



BenefitsNEWS


May 2023


May Highlights


 **Check your mail.** Letters have been mailed to benefits eligible employee home regarding changes following the end of the public health emergency. Changes to SBD benefit coverage for COVID-19 under our Health & Welfare Program (Plan) will be in effect beginning May 12, 2023. Deadline extension relief for special enrollment, claim filing, and COBRA that were tied to the National Emergency and “Outbreak Period” will end on July 10, 2023 (60 days after the initially announced end of the COVID-19 National Emergency). Please review the document to ensure you are aware of these benefit changes.

 **Remember to Name Your Beneficiary.** Take time this month to ensure your beneficiaries are up to date for your life and AD&D insurance and Retirement Account Plan. It only takes a few minutes and is a necessary step to ensure benefits are paid as you intend in the event of a life claim. For life insurance, head to the SBD Benefits Center website and select home page > Main Menu > Your Profile > Your Beneficiaries, or call 800-795-3899. For 401(k), scan the QR code to the right or call 800-547-7754.



 **May 11 Psychological Safety Webinar.** Join ICAS in an exploration of the importance of building a safe and positive environment at work. Dr. Mitch McClure and the global Mental Health Task Force continue to provide opportunities for you to boost your resiliency and well-being. Be on the lookout for related “bite-size” materials at your work site on this topic. Sessions are hosted on Zoom on Workplace and recordings with translated subtitles are posted for later viewing.

 **Finding Relief During Allergy Season.** Seasonal allergies to pollen, ragweed, and other plant allergens spike in the spring and fall. If you experience new symptoms, don't guess whether it's allergies or something more. Cigna virtual care through MDLive lets you access the care you need from anywhere. It's a reliable and affordable alternative to urgent care clinics for allergies and more than 80 common medical conditions. Have an appointment with an MDLIVE board-certified doctor for fast relief – without having to leave home or go to an urgent care clinic.

 **Get Active and Win with Torchlight.** Find expert resources and tools to support your parenting and caregiving needs with Torchlight. During the month of May 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 or scan the QR code to the right to download the app.










Well-being guide contents:

-  Health & Physical Well-being
-  Mental Well-being
-  Financial Well-being

May National Health Observances & Events:

- **Mental Health Awareness**
- **Military Appreciation Month**
- **Asian American & Pacific Islander (AAPI) Heritage Month**
- **5/31 - World No Tobacco Day**

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

	5/3 2 pm ET	Power of Connection at Work (Cigna)	Learn about building meaningful connections.	www.cigna.com/eapwebcasts
	5/9 12 pm ET	From Just Coping to Creating Joy (Lifecare + Care.com)	What if you could shift beyond merely coping to actively creating joy, no matter what's going on?	http://www.care.com/business/care-talks
	5/11 1 pm ET	Building and Maintaining Healthy Habits (Weight Watchers)	Discuss how to build healthy habits and maintain them for the long haul.	https://weightwatchers.zoom.us/webinar/register/WN_ZOILZbBxSivAYt6v46Qtuw
	5/11 3 pm ET	Anxiety & Depression – Finding Help (Torchlight)	Learn to how to find help when struggling with anxiety and depression for yourself or a loved one	sbd.torchlight.care
	5/17 2 pm ET	Preparing for Retirement Again (Principal)	Prepare for a more secure retirement – set goals and learn why budgeting is important.	https://www.principal.com/learnnow
	5/24 12 pm ET	You are what you eat: Food as Medicine (ConsumerMedical)	Learn how food impacts your overall health and how to make better choices	https://www.myconsumermedical.com/s/webinars
	5/25 1 pm ET	The Mental Health & Exercise Connection (Lifecare + Care.com)	Explore why exercise is essential to our health.	https://care.com/zoom.us/webinar/register/WN_vXE7PpGHTamIea2VP1Q#/registration

Spotlight on Benefits for your Financial, Mental and Physical Wellness

Active & Fit Membership Discounts

Exercise is great for your mind and your body. When we exercise, we release feel good endorphins! Aim to fit movement regularly into your day. And if you need a bit of motivation, take advantage of the Active & Fit wellness discount through Cigna (if enrolled in Cigna medical coverage) or through our Makers' Marketplace (if you are a benefits eligible employee). Learn more about the Active&Fit Direct program and use promo code **YOURYEAR** at checkout, one of two ways:

- Through Cigna - log into your mycigna.com account. Select wellness from the top ribbon, click on the exercise tile in the middle of the page and then review Gym Memberships under the Healthy Rewards section.
- Through Makers' Marketplace, visit sbdinc.corestream.com or call 860-770-6639. First time use requires registration.

Easy On the Go Access with MyCigna



You never have to worry about misplacing your ID card. It's always right there on myCigna®, whenever and wherever you need it. Log into your MyCigna.com account for a personalized experience. Find care and cost tools, manage and track claims, chat with a OneGuide specialist and explore health and coaching programs.

Take a Seat with your Health in Mind

It's hard to believe that something as simple as sitting in a chair can have such a big impact on your health, but it does. Sitting too long and the way you sit can contribute to health issues, including brain fog, neck and back pain, stiff muscles, belly fat, and poor circulation. It can also increase your risk for certain diseases and even early death. The good news is that there are things you can do every day to easily set yourself up for success against the side effects of too much sitting. View key actions you can take to prevent strains and stiffness during your workday. How many are you already doing? More important, how many will you start? Find more tips by scanning the QR code to the right.



My back feels supported by my office chair, and my knees are level with my hips. If I need extra support, I use a cushion or pad.

When I'm typing, my wrists are straight, my elbows are close to my body and my hands are even with my elbows. My screen is at eye level and an arm's length away.

My workspace has good lighting (natural light if possible) and I make sure I don't have glare on my computer screen.

I get up from my desk often to take one-to-two-minute breaks throughout the day and give my muscles a break from sitting.

5 Ways EAP Can Support Your Health

Our Employee Assistance Program (EAP) through Cigna offers a range of services to you and your family members including confidential emotional support 24/7 and up to 5 free counseling sessions per member, per issue, per year plus a host of work life support services. Contact Cigna EAP at 1-800-243-3280, 24/7/365 or log in through myCigna.com; employer ID: SBD. Remember to request an authorization code for your sessions.



Did you know, your EAP can provide:

- Virtual, telephonic and text-based coaching to help manage stress and improve your mental health. It's a first step and its free to you as a Stanley Black & Decker employee.
- Help with care-giving, financial needs, convenience service referrals and more.
- Workplace management support and trainings on ways to connect with others. Tune into a webinar or listen to a pre-recorded version on a variety of topics at cigna.com/eapwebcasts.
- Substance abuse treatment – a variety of substance use concerns can be addressed with EAP services (alcohol, nicotine, or opioids for example). Plus, SBD offers Quit for Life Tobacco Cessation in particular to help you quit tobacco.
- Critical incident response to help you in the wake of a tragic or traumatic event.

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 and Cigna's Employee Assistance Program (EAP)** - Visit 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 or call 860.770.6639
- **Principal Milestones** – visit principal.com/Milestones or call 800.547.7754
- **Quit for Life on Rally Coach Tobacco Cessation** – Quit today (or help a family member start) by calling 1-866-QUIT-4-LIFE or visit quitnow.net
- **Torchlight** – visit sbd.torchlight.care



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