

FEBRUARY 2021



Topics include:

- Employee Assistance Program
- New: HR Corner
- TouchCare Advocacy
- Cigna Telehealth
- New: Cigna Healthy Babies Program
- ConvaTec Fit Wellness & Gym Network 360
- Upcoming Webinars
- Discounts



Employee Assistance Program "EAP"

Get support for life's everyday challenges

No matter what you're going through, the EAP is here to help! Connect with a licensed clinician. It's confidential and available to all household members.

1-877-622-4327 or www.mycigna.com



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- Find the lowest cost provider or Rx
- Answers to all benefit questions
- And much more!

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assist@touchcare.com
www.touchcare.com



Welcome to... HR CORNER



Going forward, we will use this space for birth and milestones for years of service.

Celebrating 5 Years

- Nancy Brunton
- Deanna Baamonde
- Christa Sanders
- Samuel Trussell
- Patricia Clark
- Laura Rose
- James Toto
- Gregory Chandler

Celebrating 10 Years

- David Roland
- David Montierth
- Veronica Platt
- Elizabeth Tant
- Chris Kohleffel

Celebrating 15 Years

- Kierranne Nelms
- Kathryn Songer

Celebrating 30 Years

- Patrick Fisher

Welcome:

- Emmerick Ryan | Born 1/11/2021 | 10lbs, 12oz. Congratulations Matthew Deal and Lauren!
- Brice | Born 1/6/2021 | 7lbs, 7oz. Congratulations Preciaus Williams!

FEBRUARY

BABY, IT'S COVID OUTSIDE



Do you have an FSA or an HSA? Did you know that you can use them to buy over the counter products like cold medicine, cough drops, heating pads and thermometers, even COVID tests! Reach out to learn more.

CONTEST

Members who reach out to a Health Assistant to learn more about what's covered by their HSA or FSA will be automatically entered to win a \$100 gift card.

WEBINAR

Hear from an expert about great ways to reduce healthcare costs by leveraging secondary benefits.

Learn more about how to most efficiently manage funds in your FSA or HSA account.

Cigna Telehealth



www.mycigna.com
Go to Find Care & Costs
Doctor Visit / Connect

Now available, virtual wellness screenings from anywhere via video or phone. See the flyer posted on the benefits portal under the Medical and Pharmacy tile.



Cigna Healthy Pregnancies, Healthy Babies

Get rewarded for making smart choices

When you enroll in Cigna Healthy Pregnancies, Healthy Babies and complete the program, including your postpartum check-in, you'll be eligible to receive a \$150 gift card if you enroll in the first trimester or a \$75 gift card if you enroll in the second trimester.

Where do you start?

Sign up for the Program, designed to help you and your baby stay healthy during your pregnancy and in the days and weeks after your baby's birth.

Find support early and often.

- Tell Cigna about your pregnancy so they can meet your needs.
- Ask Cigna anything – their maternity specialists have nursing experience and they'll support you during your entire pregnancy.
- Connect through the Cigna Healthy Pregnancy® app where you can track and learn about your pregnancy. The app makes it easy to stay on top of your health during every stage of your pregnancy and even after your baby is born.

Enroll today. Call 1-800-615-2906



Reach your Wellness Goals and Receive Rewards.

Do you exercise 8 or more times a month? If yes, you are eligible to receive a \$25 reward, grossed-up, each month in your paycheck through the ConvaTec Fit Wellness Program. This is only one example of an activity in the program of something you are already doing.

If you are not registered yet, go to <http://convatec.globalfitrewards.com> now. You will need your home zip code and your employee ID number. This can be found in Workday.

Other ConvaTec Fit activities include: weight management programs, annual preventive care visits, financial wellness, purchasing home exercise equipment, entering races such as 5ks, preventive vaccines, sleep management, behavioral health and monthly step goal challenges. Cigna member can even apply for Omada, our new weight loss program and be entered into a quarterly raffle to win Cigna products such as Fitbits.

For additional information, including FAQs, go to the Wellness tile on the benefits portal.



www.globalfit.com/convatec

GYMS & FITNESS CENTERS

GlobalFit members can access exclusive savings and flexible membership options to a variety of facilities. From national chains to specialty studios, GlobalFit has something for every workout.

CHARGE NUTRITION

CHARGE provides evidence-based virtual health and nutrition programs. You will meet with a Registered Dietitian who will implement a complete 1-on-1 nutrition program specifically designed to answer your nutrition related questions, meet your health goals, individual needs and busy lifestyle. Also available, discounts on Jenny Craig, Diet-to-Go and Kurbo.

AT HOME EQUIPMENT & TECH

Whatever your fitness level is, GlobalFit has exercise equipment and wearable technology to help support you on your wellness journey. Whether you want to monitor an everyday activity or start a new fitness routine, find the best products and deals here.

ON-DEMAND FITNESS

Take advantage of all the benefits of group exercise classes in the comfort of your own home. GlobalFit's streaming membership options will take your wellness and workouts to the next level.

UPCOMING WEBINARS: (ConvaTec Fit Rewards Eligible)

Financial Wellness (Prudential)

- **February 25: Life's Retirement Derailers** – examine how challenges such as rising healthcare costs, market volatility, and low interest rates can affect your retirement savings.

12:30 -1:30 PM Eastern Time
[Click Here to Register Now!](#)

EAP Wellness (Cigna)

- **February 10: Beating Burnout** – Everyone feels pressure at times. But if you're overwhelmed, it could be job burnout. Learn how to spot it and stop it.
- **February 24: The Power of Purpose** – The search for purpose can be lifelong. Discover how to uncover clues about your purpose and make it part of your life.
- **March 10: Financial Setback? Regroup & Rebuild** – When our finances take a hit, it hurts. Learn how to find your footing and get back on the path for financial security.

2:00 – 3:00 PM Eastern Time
www.cigna.com/EAPwebcasts to register

COMING SOON: Dr. Bill will be back for more Covid-19 Webinars. Details coming soon!



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www.convatecbenefits.com

HSA FORM 5598-SA

Discovery Benefits, now known as Wex, will be issuing HSA Form 5598-SA the third week of February. You will receive this based on your preferred method of delivery on your HSA account.