the Quiz](#)



Email Template: Using your benefits online*

Did you know you can apply your vision benefits to online purchases, too? It's a real time and money saver. Get the scoop on how (and where) it works.

[See Example](#)

www.eyemed.com
1-866-800-5457



MEMBER CONTEST

COVID-19 Vaccine:

Your questions answered

As the vaccine is being distributed, you're probably wondering "when am I eligible", "where can I get it?", "how long does it take for the vaccine to be fully effective" or "once I'm vaccinated, do I need to wear a mask"?

During the month of April, when you contact a health assistance about COVID-19 vaccine eligibility or related information, you'll be entered to win a \$100 gift card!

Random drawing around May 6th.

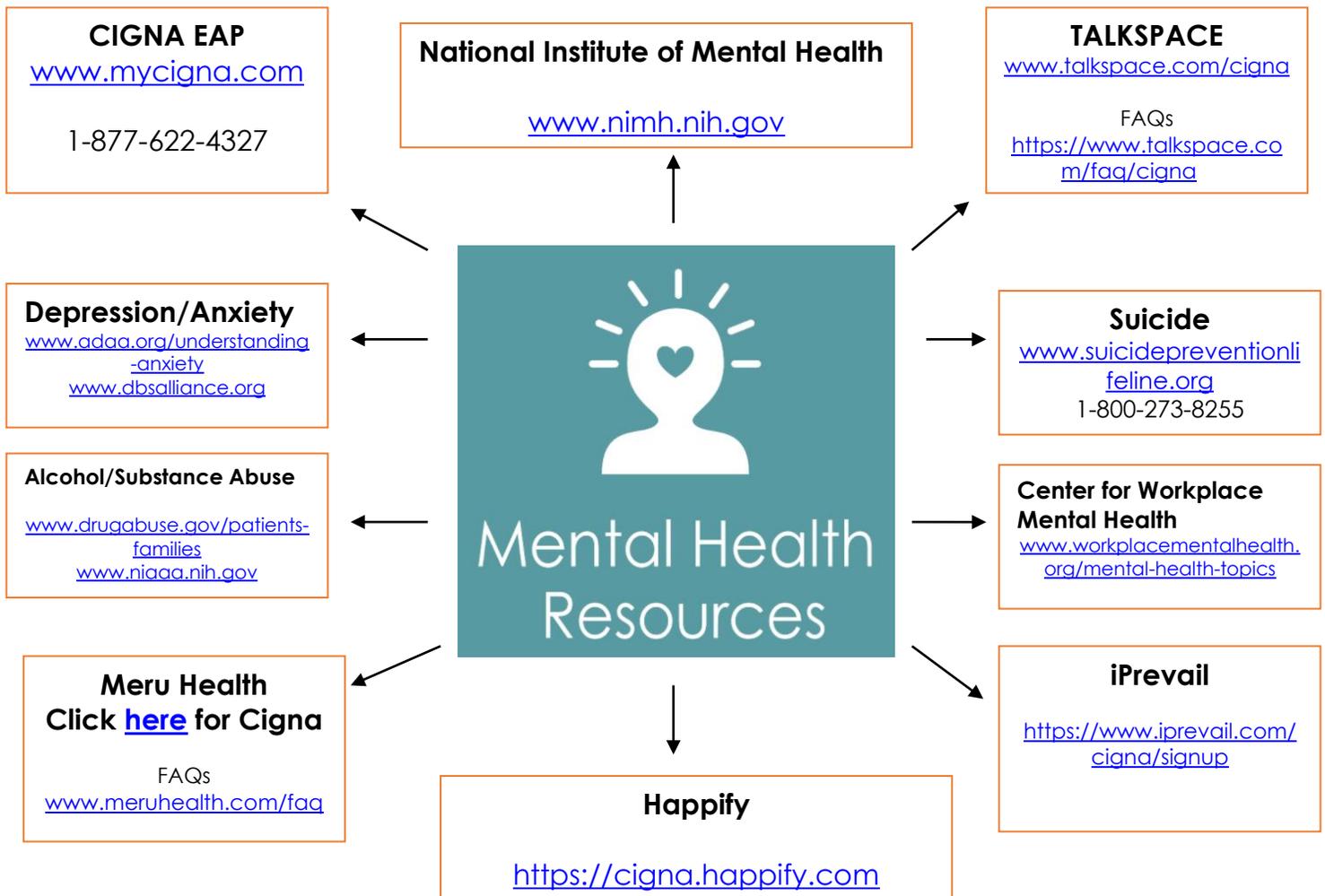
APRIL WEBINAR

VACCINES:

WHAT YOU NEED TO KNOW

With the vaccine roll out, there's been a rise in travel, re-openings and a return to pre-pandemic activities. While the vaccination helps make strides towards recovery, it doesn't mean we're completely in the clear. Join the TouchCare webinar as a health expert shares up-to-date facts and precautionary tips to keep you and those around you safe during this time of transition.

REGISTER NOW!



UPCOMING WEBINARS:



TAKE CHARGE OF YOUR FINANCIAL WELLNESS (Prudential)

12:30 -1:30 PM Eastern Time

To Register, call 1-844-592-8993 or Email Pathways@prudential.com or [click here!](#)

We are pleased to offer you an educational series from Prudential that will provide you with the information you need to find your own path to financial wellness.

The seminar series will cover important topics such as:

- Setting your financial goals
- Protecting your assets through risk management
- Investment principles
- Healthcare planning
- Retirement and asset distribution strategies
- Tax strategies
- How your employee benefits fit into your overall financial wellness

APRIL 15th: GREAT STRIDES: Understanding the Fundamentals of Financial Wellness

- An introduction to financial wellness, including the benefits of living within a budget, the variety of savings and investing vehicles available, and some best practices to maximize savings.

APRIL 29th: FOR THE LONG HAUL: Building Your Road to Retirement

- Proven approaches for developing a retirement plan, creating a retirement income strategy, and avoiding roadblocks to financial security in retirement.

MAY 6th: CREATING A SOLID PLAN FOR THE FUTURE

- Learn techniques to protect your assets from risk and gain an understanding of commonwealth transfer strategies and estate planning pitfalls.

Check out the webinars available and much more useful tools and resources at www.prudential.com/convatec

EAP WELLNESS

(Cigna)

2:00 – 3:00 PM Eastern Time

www.cigna.com/EAPwebcasts to register

April 7th: Stress Relief: Train Your Brain

Stress is everywhere, but it's how we respond to it that makes a difference. Learn to train your brain and rewire your response.

April 21st: Effective Communication Strategies

In an era of texts and tweets, communication can suffer. Discuss how to use assertiveness and engagement to connect effectively.

SAVE THE DATE FOR DR. BILL – April 12, 2021 at 12:00 PM ET

Life at Home: Managing the Stressors

Email with details to be sent from Benefits@convatec.com

[Join via Microsoft Teams](#)



QUESTIONS?

Benefits@convatec.com

www.convatecbenefits.com

EMPLOYEE RESOURCE GROUPS



Join Now! Email diversity-matters@convatec.com