

## March 2021



### Topics include:

- HR Corner- Births & Milestones
- Discovery Benefits Name Change
- Talkspace – New Online Therapy w/Cigna
- ConvaTec Wellness Program
- myCigna.com Security Changes
- Advocacy, EAP and Women & Money
- Upcoming Webinars
- Fidelity Tools and Resources
- 1095-C Forms

## Welcome to... HR CORNER

### February Anniversary Milestones and Birth Announcements!

#### Celebrating 5 Years

- Brent Courtney
- Pamela Pittman
- Brittany Worrell
- Nehama Moskowitz
- Kate Burzachiello

#### Celebrating 10 Years

- Catherine Williams

#### Celebrating 15 Years

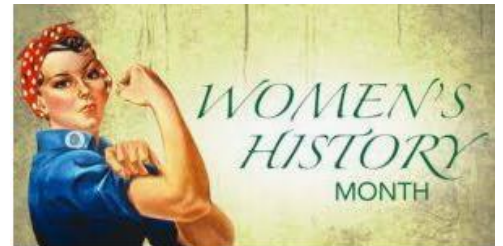
- Lisa Khan

#### Celebrating 30 Years

- Amanda Brignac

### Welcome: Birth Announcements!

- **Baby: Harper Lynn, born 1/27/2021** (Congratulations Brendan Downes and Molly)
- **Baby: Charlotte Dimare, born 1/26/2021** (Congratulations Kellum Welton and Michelle)
- **Baby: Molly Ann, born 2/5/2021** (Congratulations Cat Markella and Aaron)
- **Baby Khalil Hayes, born 2/11/2021** (Congratulations Ashayla Reeves and Michael)
- **Baby: Jaxon Reid Grubbs, born 2/21/2021** (Congratulations Jailynn Grubbs)



March is Women's History Month, a time to celebrate Women's Health!

Schedule your wellness visits with your doctor's today!

**Look for the following symbol in communications from the Benefits Team to denote if something is ConvaTec Fit Eligible.**



## DISCOVERY BENEFITS IS NOW "WEX"



Discovery Benefits, our FSA/HSA and COBRA provider has been acquired by WEX. You may notice some changes to your account. Starting now, you can access your account from [www.wexinc.com](http://www.wexinc.com). The Discovery site will redirect you. You will also see the WEX branding on the mobile app. Same login details.

If you need help, call 1-866-451-3399 or send an email to: [customerservice@discoverybenefits.com](mailto:customerservice@discoverybenefits.com). Or use the online chat.



**YOU ARE  
NOT  
ALONE**

### Attention all Cigna Medical Plan Members:

Cigna has partnered with Talkspace to offer you access to online therapy.

### What is Talkspace?

Online therapy platform that makes it easy and convenient for you to connect with a licensed behavioral therapist from anywhere, any time. You can send unlimited text, video and voice messages to your dedicated therapist using a web browser or mobile app.

### How it Works.

Visit [www.talkspace.com/cigna](http://www.talkspace.com/cigna) and enter your registration details and your preferences for therapy. An algorithm will match you with 3 potential therapists based on your preferences. Select your match and begin therapy that same day. You can message with your therapist on your schedule. Your therapist will check in daily, 5 days per week.

### Talkspace FAQ's

Please click the following link for Frequently Asked Questions and Answers. This benefit is covered under the ConvaTec medical plan and is covered at the same level as all behavioral health benefits. You can use your Discovery Benefits (WEX), FSA / HSA debit card.

<https://www.talkspace.com/faq/cigna>



**myCigna Enhancement Going Live March 17**

Two-step authentication will be required

**Are you participating in the Wellness program? If not, you are probably leaving money on the table for activities you are already doing!**

Do you exercise 8 or more times a month? Do you walk 3,000 steps a day on average? Do you sleep 7 hours a night on average? If yes, you are eligible to receive a cash reward, grossed-up, each month in your paycheck through the ConvaTec Fit Wellness Program. There are many more activities as part of the program.

Getting started is easy. Go to <http://convatec.globalfitrewards.com>. You will need your home zip code and your employee ID number. This can be found in Workday.

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

Don't let what you cannot do interfere with what you can do.

John Wooden

Like many health care, financial services, and tech companies, we are taking an additional step in helping to protect our customers' personal information. Starting March 17, 2021, we will require the use of two-step authentication for myCigna online account access.

Two-step authentication, also called multi-factor authentication (MFA), adds an extra layer of protection to our customers' myCigna accounts by requiring their password plus a unique code in order to log in. We have offered the option of using two-step authentication since 2018 and more than 3.5 million customers have added it since then.

What to expect:

- Starting February 22, 2021, we will send email notifications to all customers who have not turned on two-step authentication and notify them it will now be required, instead of optional.
- Customers will be directed to the myCigna log in screen, where they can start the process.
- To use two-step authentication, customers must use a valid mobile phone number or valid email address.
- On March 17, customers who have not yet added two-step authentication will not be able to access their online account until they complete the two-step authentication setup process.



## MEMBER CONTEST

### SPRING IN YOUR STEP! WIN A \$100 GIFT CARD!

During March, members who contact a TouchCare health assistant about orthotics, orthopedic footwear or other related issues will be automatically entered to win. Contest runs through March 31.

*TouchCare will do a random drawing around April 6<sup>th</sup> and will notify the winner directly.*

### 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!

**1-866-486-8242 | [assist@touchcare.com](mailto:assist@touchcare.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 | [www.mycigna.com](http://www.mycigna.com)**

**WELCOME TO WOMEN TALK MONEY:**



Game changers to help improve financial wellness

Welcome to Women Talk Money's virtual pop-up event celebrating Women's History Month!

Fidelity will help you take a fresh look at your finances while giving you the information you need for a healthier financial future.

**The event opens March 1<sup>st</sup>. Click the link below and use your Fidelity NetBenefits log in credentials.**

Here are some of the game-changing activities we have in store:

- Explore unique factors women need to know and how they impact planning for the future.
- Attend live events on March 10<sup>th</sup> & 24<sup>th</sup> at 12 ET that discuss the connections between financial, physical and mental health.
- Complete weekly action steps that can help you chart a course for the future.

**[SAVE MY SPOT NOW](#)**

### EMPLOYEE RESOURCE GROUPS



JOIN NOW! EMAIL:

[DIVERSITY-MATTERS@CONVATEC.COM](mailto:DIVERSITY-MATTERS@CONVATEC.COM)

### Financial Wellness - Fidelity Resources & Tools

Go to [www.401k.com](http://www.401k.com) and sign into your account. Go to the menu on the top right and confirm your beneficiaries. Also, go to your profile and make sure Fidelity has a current email address on file for you and a current phone number.

From the home page, you can find tools and calculators to help you pay off debts, save for an emergency and much more!

## UPCOMING WEBINARS:



### FINANCIAL WELLNESS

(Prudential)

12:30 -1:30 PM Eastern Time

[Click Here to Register Now!](#)

**March 25th:** Women & Money – Taking control of your financial future.

**Coming in April....** Three Part, 60 Minute Series- Pathways Series

1. GREAT STRIDES: Understanding the Fundamentals of Financial Wellness
2. FOR THE LONG HAUL: Building Your Road to Retirement
3. CRUISING ALONG AND THE JOURNEY CONTINUES: Protecting Yourself and Your Loved Ones and Creating a Solid Plan for the Future.

*Registration for the 3-part series is coming soon.*

Check out the webinars available and much more useful tools and resources at

[www.prudential.com/convatec](http://www.prudential.com/convatec)

### EAP WELLNESS

(Cigna)

2:00 – 3:00 PM Eastern Time

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

**March 10<sup>th</sup>:** Financial Setback? Regroup & Rebuild (When our finances take a hit, it hurts. Learn how to find footing and get back on the path for financial security.

**March 24<sup>th</sup>:** Manager's Guide to the EAP: Explore the benefits available to you in your role and for personal life challenges.

**1:00 PM – 2:00 PM Eastern Time**

**March 11<sup>th</sup>:** Autism ABA Therapy and Parent Involvement- [Click Here to Register](#)

**March 17<sup>th</sup>:** Substance Abuse- Pandemic and Treatment – [Click Here to Register](#)

**March 18<sup>th</sup>:** Children & Families- ADHP and Creating Habits – [Click Here to Register](#)

**March 23<sup>rd</sup>:** Eating Disorders – Programs and Services at the NEDA – [Click Here to Register](#)

## ADDITIONAL WEBINAR

### TouchCare

**Get to Know Orthopedics:** Join TouchCare on **March 17<sup>th</sup> at 12:00-12:30 PM** Eastern Time to hear from an expert podiatrist who will share some great tips for keeping your feet & legs in their best shape all of 2021 and beyond. [Register Now!](#)



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

### FORM 1095-C's

Reminder that Form 1095-C's are not required as part of your annual tax filing for 2020. The IRS indicates that March 2, 2021 is the deadline for forms to be in the mail. Your forms from 2020 will be on the way soon and will be mailed by our TPA, Medcom.