

# BenefitsNEWS

September 2022

## September Highlights



**NEW! Cancer Guide.** If you or a loved one is facing a cancer diagnosis or you're looking for guidance on cancer prevention, we have new resources for you. Find care navigation, detailed benefits information and available financial support resources for those facing a cancer diagnosis in our new comprehensive Cancer Guide. Plus find information on preventive screenings and healthy habits in our prevention flyer. Visit [uCentral \(ucentral.stanleyblackanddecker.com\)](http://ucentral.stanleyblackanddecker.com) > Perks.



**Reminder: Random Dependent Eligibility Audit.** SBD is conducting an audit of employees who are covering dependents to ensure they meet plan eligibility requirements. If you were randomly selected and notified by email or mail (depending upon notification settings) to submit dependent verification documents, be sure to submit documentation by Oct. 8, 2022. If you do not take the requested action, 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).



**Find Lower Cost Medication Options On-the-Go with the RxSS Mobile App.** Use the app to check costs for any prescription covered by your Cigna medical plan through SBD, receive notifications of Rx savings opportunities, search and compare prices for any medication and get live support from certified pharmacy professionals. Visit and register at [myrxss.com](http://myrxss.com), download the app or call **1-800-268-4476**.



**Mark your Calendar for the 2<sup>nd</sup> Special Enrollment Opportunity for Life Insurance + Long Term Care.** From Sept. 26 – Oct. 14, you have a 2<sup>nd</sup> opportunity to enroll with guaranteed issued (no health questions) in Life Insurance + Long Term Care through Trustmark, a partner of Corestream (Makers' Marketplace). This benefit offers one policy with two benefits to help protect you and your family with a long-term care event. Starting on Sept. 26, visit <https://www.getitci.com/sbd> to learn more.



**Labor Day Virtual Sales Event.** We're celebrating Labor Day with a virtual sales event through Sept. 30 on the newly revamped [SBD Online store](http://SBD Online store), <https://employee.store.stanleyblackanddecker.com/account/login>. Visit the website or scan the QR code to the right. If you have questions or need help accessing the store, contact the SBD Online team at [OnlineEmployeeStore@sbdinc.com](mailto:OnlineEmployeeStore@sbdinc.com).



## Well-being guide contents:



Health & Physical Well-being



Mental Well-being



Financial Well-being

## September National Health Observances & Events:

- Cancer Awareness Month
- Suicide Prevention & Awareness Month
- Hispanic Heritage Month

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



9/7  
12 pm ET

**Health & Wellness for Seniors 65+**  
(ConsumerMedical)

Learn how to navigate care for yourself and your loved ones and better understand health needs at any stage of life.

<https://www.myconsumermedical.com/s/webinars>



9/13  
12 pm ET

**Gender Equality in Caregiving** (LifeCare + Care.com)

Learn tips and insights to facilitate conversation and an equal distribution of care work in your home.

[https://caredotcom.zoom.us/webinar/register/4716594529496/WN\\_rx8J1K3US3u7PoWnN2X2rg](https://caredotcom.zoom.us/webinar/register/4716594529496/WN_rx8J1K3US3u7PoWnN2X2rg)



9/21  
2 pm ET

**Saving for your Future: 401k goals and beyond** (Principal)

Discover additional ways to save beyond the traditional employer sponsored plan, and how to maximize your savings strategy depending upon your stage of life.

[https://www.bigmarker.com/principal/Saving-for-your-future-401-k-s-and-beyond?utm\\_bmc\\_source=LearnNow](https://www.bigmarker.com/principal/Saving-for-your-future-401-k-s-and-beyond?utm_bmc_source=LearnNow)



9/28  
1 pm ET

**Resiliency for Working Parents** (LifeCare)

Learn tools to manage stress while maintaining a sense of work and family life balance.

Log into [uCentral](http://uCentral) > Perks, click [LifeCare link](http://LifeCare link) or visit <http://member.lifecare.com>, code: SBD



On-demand webinar

**Diversity in the Workplace** (Cigna)

Gain an understanding of how to thrive in a diverse environment and play a role in creating an inclusive workspace.

[www.cigna.com/eapwebcasts](http://www.cigna.com/eapwebcasts)

# Suicide Prevention Resources that Make a Difference

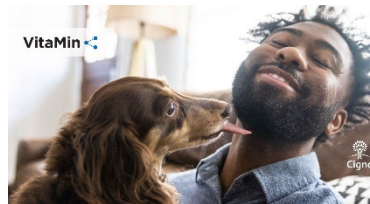
It can be upsetting and scary when you have concerns that a loved one, friend or colleague in the workplace may be thinking about suicide. You are not alone and neither are those in crisis.

Our Cigna EAP is always available. You and your household members have access to up to 5 free EAP sessions per issue, per household member, per year. **Contact Cigna at 800-243-3280** or log onto [myCigna.com](http://myCigna.com) (*employee ID: SBD if you do not have Cigna coverage*). In addition to the Cigna EAP, you have access to additional suicide awareness and prevention information and resources including:

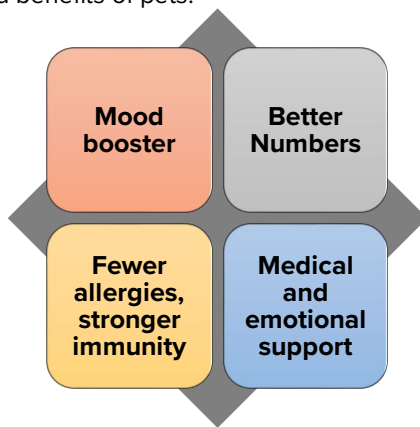
- Visit [Cigna.com/SuicidePrevention](http://Cigna.com/SuicidePrevention) and learn more about risk factors, warning signs and how to start the conversation
- Access on-demand webinars at [www.cigna.com/eapwebcasts](http://www.cigna.com/eapwebcasts)
  - **Suicide Awareness** - Learn facts and steps you can take and words to use if you think someone may be considering suicide
  - **Change and Challenges: Developing Your Resilience** - Most of us struggle when life throws curveballs. Discover how to build your natural resilience to cope in tough times.



## Feel the Positive Effects of Pets



There's no doubt that our canine cuddlers and feline friends make us happy. People of all ages find that having a pet improves their mood, lowers their stress and eases loneliness. But did you know there's real evidence behind the benefits of owning pets? From boosting moods to reducing health risks, you may be surprised at just how many ways a pet can improve your health. Read below and scan the QR code for more details on the highlighted benefits of pets!



## Find Your Best Self



### Through Cigna:

With all the distractions in today's world, it's been easy for many of us to lose touch with our true selves. Reconnect with yourself with these tips:



- 1) Savor moments that bring you joy.
- 2) Find healthy emotional outlets
- 3) Practice gratitude
- 4) Get out in nature
- 5) Practice Mindfulness\*


\*Mindfulness, which involves paying particular attention in a non-judgmental way to the present moment, can help. Sounds simple enough, but the results can be powerful. In fact, studies have shown that practicing mindfulness on a regular basis can help reduce stress, lessen anxiety and improve sleep. Visit [cigna.com/ManagingStress](http://cigna.com/ManagingStress) for techniques and mindfulness resources.


### Through LifeCare:

When you have confidence in yourself, you reap a host of benefits that allow you to lead and enjoy a healthier, more productive, and more fulfilling life. LifeCare has the resources you need to help you be at your best. Contact a **LifeCare specialist** for personalized unlimited support at **866-608-6618**.


## Featured Wellness Partners & Ways to Connect


 **Cigna Employee Assistance Program (EAP)** - Visit [mycigna.com](http://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. 

 **ConsumerMedical** – Call 888.361.3944 or visit [myconsumermedical.com](http://myconsumermedical.com); code: SBD (for those with Cigna medical coverage)

 **LifeCare Work/Life Services** - Call 866.608.6618, log into uCentral > Perks and click on the LifeCare link, or visit [member.lifecare.com](http://member.lifecare.com), registration code: SBD

 **Livongo by Teladoc Health** – Visit [www.Go.livongo.com/SBD-Cigna/New](http://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](http://uCentral.stanleyblackanddecker.com) & click on My Benefits Enrollment

 **Rx Savings Solutions** – Call 800.268.4476 (para español, llame 800.917.5572) or visit [myrsss.com](http://myrsss.com)

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