

# BenefitsNEWS

March 2023

## March Highlights



**View our updated Benefits Guides.** Amplify will launch at 8 a.m. EST on Mar. 8<sup>th</sup>, which will provide you with tools like MySBD and Workday to access individualized content and knowledge at your fingertips. As a part of the transition, we've updated our benefits guides posted on the SBD Benefits Center. Visit [www.sbdbenefitscenter.com/welcome](http://www.sbdbenefitscenter.com/welcome) or scan the QR code to the right to access the updated Cancer Guide, Parental Leave Guide and more.



**Get Active and Win with Torchlight.** Find expert resources and tools to support your parenting and caregiving needs with Torchlight. During the month of March, you can enter the **Dig In to Win contest for a chance to win a pair of headphones.** Participate by registering for this benefit (or simply sign in if you're already registered) and "Opt In," then dig into all of the great caregiving content. Visit [sbd.torchlight.care](http://sbd.torchlight.care) or scan the QR code to the right to download the app.



**Flexible Spending Account (FSA) Claim Submission Deadline.** Be sure to submit any 2022 health care FSA or dependent care FSA claims before the Mar. 31, 2023 deadline. Any 2022 expenses not submitted by this deadline will be forfeited. Chat via your WEX online account at <https://benefitslogin.wexhealth.com/Login> or call **866-451-3399**, 6 a.m. to 9 p.m. CT M-F for support with your claims. Rollover of any remaining 2022 funds after Mar. 31, 2023, up to the IRS maximum allowable rollover amount of \$550 will occur in April 2023 only if you are enrolled in a WEX FSA for the 2023 plan year.

**Legacy MTD employees:** Submit 2022 eligible FSA expenses to Chard-Snyder, an Ascensus company, by the Mar. 31, 2023 deadline. Contact Chard-Snyder at 800-982-7715, Fax: 513-459-9947 or [chard-snyder.com](http://chard-snyder.com) with questions.



**Weight Watchers webinar on Mar. 28 – A Guide to Emotional Eating.** Join WW Vice President, Allison Grupski, PhD, to learn more about emotional eating and strategies to manage emotional situations without overeating. [Click here to register!](#)



**Unlock your self-care mindset – Join the upcoming webinar on Mar. 9.**

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. Take time to attend the Mar. 9th webinar on Unlocking your *Self-Care Mindset* or be on the lookout for related "bite-size" materials at your work site in the coming months. Sessions will be hosted on Zoom and streamed live to Workplace. Sessions will be recorded and posted for later viewing with translated subtitles.

## Well-being guide contents:



Health & Physical Well-being



Mental Well-being



Financial Well-being

## March National Health Observances & Events:

- 3/12 – 3/18 – Nat'l Sleep Awareness Week
- 3/21 World Down Syndrome Day
- Nat'l Development Disability Month
- Nat'l Nutrition Month

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

	<b>3/8 2 pm ET</b>	<b>Managers: Civility and Respect at Work</b> (Cigna)	Disrespectful words and actions can affect performance and morale and lead to harassment or worse. Learn strategies to address this key issue.	<a href="http://www.cigna.com/eapwebcasts">www.cigna.com/eapwebcasts</a>
	<b>3/8 12 pm ET</b>	<b>Financial Wellness: Managing Money in Tough Times</b> (LifeCare)	Learn new ways of thinking and implement new actions to survive tough financial situations.	<a href="http://www.care.com/business/care-talks">http://www.care.com/business/care-talks</a>
	<b>3/15 12 pm ET</b>	<b>Embracing Equity at Home and At Work</b> (LifeCare)	Celebrate Women's History Month and International Women's Day with this candid discussion.	<a href="https://caredotcom.zoom.us/webinar/register/8216757868554/WN_eKD-2CADRbyYUkqJw2edA">https://caredotcom.zoom.us/webinar/register/8216757868554/WN_eKD-2CADRbyYUkqJw2edA</a>
	<b>3/15 2 pm ET</b>	<b>Retirement Savings Moves for your 30s, 40s and 50s</b> (Principal)	Learn about financial moves to help you build the future you want.	<a href="https://www.principal.com/learnnow">https://www.principal.com/learnnow</a>
	<b>3/16 12 pm ET</b>	<b>Succeed at Work: Strategies for Working Couples</b> (LifeCare)	Learn ways to successfully manage family and work responsibilities.	<a href="http://www.care.com/business/care-talks">http://www.care.com/business/care-talks</a>
	<b>3/22 2 pm ET</b>	<b>The Power of Initiative</b> (Cigna)	Learn how to get past common roadblocks and start taking charge of your future	<a href="http://www.cigna.com/eapwebcasts">www.cigna.com/eapwebcasts</a>

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

### Guidance on Reaching Your Financial Goals

Finances can feel overwhelming, but thanks to our Cigna EAP, you and your household members have free access to connect with a Money Coach from My Secure Advantage to discuss any financial topic, situation or goals. Take advantage of the 1:1 coaching, action plans, online video courses, and more. Build a stronger and more secure future no matter where you are in your financial journey. For assistance or to connect with a Money Coach, call **833.920.3895**, 9am -11pm ET M-F, or visit [Cigna.MySecureAdvantage.com](https://Cigna.MySecureAdvantage.com).

### Makers' Marketplace



Access coverage and discounts designed for you. Choose from:

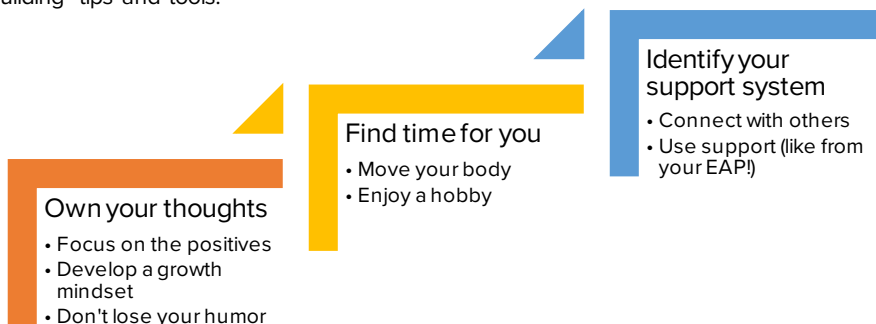
- Auto, home and pet health insurance and ID theft protection with negotiated group rates
- Life insurance with long term care to protect your family with greater financial security
- A wide variety of discounted products and services

Enroll at any time by visiting [sbdinc.corestream.com](https://sbdinc.corestream.com).

### Bounce Back from Burnout



We all have bad days – days when all you want to do is push through and survive. But when emotional burnout continues, the negative feelings can start to affect your work and personal life, especially if you are doing things like self-medicating to cope. It's important to know that you can overcome these feelings and get energy back in your day. Resilience is about finding inner strength, knowing how to deal with burnout and bouncing back better with greater vitality. Learn how to overcome whatever challenges life throws your way with resiliency building tips and tools.



Learn more by scanning the QR code. Tips in English and en Español.

### 3 ways to make movement work for you



- **Expand your definition.** Gardening, dancing, strolling around your favorite store— it all counts toward your goals.
- **Pair it with something you love.** Meh about the treadmill, but love true-crime podcasts? Save new episodes for when you can fit in a walk.
- **Turn it into a social event.** Catch up with your best friend on a bike ride or while walking. Or team up with a friend and virtually stream the same at-home workout together!

### Featured Wellness Partners & Ways to Connect

- **Cigna 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.
- **Makers' Marketplace** – visit [sbdinc.corestream.com](https://sbdinc.corestream.com)
- **Principal Milestones** – visit [principal.com/learnnow](https://principal.com/learnnow) or call 800.547.7754
- **Torchlight Caregiving Support** – visit [sbd.torchlight.care](https://sbd.torchlight.care) and be sure to "Opt In" for a chance to win a pair of headphones
- **WeightWatchers** – visit [sbd.ww.com](https://sbd.ww.com) or call 866-504-2885



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!*