

BenefitsNEWS

May 2022

May Highlights



Don't miss out! Participate in the **2022 Global Wellness Challenge: Mentally Sharp & Physically Fit**, kicking off this month. Join the [new supportive community on WorkPlace](#) to learn more and browse the calendar of events throughout the month of May – full of mental, financial and physical well-being webinars, interviews and more! Scan the QR code to the right to get signed up for free!



Long-Term Care + Life Insurance Benefits – Special Enrollment Opportunity: From May 2 – 20, 2022, actively-at-work benefits-eligible* employees (ages 18-64) have a 1x special opportunity to enroll with guaranteed acceptance (no health questions required for coverage up to \$150,000) in long-term care benefits. Visit www.getitci.com/sbd or scan the QR code to the right to learn more about this benefit.



*Legacy MTD/EXCEL employees and Security segment employees are not eligible to participate in this enrollment period.



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.



Watch this video from our Chief Medical Officer, Dr. Mitch McClure as he uncovers an important mental health topic. Hear advice to help you flourish (and learn about the opposite, “languishing,” and what you can do if you’re struggling emotionally). Scan the QR code to the right.



Well-being guide contents:



Health & Physical Well-being



Mental Well-being

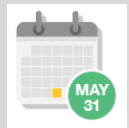


Financial Well-being

May National Health Observances:

- **Mental Health Awareness Month**
- **World No Tobacco Day – Tues. May 31.** This year's

global campaign is focused on raising awareness on the environmental impact of tobacco. It's one extra reason to quit.



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

	5/2 – 1 pm ET Managing Strong Emotions (LifeCare)	Strong emotions are inevitable. Go beyond identifying emotions and learn techniques to help keep your cool.	Log into uCentral > Perks , click LifeCare link or visit http://member.lifecare.com , code: SBD
	5/4 – 2 pm ET Bridging Divides: Beyond Agree to Disagree (Cigna)	We all have our perspective, but what about when it clashes with those of others? Learn how to reach across divides to respectfully engage.	www.cigna.com/eapwebcasts
	5/10 – 12 pm ET C'Mon Get Happy (Cigna with Wellable)	Focus on how to bring more happiness into your life through simple behavior and thought process changes.	https://wellablewellness.wixsite.com/cigna
	5/19 – 1 pm ET Teleworking with Success (LifeCare)	Working remotely offers both benefits and challenges. Join in this talk for tips on making it work better for you.	Log into uCentral > Perks , click LifeCare link or visit http://member.lifecare.com , code: SBD
	5/26 – 1 pm ET Healthy Meal Planning (LifeCare)	Learn how to feed your family healthy foods on a budget. Learn portion control, how to read and understand nutrition labels and how to plan meals.	Log into uCentral > Perks , click LifeCare link or visit http://member.lifecare.com , code: SBD
	5/19 – 1 pm ET Managing Stress and Building Resilience (Cigna)	Learn strategies to manage stress and build resilience for you and your children.	https://www.cigna.com/individuals-families/health-wellness/topic-mental-health/
	5/18 – 2 pm ET Beginners Guide to Investing (Principal)	Whether you're just getting started or looking to polish your investment know-how, learn the ins-and-outs of investing (in plain speak) and how to become a more confident investor!	https://www.bigmarker.com/principal/A-beginner-s-guide-to-investing?utm_bmcr_source=LearnNow

Let's Talk About Mental Health



You are not alone. That's a welcome sentiment for anyone confronting a health challenge and especially important to share this month. Now, more than ever, this presents an opportunity to show support and reduce the stigma around behavioral health.

Roughly 1 in 7 people worldwide live with mental health conditions, yet it remains one of the most neglected areas of public health. To learn more, watch the on-demand recording of **Mental Health: Let's Talk About It** at www.cigna.com/eapwebcasts.

Did You Know?



Many Americans lack access to mental health services and face high prescription costs for medications to treat their conditions. As a Stanley Black & Decker employee, you are not alone. Your benefits provide access to resources like Rx Savings Solutions (RxSS) that can help you find the most affordable prescription options and live healthier. Contact RxSS to learn ways you may save on Rx, for those enrolled in Cigna medical coverage.



The Exercise Effect



Did you know exercise is great for your mind and your body? Find out why, and then explore ideas to get started.

Scan the QR code to the right for tips from Cigna.



Plus, get the flexibility you need in a fitness routine – Sign up with Active&Fit Direct.

Kick Cravings with Exercise



Quit For Life®

There are lots of ways you can quit smoking, but one of the best ways to help you quit is regular exercise.

- It limits your urge to smoke
- It limits your withdrawal symptoms
- It limits weight gain
- It gives you more energy and improves your mood

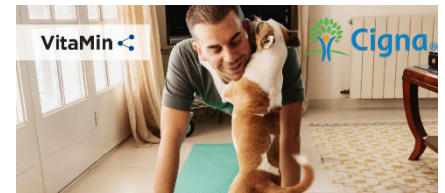
Get started at quitnow.net or call 866-QUIT-4-LIFE, TTY 711



Make time for self-care



Many of us juggle different responsibilities and roles in our lives, leaving not much “me time” in the day. This can lead to burnout, stress and higher risk of illness*. So, in honor of Mental Health Awareness Month, here are five ways from Cigna that you can, and should, start practicing more self-care.



Be happy with you.

Try not to compare yourself to others or their lifestyles. Focus on positivity and challenge unhelpful thoughts.

Do more of what makes you happy.

Whether it's cooking, reading, meditating or working out, find that activity that's just for you and make it a priority – even if it's just 15 minutes a day.

Stick to a sleep schedule.

Program your alarm for bedtime and wake-up time and stick to it. When it's time to sleep, minimize sleep disruptors such as lights, phones and television.

Eat to feel great.

Help improve your energy and focus each day by eating a balanced diet, drinking plenty of water and limiting caffeinated beverages.*

Know when to say no.

To be your best self, you have to set boundaries. That means making your health and happiness a priority, even if it means sometimes politely saying no to other requests or obligations.

*National Institute of Mental Health. “Caring for Your Mental Health.” <https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health/>.
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Featured Wellness Partners & Ways to Connect



Active&Fit Direct (Fitness membership discounts) – Access this discounted membership options through your myCigna.com account or visit Makers' Marketplace, sbdinc.corestream.com if you are a benefits-eligible employee



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



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



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



Quit for Life on Rally Coach – visit quitnow.net or call 866-784-8454, TTY 711



Rx Savings Solutions – visit myrxss.com or call 800.268.4476 (TTY: 800-877-8973)

Visit the
SBD Benefits Center
at

[www.sbdbenefitscenter.com](http://www.sbdbenefitscenter.com/welcome)
/welcome

to access more
benefits news and
resources.

No login required!