

BenefitsNEWS

November 2022

November Highlights



2023 Annual Enrollment (AE) is here! Take time to review your benefit options, consider your needs for the upcoming plan year and make or change elections between Nov. 2 and Nov. 16. We're offering more of what is important to you – quality care at a low cost - and benefits programs that better support your needs based upon your 2022 benefits survey feedback. Visit the SBD Benefits Center (sbdbenefitscenter.com/welcome) to learn more about AE, access decision support tools, videos and more!



Diabetes Support with Livongo by Teladoc Health. Livongo helps you manage diabetes, pre-diabetes, hypertension, and other health goals. Available at no cost for employees and dependents enrolled in a Stanley Black & Decker Cigna medical coverage option. Learn more and join to get access to connected devices, 24/7 coaching and digital behavioral health support. Visit <https://join.livongo.com/SBD-Cigna/register> or scan the QR code or call 800-945-4355.



Great American Smokeout – Nov. 17, 2022. While quitting can be tough, planning ahead and getting support can boost your successes. Quitting, even for 1 day, is an important step towards healthier living. Start today with the help of the Quit for Life program (*or help a family member start*) by calling 1-866-QUIT-4-LIFE or visit quitnow.net or scan the QR code.



2023 Employee Stock Purchase Plan (ESPP) – Nov. 16, 2022 – Feb. 15, 2023. Join us on [Nov. 16 at 2 p.m. ET](#) or [Nov. 18 at 11 a.m. ET](#) for an educational webinar conducted by Computershare. Webinars will be recorded and made available for on-demand listening. You must complete 90 days of service before the end of the enrollment period, Feb. 15, 2023, to be eligible.



Holiday Employee Sale and Virtual Friends & Family Sales Event – Nov. 8 – Dec 12, 2022. Start your holiday shopping early and enjoy extra savings on hundreds of products! Visit the [SBD Online store](#) or scan the QR code. If you have questions or need help accessing the store, contact the SBD Online team at OnlineEmployeeStore@sbdinc.com.



Well-being guide contents:



Health & Physical Well-being



Mental Well-being



Financial Well-being

October National Health Observances & Events:

- Diabetes Awareness Month
- National Family Caregivers Month
- November for Men's Health
- Nov. 17 - Great American Smokeout

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



11/8 12 pm ET	Social Media's Impact on Mental Health (LifeCare + Care.com)	Learn five steps to safely navigating social media for the mental health of you and your family.	https://caredotcom.zoom.us/webinar/register/5416651738087/WN_cotLmZ8cTOMe-UF1CzODKq
11/14 1 pm ET	Relaxation Techniques (LifeCare)	Learn tools to manage stress while maintaining a sense of work and family life balance.	Log into uCentral > Perks , click LifeCare link or visit http://member.lifecare.com , code: SBD
11/16 2 pm ET	5 Tips for Year End Tax Planning (Principal)	Put yourself in a better spot to handle the upcoming tax season with these five helpful tips.	https://www.bigmarker.com/principal/Five-tips-for-year-end-tax-planning?utm_bmc_source=LearnNow
11/16 2 pm ET	Achieving Success: Using Goals to Get There (Cigna)	Learn about goal setting as a tool to get you where you want to be.	www.cigna.com/eapwebcasts
11/23 1 pm ET	Raising Well-Balanced Children (LifeCare)	Learn practical tips for raising children in a healthy positive environment.	Log into uCentral > Perks , click LifeCare link or visit http://member.lifecare.com , code: SBD
On-demand webinar	Managing Financial Stress (Cigna)	Learn small steps to bring the pressure down when it comes to money challenges.	www.cigna.com/eapwebcasts



Reduce your Debt and your Stress

Financial debt can be a strain on more than your wallet – it can also affect your physical and mental health. Studies show that half of all adults who are in debt also have mental health problems. When you worry about money, it can feel like a burden that you're dealing with alone, resulting in increased anxiety or mood changes. For more on how to better manage financial debt, scan the QR code.



English



en Español

Check out these Financial Well-being Resources and Programs

AVAILABLE TO YOU AT NO COST THROUGH STANLEY BLACK & DECKER



- **Principal Milestones** can help with budgeting, creating a savings strategy and how to keep saving no matter what life throws your way. [Learn about what's available through Enrich and ARAG by watching this video.](#)
- Access student loan management and college financial planning tools through **IonTuition**, our student loan benefit platform. IonTuition offers self-service calculators and access to expert advisors. Visit uCentral > Wealth > Student Loan Management and click on IonTuition SSO or call 855-456-2656 to register and get started.
- Use **Cigna EAP financial resources**. Benefits-eligible employees have access to free 30-minute telephonic financial consultations -- call Cigna EAP at 800.243.3280. You may also access financial webinars on www.cigna.com/eapwebcasts
- **LifeCare** can help you work through financial challenges by connecting you to the advisors and needed resources including a free consultation with a financial counselor, 3 free* 30-minute consultations with a plan attorney (*limits apply). Available to benefits-eligible employees. Connect to LifeCare by logging into uCentral > Perks > LifeCare and click on the LifeCare SSO link.
- **Makers' Marketplace** - offers exclusive benefits to help benefits-eligible employees save on auto, home and pet health insurance and ID theft protection with negotiated group rates. Plus, you can access 100s of discounts nationwide. Visit sbdinc.corestream.com.

Build Better Balance

HELP THROUGH HOLIDAY SEASON WITH LIVONGO & LIFECARE



Through Livongo by Teladoc Health:

Fall and winter holidays come with a lot of fanfare—and plenty of high expectations. While holidays like Thanksgiving, Hanukkah, Christmas, Kwanzaa and the winter solstice can be joyous times for many, they can also bring up difficult emotions. Livongo Whole person solution programs can help keep you on track with support from Livongo coaches for your chronic condition and mental well-being. Livongo programs are available at no cost to covered employees and family members enrolled in a Stanley Black & Decker medical plan.

Through LifeCare:

Life is busy and there is rarely enough time in the day to accomplish everything you want. Let LifeCare help with your to-do lists – they can help find child care, home pros, local resources and more. 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 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 by Teladoc Health – Visit www.Go.livongo.com/SBD-Cigna/New or call 800.945.4355 (for those with Cigna medical coverage)

Makers' Marketplace – visit sbdinc.corestream.com or call 860.770.6639

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

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