

## JUNE 2021



### Topics include:

- Omada for Cigna
- Cigna EAP
- 401(k) Auto Re-Enrollment
- Periodontal Enhancements
- Benefits Satisfaction Survey Results
- HR Corner
- Fidelity 401(k) Beneficiary
- Prudential 360
- Upcoming Webinars



### OMADA – A WHOLE NEW WAY TO GET HEALTHY

Omada® is a digital lifestyle change program that connects the dots between knowing how to get healthy and actually doing it. Participants get all the support and tools needed, including an interactive program, wireless scale, health coach, and more.

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](http://www.convatecbenefits.com) and view the Omada documents posted under the Medical Tile.

See if you're eligible now:

<https://go.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.



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](http://www.mycigna.com)

## REMINDER

### FIDELITY 401(k) PLAN AUTO ENROLLMENT RE-SOLICITATION

Notification was mailed on April 5<sup>th</sup> to eligible employees not contributing to the 401(k) plan as of May 10, 2021 that re-enrollment in the Plan at 6% pre-tax will begin. If you wish to make changes to your auto-enrollment elections or prefer not to participate, you must log onto [www.401k.com](http://www.401k.com) or call 1-800-835-5905. This will become effective with the May 28<sup>th</sup> payroll. You cannot retroactively opt-out!



### Good Health Starts with a Healthy Mouth

**If you have a history of periodontal disease, the Oral Health Enhancement Option offers extra cleanings each year to help protect your health.**

Research shows a possible link between gum disease and serious chronic medical conditions. Delta's new Oral Health Enhancement Option helps members at risk to protect their overall health.

- Eligible members who have been previously treated for gum disease will receive up to four dental cleaning and/or periodontal maintenance procedures per benefit period.
- To be eligible, you must have a claim history or submit evidence of having periodontal surgery, scaling and root planning.

Delta Dental of New Jersey is committed to offering benefits that contribute to the health and well being of their members. Additional Questions? Call Delta Dental at 1-800-452-9310.



## Benefits Satisfaction Survey

A sincere thank you from the ConvaTec Benefits Team to all of you that took our annual benefits satisfaction survey in April. Your opinions help us with our annual benefits planning for the following year. Following you will find cumulative data from your responses. Please let us know your thoughts at any time.

**Alongside existing benefits, these are some of the things you and your peers have interest in seeing offered.**

1. **Pet Insurance** – Coming in January! We are negotiating now with Nationwide. Stay tuned.
2. **Long-Term Care** – Coming soon with universal life. Negotiations are in process with Transamerica.
3. **Travel & Entertainment Perks** -Currently offered through [Working Advantage](#). Code 250636784
4. **Community Volunteer Service** -Currently offered. Ask your HR contact.
5. **Acupuncture**- Currently covered under Cigna for pain treatment or disease. 20 visits annually. Contact Cigna, 1-800-244-6224
6. **Mental Health Therapy**-Covered under Cigna Behavioral & Cigna EAP. Contact Cigna, 1-800-244-6224
7. **Chiropractic Care** -Covered under Cigna medical, up to 30 days per year. Review for medical necessity after 12 visits.

### Additional Survey Results from 300 respondents

|  |  |   |   |
|--|--|---|---|
| <ul style="list-style-type: none"> <li>▪ 70% ConvaTec employees answered</li> <li>▪ 30% HSG employees answered</li> </ul>                      | <ul style="list-style-type: none"> <li>▪ 60% with Company 5 years or more</li> <li>▪ 40% with Company less than 5 years</li> </ul>           | <ul style="list-style-type: none"> <li>▪ 93% use the benefits website</li> <li>▪ 7% of you never viewed the site</li> </ul> | <ul style="list-style-type: none"> <li>▪ 97% of you are satisfied with the overall benefits package</li> <li>▪ 3% are dissatisfied</li> </ul> |
| <ul style="list-style-type: none"> <li>▪ 96% of you agree that CVT benefits compare favorably with other companies in our industry.</li> </ul> | <ul style="list-style-type: none"> <li>▪ 65% of you are interested in a mental health provider with texting to therapist feature.</li> </ul> | <ul style="list-style-type: none"> <li>▪ 88% of you are interested with the amount of PTO given.</li> </ul>                 | <ul style="list-style-type: none"> <li>▪ 71% of you are interested in Long-Term Care insurance</li> </ul>                                     |
| <ul style="list-style-type: none"> <li>▪ 57% of you are interested in Pet Insurance</li> </ul>   | <ul style="list-style-type: none"> <li>▪ 97% of you know who to contact with a benefits question</li> </ul>                                  | <ul style="list-style-type: none"> <li>▪ 93% of you like receiving this monthly electronic newsletter</li> </ul>            | <ul style="list-style-type: none"> <li>▪ 60% of you like receiving the quarterly Wellness Digest mailed to your home. *</li> </ul>            |

*\* If you do not want to receive the quarterly Wellness Digest mailed to your home, send an email to [benefits@convatec.com](mailto:benefits@convatec.com) with the subject line, "Opt-Out of Newsletter to my home" and we will remove you from our mailing list.*

**Following are some miscellaneous free form requests from the survey. We already offer a lot of requests....**

**After-tax Roth IRA**- offered, call Fidelity **Gym Membership Discounts** – offered, go to Global Fit 360 on the benefits page under Wellness **Weight Loss Programs**- offered with Omada through Cigna and reimbursements through GlobalFit **Nutrition** – offered through The Charge Group under GlobalFit Wellness **Foster Leave/Adoption Assistance**- offered, see policy on Catalyst **Adult Orthodontia Benefits** – offered through Delta Dental **Vision Plan Improvements** – Coming in January new increased limits on contacts and lenses **Apple Watch Linking to Global Fit**- Workaround is "Alternate Step Tile", Apple has limitations which doesn't permit GlobalFit to use technology. **FSA/HSA and having to verify all charges with Discovery**- Looking to move to Fidelity to align with Retirement Plan in January. More details coming.

## Welcome to... HR CORNER

### May/June Anniversary Milestones & Birth Announcements!

#### Celebrating 5 Years

- o Grace Torres
- o Philip Kulon
- o Alan Witte

#### Celebrating 10 Years

- o Ericka Wilson

#### Celebrating 15 Years

- o Ramanathan Sundaram
- o Sidney Farmer

#### Celebrating 25 Years

- o Edward Clark



#### Welcome: Birth Announcements!

- ❖ Baby – Emmitt & Reese- Congratulations Leslie Lafavers & William-Robert!
- ❖ Baby – Levi – Congratulations Kyle Logan & Samantha!
- ❖ Baby- Jacobi – Congratulations Tessa Jackson & Jeremy!
- ❖ Baby – Owen – Congratulations Laura Cranfield & Justin!
- ❖ Baby – Bentley – Congratulations Brandon Thomas & Brittany!

### IS YOUR 401(k) BENEFICIARY UP TO DATE?

Federal regulations automatically designate spouse as your primary beneficiary if you are legally married.

Have you recently married, re-married or divorced? You may not be thinking about your 401(k) beneficiary, and you may not want to think about death, but if you pass away unexpectedly, your savings could be left to an ex-spouse or get tied up in legal battles.

It's easy to check your beneficiary at any time and it's easy to change it. Simply go to [www.401k.com](http://www.401k.com) and sign into your Fidelity NetBenefits account. Go to the search box and type, "Beneficiary". Then select "Add or Update Beneficiaries".



## Financial Wellness 360 Complimentary for Employees – Register Today!

### Are you confident about your financial future?

Have you established financial goals for you & your family? Have you taken the time to create a clear strategy to best address your short- and long-term financial needs? If not, we're here to help.

**Financial Wellness 360** is a program designed to help improve your financial well-being with a complete 360-degree assessment of your current financial situation and assistance with developing a personalized strategy to help you achieve your goals with confidence.

### Services include:

- One-on-one session with a Prudential Financial Professional
- Thorough evaluation of your current financial needs and goals
- A personalized foundational planning report
- Guidance to help you navigate day-to-day and future financial decisions.

[Click Here to Book Your Appointment Now!](#)

Only 6 time slots available! June 24<sup>th</sup>!

### UPCOMING WEBINARS:



#### Prudential

- **June 24<sup>th</sup>, 12:30-1:30 PM ET: Budgeting and Building an Emergency Fund** – *Creating a spending plan, dealing with debt, and preparing for the unexpected.* [CLICK HERE TO REGISTER!](#)

#### Fidelity

- **June 9<sup>th</sup>: 12:00 PM ET: Making the Most of Your Retirement Savings**- *Learn how to maximize your retirement savings and steps you can take today to get prepared for retirement.* [CLICK HERE TO REGISTER!](#)

#### Cigna Behavioral Health

- **June 10<sup>th</sup>: The Challenges and Opportunities of Neurodiverse Relationships.** [Click here for details.](#)
- **June 16<sup>th</sup>: Help for Families Facing Substance and Mental Health Issues.** [Click here for details.](#)
- **June 22<sup>nd</sup>: Journaling for Eating Disorder Recovery.** [Click here for details.](#)

#### Cigna EAP

- **June 2<sup>nd</sup>: Managers: Gender Transition in the Workplace**
- **June 2<sup>nd</sup>: Healthy Life Tips for Men**

2:00 – 3:00 PM Eastern Time

[www.cigna.com/EAPwebcasts](http://www.cigna.com/EAPwebcasts) to register



JUNE IS PRIDE MONTH

Check Catalyst for June  
The Pride Events

Questions or comments?

[Benefits@convatec.com](mailto:Benefits@convatec.com)  
[www.convatecbenefits.com](http://www.convatecbenefits.com)

