

BenefitsNEWS

August 2022

August Highlights



Random Dependent Eligibility Audit. SBD will conduct an audit of employees who are covering dependents to ensure they meet plan eligibility requirements. Employees, selected at random, will be notified by email or mail (depending upon notification settings) to submit dependent verification documents. If selected, and documentation is not provided by Oct. 8, 2022, dependents will be dropped from coverage. For a list of valid dependent verification documentation, scan the QR code to the right (SBD Benefits Center > Benefits Basics).



COVID-19 Testing Reminders. Coverage for diagnostic COVID-19 testing will continue through the Public Health Emergency Period, currently extended through Oct. 12, 2022. Access at-home testing resources for you and your family members, one of the following ways: 1) Order at-home tests through the federal government at [covidtests.org](https://www.covidtests.org), 2) find testing resources in your community at www.hhs.gov/coronavirus/community-based-testing-sites/index.html, 3) Purchase at-home test kits through Cigna (if you have SBD Cigna medical coverage at www.ondemand.labcorp.com/cigna).



Stay Hydrated in Hot Weather! Drinking water throughout the day is a great move for good health. That's because staying hydrated is important to keep your body working properly, especially when temperatures soar. 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/SBD-Cigna/New)



Notice of FSA Debit Card Suspension Activity. Employees who have not responded to flexible spending account (FSA) claim substantiation requests from WEX for a 2022 unsubstantiated FSA debit card transaction may find that their debit card has been deactivated. Debit cards are deactivated after several months, if substantiation requests are not fulfilled. *Contact WEX if you find that your debit card is shut off.*

Well-being guide contents:



Health & Physical Well-being



Mental Well-being



Financial Well-being

August National Health Observances & Events:

- **National Immunization Awareness Month**
- **National Breastfeeding Month**
- **8/26 – Women Equality Day**

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

	8/9 12 pm ET	Parental Burnout – the struggle is real (LifeCare + Care.com)	Learn tips and insights to help achieve balance in the midst of home, work and social life.	https://caredotcom.zoom.us/webinar/register/3516572935254/WN_L8Z3W_8cRHvBJX62SXH_Rbw
	8/10 1 pm ET	Mind Over Money (LifeCare)	Learn how to leverage your money value system and reach your financial goals.	Log into uCentral > Perks , click LifeCare link or visit http://member.lifecare.com , code: SBD
	8/17 2 pm ET	Five Ways to Start Out Money-Smart (Principal)	Learn how to make decisions that put you on track for a more financially secure future.	https://www.bigmarker.com/principal/Five-ways-to-start-out-money-smart?utm_bmc_source=LearnNow
	8/17 – 1 pm ET	Managers: Whole Person Wellness for Leaders (Cigna)	Review key strategies for whole person health to both do and be at your best in a high-stress role.	www.cigna.com/eapwebcasts
	8/18 1 pm ET	Handling and Managing Chaos (LifeCare)	Examine preconceived notions of chaos and begin the process of better managing it in your everyday life.	Log into uCentral > Perks , click LifeCare link or visit http://member.lifecare.com , code: SBD
	8/25 1 pm ET	Eating for High Energy (LifeCare)	Explore power snacks and calories and learn great meal suggestions to power you through the day.	Log into uCentral > Perks , click LifeCare link or visit http://member.lifecare.com , code: SBD
	On-demand webinar	Bridging Divides – Beyond Agree to Disagree (Cigna)	Learn how to reach across divides to respectfully engage.	www.cigna.com/eapwebcasts

From Exciting Events to Challenging Changes



There are many experiences that give your life shape and meaning. LifeCare has the resources you need to help you with the relationships and events that are important to you. Contact a **LifeCare specialist** for personalized unlimited support at **866-608-6618**.



Preparing for a baby



Parenting a high schooler



Raising a special needs child



Caring for a pet



Moving and relocating



Caring for an aging loved one

Remember: Cigna's EAP is a phone call away for all SBD employees and their household members. To connect, call **800-243-3280**.

Health Apps



From tracking calories and workout routines to accessing health stats and wellness information, the benefits of apps are getting a lot of attention. But with so many options, trying to pick the right one can be daunting.

Scan the QR code to the right to learn about health apps that can take your health to new levels.



Building Your Resilience

Taking care of yourself and prioritizing your wellness help form the core of our resilience, or the ability to “bounce back” from challenges. We are all capable of resilience: responding to failure with grace, to setbacks with persistence, to roadblocks with courage. We do it each and every day we gear up for another day.

To help build your resilience, follow these tips from our Cigna partners to target the following three areas:



Your Mind.

Shift away from stressful thoughts to a more neutral focus with mindfulness. This can be as simple as your breath, a calming song or a relaxing mantra. Try www.stopbreathethink.com/meditations

Your Nervous System.

Use slow, deep breathing to stimulate the vagus nerve which will signal that it's OK to switch off the “fight/flight/freeze” response. Try belly breathing -- in a relaxed, comfortable position, take a slow, deep breath in through your nose, and let your belly push your hand out as the muscles relax. Your chest should not move. Hold the breath for a moment, then breathe out through pursed lips as if you were whistling. Take your time and repeat 5-10 times.

Your Muscles.

Release held tension with a full body relaxation technique such as progressive relaxation. Explore a quick body scan and other guided mindful meditations from the UCLA Mindful Awareness Research Center at www.uclahealth.org/marc/mindful-meditations

Featured Wellness Partners & Ways to Connect



Cigna 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.



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



Livongo – Visit www.Go.livongo.com/SBD-Cigna/New or call 800.945.4355 (for those with Cigna medical coverage)



Stanley Black & Decker Benefits Center – call 800.795.3899 or log in to uCentral.stanleyblackanddecker.com & click on My Benefits Enrollment



WEX Health – FSA & Commuter Benefits – visit benefitslogin.wexhealth.com/login or call 866.451.3399

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