



**Topics include:**

- **TouchCare Advocacy**
- **Flu Shots**
- **Update your address in WD**
- **Virtual Health Fair**
- **Upcoming Webinars**
- **HR Corner**

**Benefit  
Questions?**

**[benefits@convatec.com](mailto:benefits@convatec.com)**



**WE'RE HERE TO HELP**

**TouchCare services were designed to save you time, money, and worry**

**Cost Comparison**

TouchCare Health Assistants ensure you never overpay for care by carefully researching all options and costs.

**Appointment Scheduling**

After TouchCare assists you with your provider search, they can schedule appointments for you directly with the provider.

**Ancillary Benefits**

TouchCare will help you leverage the right benefits, at the right time, to save you time and money.

**Physician Transfer Assistance**

When you transition to a new physician, TouchCare will manage the administrative record transfer.

**Procedure Preparation Assistance**

Before surgery, x-ray, or procedure, reach out to TouchCare. TouchCare eliminates confusion and/or administrative errors.

**Benefit Refresher**

Consult with an expert Health Assistant regarding your benefits anytime throughout the year.

Let TouchCare help. They will save you time and frustration so you can spend less time worrying about your benefits and more time focused on things that matter most to you.

Some additional services TouchCare health assistants can help with are listed below.

- Negotiating confusing bills
- Finding the highest quality in-network providers
- Compare treatment costs for services
- Explain benefits in "plain" language
- Provide support during Open Enrollment



**Mobile App**

**Phone:** 1-866-486-8242

**Email:** [assist@touchcare.com](mailto:assist@touchcare.com)

**Web:** [www.touchcare.com](http://www.touchcare.com)



## NEED TO GET YOUR FLU SHOT?

It's easy! Visit [myCigna.com](http://myCigna.com) to find a local in-network provider or pharmacy.

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### Is there a waiting period between getting the COVID-19 vaccine and other vaccines?

There is no longer a recommended waiting period. However, employees should consult with their pharmacist or health care provider when deciding what vaccines are right for them.

Click [here](#) for CDC information.

## IS YOUR ADDRESS UP TO DATE IN WORKDAY?

### OPEN ENROLLMENT November 1- November 15

It's that time of year again! We are getting ready for annual open enrollment and need you to make sure your address is up to date in Workday. Open Enrollment guides will be mailed to your home address we have in Workday so be sure it's correct. Guides will be mailed the week of October 25<sup>th</sup>.

Please update your address no later than October 8<sup>th</sup>. To do so, log into your Workday account.

## VIRTUAL HEALTH FAIR SAVE THE DATE

### NOVEMBER 3, 2021 10 AM – 6 PM Eastern Time *(More information coming soon)*

Join us on Wednesday, November 3<sup>rd</sup> for a fun-filled day of activities, education, and raffle giveaways.

We will have activities for everyone. Relaxation and mindfulness sessions, physical fitness classes, meetings with our benefit vendors, work-life balance sessions, and much more! Don't leave the event too early... the finale will be our infamous virtual happy hour with raffles. The day will be recorded and available for future viewing.

## Welcome to... HR CORNER

### September Anniversary Milestones & August Birth Announcements!

#### Celebrating 5 Years

- Sean Cramsey
- Regina Mayerhofer
- Irene Marin
- Jacob Hernandez
- Catherine Zermeno

#### Celebrating 10 Years

- Haley England
- Christina Fink

#### Celebrating 15 Years

- Bridget Linebarger

#### Celebrating 20 Years

- Tracy Teeling

#### Celebrating 25 Years

- Christopher Arnold

**Welcome:** Calin Alise, born to Tom Tippeconnic and Caitlin, 8/22/2021

**Welcome:** Ramiro Atlas, born to Micah Mello and Mark, 8/6/2021

## UPCOMING WEBINARS



### Cigna EAP

- September 8: Managers: Leading in Complexity
- September 22: Navigating Eldercare: A Compass for Caregivers

2pm ET / 1pm CT / 11am PT

[www.cigna.com/EAPWebcasts](http://www.cigna.com/EAPWebcasts)

### Prudential Pathways

- September 21: Providing for a Surviving Spouse in Retirement
- September 23: What You Need to Know About Life Insurance

1pm ET / 12pm CT / 10am PT

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

Sign in and "Register" under "Check Out Our Financial Wellness Webinars"

### Fidelity

- September 15: Identify and Prioritize Your Savings Goals

12pm ET / 11am CT / 9am PT

[Register Now](#)