

BenefitsNEWS

April 2022

April Highlights



Get registered for the upcoming **2022 Global Wellness Challenge: Mentally Sharp & Physically Fit**, kicking off in May. Scan the QR code to the right to get signed up for free!



FSA reminder: Any account balance remaining in a PayFlex-administered account will automatically transfer to your WEX-administered account in April 2022. Rollover funds transferred to your WEX account in April 2022 may be used for eligible expenses incurred in 2022.



Cigna EAP: All US based SBD employees have access to **5 free sessions per incident and per person in your household** with a licensed psychologist or therapist. EAP is confidential and available 24/7. Learn more about how Cigna EAP can help with questions, guidance and support – scan the QR code to the right.



ConsumerMedical Surgery Decision Support (SDS) Program: A confidential, no-cost program to help you understand surgery risks, benefits and alternative treatment options. If you or your covered dependent (with Cigna medical coverage), age 18 or older, are considering elective lower back surgery, hip or knee replacement, weight loss surgery, or hysterectomy, there is a **requirement to participate in SDS at least 30 days before a scheduled surgery.**



Watch this video from our Chief Medical Officer, Dr. Mitch McClure. Learn practical tips to keep you and your family safe during severe weather - scan the QR code to the right.



Well-being guide contents:



Health & Physical Well-being



Mental Well-being



Financial Well-being

April National Health Observances:

- **Autism Awareness Month**
- **Financial Literacy**

Join events focused on Realizing Potential as the SBD Global Abilities Network commemorates Autism Awareness Month. Visit their Workplace Page for more details.

Abilities

Mark your calendar for upcoming events (or access the recording after the fact)



4/12 – 12 pm ET

The Great Juggling Act (LifeCare)

Parents with kids at every age and stage in their lives will get practical tips and liberating insights

Log into **uCentral > Perks** and click on the **LifeCare link** or visit <http://member.lifecare.com>, registration code: SBD



4/14 – 1 pm ET

Help at Home (Behavioral health education series on Autism)

Learn strategies to improve eating & sleeping habits for children with autism

www.cigna.com/individuals-families/health-wellness/topic-autism/



4/20 – 1 pm CT

The Financial Wellness Playbook (Cigna)

Learn financial best practices and tips from the experts for developing an action plan to improve your money habits

www.cigna.com/eapwebcasts



4/20 – 1 pm CT

Goal based budgeting for your future (Principal)

If your finances have taken a detour, you have new goals, or you'd like to pay down debt and build up savings, budgeting can help you get there. Learn how you can make budgeting work best for you.

https://www.bigmarker.com/principal/Goal-based-budgeting-for-your-future?utm_bmc_source=LearnNow

Benefits Spotlight with Principal® Milestones

Take the next step: A small action today can help lead to a more secure future tomorrow

Let's be honest: financial planning can be confusing, stressful, and just plain boring. But when you focus on the kind of life you want—the goals, needs, and dreams you have for yourself and your family—your decisions about money get a lot easier. Build your knowledge and explore the financial topics that matter to your life through Enrich on Principal Milestones:

- Building and sticking to a budget
- Downsizing debt
- Understanding your credit score
- Saving for retirement
- Access DIY legal forms for free (including Standard Will, Living Will, Durable Power of Attorney, and more)



Keys to Financial Well-being

Money management resources through Enrich, from Principal

Get a financial wellness check-up

Log into your Principal account, click on Planning Resources > Principal Milestones to start your check-up today.

Start your action plan

Tune into a recommended course based upon your financial wellness check-up and receive guidance tailored to your needs.

Use tools to make it fun!

Discover your money personality, set up your budget or find out if you're ready to buy a home and how much you can afford.

Boost Your Positivity Quotient

The way you choose to think about an event in your life can influence how you feel and act. Try the following strategies to increase your positive thinking:



- *Identify Your Negative Thoughts.* Write them down and replace these negative thoughts with positive ones.
- *Examine the Evidence.* Ask yourself if your negative thoughts are actually true. List the evidence that supports and goes against your thoughts. Come up with a more balanced thought.
- *Show Yourself Compassion.* Avoid putting yourself down. Treat yourself in the same kind way you would treat a friend.

If you or a loved one needs additional support, remember that reaching out is a sign of strength and contact our Cigna EAP at 800-243-3280.

Hack Your To-Do List with Help from WeightWatchers



Sometimes the things we know we *should* do are the most challenging to accomplish. The good news: There's a science-backed strategy to transform a task you dread into one you might even look forward to doing.

Rewrite your no-fun list with [these tips](#) from one of WW's expert Coaches – scan the QR code to the right.



SBD benefits eligible employees, spouses, and domestic partners are eligible to participate in one of WW's **PersonalPoints™ Programs** at over 50% off retail pricing.

Featured Wellness Partners & Ways to Connect



Cigna Employee Assistance Program (EAP) - Visit mycigna.com and click on the "Review My Coverage" tab, under EAP for resources or call 800.243.3280



Principal Milestones – visit principal.com/Milestones or call 800.547.7754



LifeCare Work/Life Services - Call 866.608.6618, log into uCentral > Perks and click on the LifeCare link, or visit member.lifecare.com, registration code: SBD



ConsumerMedical – visit myconsumermedical.com or call 888-361-3944



WeightWatchers PersonalPoints – visit sbd.ww.com or call 866-504-2885

Visit the
SBD Benefits Center
at
[www.sbdbenefitscenter.com](http://www.sbdbenefitscenter.com/welcome)
[/welcome](http://www.sbdbenefitscenter.com/welcome)

to access more
benefits news and
resources.
No login required!