

BenefitsNEWS

July 2023

July Highlights



Reminder: Random Dependent Eligibility Audit – Jun. 7 – Aug. 7, 2023.

SBD is conducting an audit of employees who are covering dependents to ensure they meet plan eligibility requirements. Employees, selected at random, were notified by email or mail (depending upon notification settings) to submit dependent verification documents on June 5. Documentation must be provided by Aug. 7, 2023 for dependent coverage to remain in force. For a list of valid dependent verification documentation, scan the QR code to the right (SBD Benefits Center > Benefits Basics).



MyMedical Ally powered by Aight. Aight Solutions is aligning their brand across their programs and services and the ConsumerMedical name and logo will sunset in July 2023. New branding - *MyMedical Ally powered by Aight*, will be used in marketing, email communications and direct-to-home postcard mailings. Continue to access healthcare experts and surgery decision support for your health care concerns and benefit from an enhanced online and mobile experience. Visit mymedicalally.aight.com or call [888-361-3944](tel:888-361-3944).



Telehealth Benefits Changes. All employees enrolled in a Cigna HSA medical option received a letter in the mail in mid-June explaining that telehealth and other virtual care services will be covered on a pre-deductible basis under the Cigna HSA medical options through Dec. 31, 2024. This means Cigna Virtual Care Services provided by MDLive will be covered without having to first meet the HSA deductible requirement. Schedule a virtual urgent, primary care or mental/behavioral health care appointment by phone or video with a medical provider at \$0 cost. To access virtual care, log into your myCigna.com call 1-800-243-3280.



NEW! Save time and lower your monthly payment with Presto. Let IonTuition's experts help you navigate through the repayment process, understand your options and guide you to what's best for you and your financial situation. You can view your current student loan information including your current servicer, connect with live counselors, and explore and apply for income driven repayment plan options. This service is *free* to Stanley Black & Decker employees and family members. To set up your account, visit portal.iontuition.com/sbd or call [855-456-2656](tel:855-456-2656).

Well-being guide contents:



Health & Physical Well-being



Mental Well-being



Financial Well-being

July National Health Observances & Events:

- Fourth of July
- UV Safety Awareness Month
- Summer Safety

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



7/12 2 pm ET	Helping Children Cope with Traumatic Events (Cigna)	When life gets scary, parents may struggle to know how to provide support. Learn how children are impacted and how to help them feel safe.	http://www.cigna.com/EAPWebcasts
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7/12 1 pm ET	Overcoming Debt (Lifecare)	Learn the basics of debt management and where to start.	http://www.care.com/business/care-talks
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7/19 2 pm ET	Investing Principals (Principal)	Join to learn top investing principals to help you live a more financially secure life.	https://www.principal.com/learnnow
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7/19 3 pm ET	Screen Time Balance: Parenting in a Digital World (Torchlight)	Create a framework for defining your family's digital boundaries and discuss best practices.	sbd.torchlight.care
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7/26 2 pm ET	Unique You: Personality Style at Work (Cigna)	Have fun learning what your style is and how different styles can work together.	http://www.cigna.com/EAPWebcasts
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7/27 1 pm ET	Dealing with Sleep Issues (Lifecare)	Dig into the root causes of sleep issues and how to get back to more restful sleep.	http://www.care.com/business/care-talks
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Spotlight on Benefits for your Financial, Mental and Physical Wellness

Earn a \$50 Wellness Incentive



If you're enrolled in critical illness or hospital care insurance coverage for the 2023 plan year AND you complete a preventive care activity, wellness treatment or health screening test, you can earn a \$50 wellness incentive. Redeem your reward following completion of your activity by filing your claim at SuppHealthClaims.com or by calling 800-754-3207.

Shop and Save on Rx



Did you know that the same medication can cost a lot more (or less) depending on where and how you get it filled? It's true.

Just like you'd shop around different stores for the best price on an appliance, you can often find better prices on your prescriptions by simply checking another pharmacy or delivery service.

But shopping around isn't always easy—especially when it comes to your health. That's why we offer you a free service called Rx Savings Solutions (RxSS). It does the research for you and finds the lowest price for your prescriptions and lets you know when you can save money. Contact RxSS at 1-800-268-4476 (para español, llame 1-800-917-5572) or visit myrxss.com.

Quick Benefits Checklist for Summer Vacation

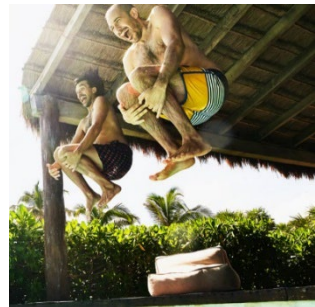
Complete your vacation packing list by checking these items off your list too. Use this list to help you save money, be prepared, and keep your summer fun!

- ☑ **Get your summer vibes flowing with support and discounts from LifeCare** – Care Specialists are available 24/7 to provide 1:1 guidance and support for your summer needs. Plus access summer savings on travel, tickets, hotels and more! Call 866-608-6618 or visit LifeCare online (see details at the bottom of this BenefitsNEWS!)
- ☑ **Travel discounts may also be found on Makers' Marketplace at sbdinc.corestream.com**
- ☑ **Cigna Virtual Care (Telehealth) through MDLive** provides virtual urgent, primary care, mental/behavioral health and even dermatological care on the go from an internet connected device. Save money and avoid the travel and the waiting room when on vacation by accessing your virtual care benefit! You also have access to 24/7 dental support virtually if you have Cigna dental coverage. You can access Teledentists virtual dental support through your MyCigna account. See details at the bottom of this BenefitsNEWS on how to access your Cigna benefits.
- ☑ **Register for your MyCigna account online, if you haven't already and download the app for on-the-go access.** Should an emergency arise requiring an urgent care facility or emergency room, you can save time and money by using your MyCigna account to locate in-network facilities close to you. Plus you can access other great personalized benefits through your account.



Keep Cool Despite the Heat

TIPS FROM THE CENTERS FOR DISEASE CONTROL & PREVENTION



There are many misconceptions about heat stress, heat illnesses, and what to do when working in a hot environment. Read below for tips and considerations to stay cool and well-hydrated in the midst of rising temps. *Resource: <https://blogs.cdc.gov/niosh-science-blog/2011/08/12/heat-2/>*

- Taking a break in air conditioning is a very effective way to cool down in a fairly short period of time.
- Take frequent short breaks from physical exertion when temperatures soar.
- Restore electrolytes lost during sweating with water and regular consumption of meals and snacks.
- Medications/health conditions can impact your ability to work safely in the heat. Discuss any concerns with your provider and then discuss an action plan with your manager.
- Drinking water throughout the day is a great move for good health. Keep a durable water bottle handy and drink often. For extra flavor, add fresh produce like cucumbers, strawberries, lemons, watermelon or even a sprig of mint! (from *Livongo* – www.Go.livongo.com/SBDCigna/New)

Featured Wellness Partners & Ways to Connect

- **Cigna, MDLive and Cigna's Employee Assistance Program (EAP)** - Visit mycigna.com and log into your Cigna account for a personalized benefits experience. Search for local in-network care facilities, costs and more. For EAP, 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.
- **Cigna Supplemental Health** – visit SuppHealthClaims.com or call **800.754.3207**
- **IonTuition** – visit MySBD and select IonTuition from the available Pinned Apps for single sign on to the Ion Tuition portal, or visit the SBD Benefits Center welcome site for more info. You may also visit portal.iontuition.com/sbd directly or call **855.456.2656**.
- **My Medical Ally powered by Alight, formerly ConsumerMedical** - visit mymedicalally.alight.com or call **888.361.3944**
- **LifeCare Work/Life Services** - Call **866.608.6618**, log into MySBD and click on the LifeCare pinned app link, or visit member.lifecare.com, registration code: SBD
- **Makers' Marketplace** – visit sbdinc.corestream.com or call **860.770.6639**
- **Rx Savings Solutions** – Call **800.268.4476** (para español, llame **800.917.5572**) or register at myrxss.com



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