

JANUARY 2021



Topics include:

- New: Omada Pre-Diabetes
- TouchCare Advocacy
- ACA 1095-C Forms
- Prudential Pathways Portal
- Prudential Leaves - Enhanced
- Upcoming Webinars



OMADA –

Omada® is a personalized, no cost program designed to help at-risk Cigna adult plan members combat pre-diabetic related chronic disease by learning how to make modest health changes that can lead to weight loss and reduced risk for Type 2 diabetes and heart disease.

As a member of Cigna, you and your family members, 18 and over, are eligible to take the one-minute risk screener to find out if you meet the clinical enrollment criteria to participate in the program. If eligible, you will receive an email invitation to join the Omada program.

For additional details, go to www.convatecbenefits.com and view the Omada documents posted under the Medical Tile.

Answer the questionnaire to see if you're eligible. Screenshot the submission of your questionnaire, submit it to Global Fit, (ConvaTec Fit) and you'll be entered into a quarterly raffle to win a Cigna gift such as a Bluetooth speaker or electric toothbrush or Fitbit or equivalent.

See if you're eligible now:

www.omadahealth.com/convatec

To register for Omada, you'll need your Cigna ID number which can be found on your Cigna ID card or on your myCigna.com.

Benefits Advocacy Program

Helping you get the most from your benefits plan.



TouchCare is your personal healthcare concierge focused on saving you and your dependents time, money, and frustration. TouchCare will work on your behalf to assist with the following, for example, and so much more!

- Claims that you believe haven't been properly paid or that you need assistance with
- Provide accurate cost estimates for facilities and treatments near you. They'll even schedule your appointment!
- Questions regarding bills you receive from your doctor, hospital, dentist or lab

1-866-486-8242 | assist@touchcare.com | www.touchcare.com | 8 AM – 9 PM ET (Mon-Fri.)

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

Affordable Care Act “ACA” 1095-C Benefit Tax forms

The IRS requires employers with over 50 full time employees to report to the IRS the coverage offered to full time employees in the prior year. Eligible employees will receive a form called a 1095-C. This is the same as in prior years.

The IRS has once again extended the annual deadline for employer to mail these forms. The deadline for ConvaTec to mail these forms to all 2020 full time benefit eligible employees is March 2, 2021.

1095-C Forms are **NOT** required to file your taxes.

ConvaTec uses a third-party administrator, **Medcom**, to create and distribute these forms and mails them to your home address in March. When you receive your form, please review it for accuracy. If you see any incorrect information, please let us know immediately at benefits@convatec.com no later than March 31, 2021.

Questions regarding these forms, once issued, can be directed to Medcom at 1-866-636-7935.

1095-C Sample Form and Example Scenario

1. Suzy is a full-time employee at District ABC
2. Suzy is offered coverage for her spouse and dependents that are eligible for the plan.
3. Suzy participated in family coverage for the entire year.
4. The employee contribution for employee-only coverage in the lowest plan available to Suzy is \$50/month which is “affordable” based on the rate of pay for safe harbor per the



Take Care of Your Financial Health

We have partnered with Prudential to bring you a new financial wellness platform including resources and tools to help you manage your money and goals. Create your Financial Wellness Account now. [Create Profile](#).

You will get immediate and unlimited access to:

- o Articles on navigating the markets and more
- o Interactive, easy-to-use tools and resources
- o Relevant solutions based on your needs.

In addition to this platform, together with Prudential we will continue to offer you Financial Wellness Web Ex’s throughout 2021. Be sure to read these monthly newsletters so you don’t miss out on some topics you may find useful in your own financial planning. Include your partners and spouses too!



REPORTING A LEAVE OF ABSENCE

We understand that from time to time, you may need to take a leave of absence to care for your own illness, to care for a family member or more.

Prudential is our administrator for the following Leave of Absences:

- Family Medical Leave Act (FMLA)
- Short Term Disability (STD)
- Long Term Disability (LTD)
- Paternity Leave
- Foster Care Leave
- Adoption Leave
- Military Leave

If at any time you have a question about a leave you may need, or to initiate a leave, it is your responsibility as an employee to contact Prudential directly.

For more information on reporting a leave of absence, go to www.convatecbenefits.com and the Disability, Leaves & Life Insurance Tile.



UPCOMING WEBINARS: (ConvaTec Fit Rewards Eligible)

Financial Wellness (Prudential)

- **January 28: Is Your Financial House in Order?** – *Get back to the basics and thinking holistically about finances in wake of the pandemic.*
- **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
Registration Email Coming Soon!

EAP Wellness (Cigna)

- **January 20: Stress and Your Child** – *A stressed child often means a stressed parent. Learn how to build your child's resilience and give them tools to tame stress.*
- **January 27: A Fresh Look at Healthy Eating** – *If you think eating healthier is complicated, thing again. Review simple strategies that have the power to improve eating habits.*
- **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.*

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

Questions or comments?

Benefits@convatec.com
www.convatecbenefits.com

