

# BenefitsNEWS

April 2023

## April Highlights



**Help Starts Here.** Search and connect to support. Financial assistance, food pantries, medical care and other free or reduced cost help may be found at [findhelp.org](https://findhelp.org). Enter your zip code for resources in your local area.

**New Look for Cigna.** Cigna is evolving with new branding as Cigna Healthcare (see new logo shown on the right). Cigna Healthcare continues to advocate for better health through every stage of life guiding customers through the healthcare system and empowering them to make the best choices for improving their health and vitality. You'll notice the new branding when visiting [myCigna.com](https://myCigna.com) or your mobile MyCigna app.



**Care Navigator through Cigna Healthcare.** If you're enrolled in Cigna medical coverage, you and covered dependents have access to 24/7 care navigators. The Care Navigator program is an enhancement to the informed nurse health line—offering one phone call for answers to your health questions and now connection to virtual care seamlessly through MDLive, day or night. Call 877.556.2333 to directly connect to a care navigator.



**Celebrate your furry (and non-furry pet friends) on Apr. 11.** Show your pet extra love on National Pet Day and save money with pet insurance through Makers' Marketplace. You may enroll in coverage at any time and pay for coverage through automatic payroll deduction. Visit [sbdinc.corestream.com](https://sbdinc.corestream.com) to access Makers' Marketplace for more info.



**Estate Planning 101 through ARAG** - Be a friend to future you, start your estate planning process now. Legal insurance provider ARAG offers an email series to help you navigate estate planning. Covering topics ranging from creating a will to what other documents you may need, valuable information awaits! [Sign up today.](#)



**Cultivate your Personal Growth – Join the Apr. 13 webinar with ICAS**  
Our Chief Medical Officer leading the global Mental Health Task Force, Dr. Mitch McClure, will continue to provide opportunities for you to boost your resiliency and well-being. Sessions are hosted on Zoom and streamed live to Workplace. Recordings are posted for later viewing with translated subtitles.

## Well-being guide contents:



Health & Physical Well-being



Mental Well-being









Financial Well-being

## April National Health Observances & Events:

- Financial Literacy Month
- Autism Awareness Month & World Autism Day (Apr. 2)
- World Health Day (Apr. 7)
- Nat'l Pet Day (Apr. 11)
- Nat'l Minority Health Month

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

	<b>4/11 12 pm ET</b>	<b>Understanding and Addressing our Kids Challenging Behaviors</b> (Torchlight)	Learn new ways of thinking and implement new actions to help your kids through behavioral challenges	<a href="https://sbd.torchlight.care">sbd.torchlight.care</a>
	<b>4/12 1 pm ET</b>	<b>Financial Wellness: Budgeting Basics</b> (Lifecare)	Learn the basics of budgeting and how to better manage your money.	<a href="https://caredotcom.zoom.us/webinar/register/WN_dFJNDYIOT_GaF7aiCSEKuQ">https://caredotcom.zoom.us/webinar/register/WN_dFJNDYIOT_GaF7aiCSEKuQ</a>
	<b>4/13 1 pm ET</b>	<b>Collaborating with School Before, During and After a Diagnosis</b> (Cigna)	Autism Awareness Series: Every parent can build a positive relationship with their child's school. Learn how to collaborate with school.	<a href="https://www.cigna.com/knowledge-center/autism-seminars/">https://www.cigna.com/knowledge-center/autism-seminars/</a>
	<b>4/19 2 pm ET</b>	<b>Get a Game Plan: Tackle debt and build emergency savings</b> (Principal)	Create a plan to tackle your debt and build an emergency fund to protect yourself from future unplanned expenses.	<a href="https://www.principal.com/learnnow">https://www.principal.com/learnnow</a>
	<b>4/19 3 pm ET</b>	<b>Care Survival Kit – Focusing on Advocating for your Loved One</b> (Torchlight)	Learn to build your advocacy skills to help create positive change for you and your loved one	<a href="https://sbd.torchlight.care">sbd.torchlight.care</a>
	<b>4/26 1 pm ET</b>	<b>Confident Parenting: Teaching Children about Money</b> (LifeCare)	Learn how to teach children about money and how to communicate.	<a href="http://www.care.com/business/care-talks">http://www.care.com/business/care-talks</a>

## Spotlight on Benefits for your Financial, Mental and Physical Wellness

### Health Coaches are Just a Click Away

If you're enrolled in Cigna medical coverage, you have access to My Health Assistant, a fun and interactive online coaching program designed to provide extra support to help you be at your best. Plus, it's included at no additional cost with your health plan through Cigna.

**Here's how it works:** My Health Assistant is available on [myCigna.com](https://mycigna.com). You can choose from a variety of health goals and easily track your daily progress. You'll get the information you need to: feel happier, eat better, be active & exercise!

Learn about these and more or set your goal now. Log into your [myCigna.com](https://mycigna.com) account.

### Save on Prescriptions



If you take prescription medications, you know how important they are to your health and well-being. You also know that they can be expensive. But there are ways you can save money and still get the care you need. Go generic, stick to in-network pharmacies, use your HSA or FSA and check out RxSS.

### Self-Care Strategies to Cope with Workplace Stress



Stress can look and feel different depending on the cause. It can be ongoing, growing over time as we cope with heavy workloads, frequent changes to workplace processes, or the cumulative stress of certain occupations or industries. Stress can also be acute, following a particular event or situation, such as the loss of a valued employee, or significant organizational change. No matter the cause, stress can stand in the way of performing and feeling your best. If you're feeling the effects of workplace stress, try out these workplace strategies for coping with it effectively. 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.

#### Manage your time

- Prioritize work tasks - use a 1, 2, 3 ranking system for order of importance. Tackle your "1s" first. If you are unsure about what is a priority, don't guess. Talk with your manager.

#### Don't let perfectionism prevent progress.

- Give yourself permission to be "okay" with "just okay" when you are able to.

#### Use your down time.

- Be intentional with your breaks
- Resist the urge to check in when using vacation or personal time

#### Create clear boundaries between your personal and work lives.

- Create a ritual to separate your work day from your personal time, such as shutting your office door or changing into casual clothing.

#### Advocate for yourself.

- Know your limits and respect your time boundaries.
- Say "no" when you can't provide the time or attention needed

### Make Your Move at Work

Do you find that you're not able to fit all your "to dos" into your free time? If you're like most adults, this is a common feeling. And who are we kidding, sometimes by the end of the workday there's little time or energy left for squeezing more into the day, particularly if it's exercising our brain or our body! Try out these tips for getting energized, boosting your morale and adding more movement in your day!

- Take little opportunities to move more throughout your day. Just because you have a desk doesn't mean you have to sit at it for eight hours straight. Get up for a quick 5 min workout session. Squat in place, stretch your neck, chest, shoulders and back, walk around your house or head out to get the mail. Accumulate your exercise in little bits through the day!
- Communicate with curiosity and intention to connect. Enter work conversations with openness and a willingness to learn more about your colleagues. Ask a question other than "how is your day" and you may find that you learn something new and bolster connection.
- Carve out time on your work calendar for important tasks, "thinking" time, and recharging time and treat it like an important appointment!



### Featured Wellness Partners & Ways to Connect

- **ARAG Legal Services** - visit [araglegal.com/myinfo](https://araglegal.com/myinfo) (access code 14360sbd) or call 800.247.4184
- **Cigna and Cigna's Employee Assistance Program (EAP)** - Visit [mycigna.com](https://mycigna.com) and click on the "Review My Coverage," under EAP for resources or call 800.243.3280. All US based SBD employees have access to **5 free confidential sessions per incident, per household member** with a licensed psychologist or therapist.
- **LifeCare Work/Life Services** - Call 866.608.6618, log into MySBD and click on the LifeCare pinned app link, or visit [member.lifecare.com](https://member.lifecare.com), registration code: SBD
- **Makers' Marketplace** - visit [sbdinc.corestream.com](https://sbdinc.corestream.com) or call 860.770.6639
- **Rx Savings Solutions** - visit [myrxss.com](https://myrxss.com) or call 800.268.4476 (para español, llame 1-800-917-5572)



Visit the **SBD Benefits Center** at [www.sbdbenefitscenter.com/welcome](https://www.sbdbenefitscenter.com/welcome) to access more benefits news and resources. *No login required!*