


BenefitsNEWS


August 2023


August Highlights

 **Reminder: Submit Your Dependent Verification Before Aug. 7, 2023 (if you were selected for the random audit).** SBD conducted an audit of employees covering dependents to ensure they meet plan eligibility requirements. Employees, selected at random, were notified by email or mail (depending upon notification settings) June 5. Documentation must be provided for dependent coverage to remain in force. For a list of valid dependent verification documentation, scan the QR code to the right (SBD Benefits Center > Benefits Basics).



 **Getting Ready for Back-to-School Season.** Back-to-school time is here, and our partners, LifeCare and Torchlight have you covered. Find education resources for all ages, locate special needs support, before and after school care, college preparation, or find savings on school supplies all with support from LifeCare. Call 866-608-6618 today! Be sure to also connect with Torchlight, sbd.torchlight.care. As summer draws to a close and schools prepare to open for the new year, our kids are embarking on a new school-year adventure. Browse through back-to-school content for key strategies to help you and your child successfully navigate another busy year.

 **Medical and Dental Support is a Click Away.** Earlier this month on a Friday night, my son complained of tooth pain and swelling as he was heading to bed (around 9:30 pm). To help alleviate concerns late at night, we connected with the Teledentists through my cell phone and much to my surprise, we were face to face with a dentist in about 15 minutes saving us time, money and providing peace of mind. You too can connect with a board-certified doctor (covered at no cost to you) or dentist using your phone, tablet, or computer. Fast, convenient, and less expensive than an ER or Urgent Care visit and accessible 24/7 for those with Cigna coverage. To access virtual care, log into your myCigna.com account or call 1-800-243-3280.

 **Plan Your Student Loan Repayment Now.** Let IonTuition's experts help you navigate through the repayment process, understand your options and guide you to what's best for you and your financial situation. Interest will begin accruing in September and loan payments will resume in October. Get prepared now – visit portal.iontuition.com/sbd to set up your account. This service is *free* to Stanley Black & Decker employees and family members.







Well-being guide contents:

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

August National Health Observances & Events:

- **8/15 – National Relaxation Day**
- **Children's Eye and Safety Month**
- **National Immunization Awareness Month**
- **National Breastfeeding Month**
- **8/26 - Women's Equality Day**

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

	8/9 2 pm ET	Your Debt Free Game Plan (Cigna)	Debt can be the biggest obstacle to reach financial goals. Learn debt reduction strategies and how to create a sustainable plan.	http://www.cigna.com/EAPWebcasts
	8/15 12 pm ET	Aging in Place: Strategies and Tools (Torchlight)	Get strategies and tips to ensure your senior's home is safe and secure.	sbd.torchlight.care Torchlight Caregiving for Seniors
	8/16 1 pm ET	Tips for Building an Estate Plan (Principal)	Learn about creating and formalizing a solid estate plan to ensure your wishes for the future are addressed.	https://www.principal.com/learnnow
	8/17 1 pm ET	Succeed at Work: Maximize Your Time (Lifecare)	Learn strategies and tips for organizing and managing that will make a critical difference for you.	http://www.care.com/business/care-talks
	8/23 2 pm ET	Managers: Managing After a Traumatic Event (Cigna)	Review common reactions from employees and how to offer support.	http://www.cigna.com/EAPWebcasts
	8/24 1 pm ET	Eating Right on the Run (Lifecare)	Learn the basics of eating healthy within your financial means.	http://www.care.com/business/care-talks

Spotlight on Benefits for your Financial, Mental and Physical Wellness

Stay Up to Date on Routine Vaccines

Raising awareness during National Immunization Month and encouraging employees to be vaccinated as the health of our employees and their families is paramount! Check with your provider to see what preventive care you should have based upon your age, health history, and healthcare needs.

Save with Makers' Marketplace

Access coverage and discounts designed with you in mind plus, for certain coverage, you can pay conveniently for benefits through payroll deduction. Choose from:

- Auto, home and pet health insurance and ID theft protection with negotiated group rates
- Life insurance with long term care to protect your family with greater financial security
- A wide variety of discounted products and services

Enroll at any time by visiting sbdinc.corestream.com

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Makers' Marketplace



Secrets to a Good Night's Sleep

Getting a good night's sleep is incredibly important for your health. In fact, it's just as important as eating a balanced, nutritious diet and exercising. If you have trouble sleeping, you may be surprised at little things you can do with your routine and bedroom set-up that can go a long way to helping you get better zzz's. Log into Torchlight, sbd.torchlight.care for helpful resources and tools to support better sleep. A few are called out below:



- [Secrets to a Good Night's Sleep](#) (Eldercare Illuminated Podcast)
- [Seven-day Sleep Diary](#) (Tool)
- [Sleep Problems - Yours](#) (Guide)
- [Sleep Problems - Your Loved One's](#) (Guide)
- [Twelve Ways to Get a Better Night's Sleep](#) (Tool)



Act Like a Kid

TIPS FROM LIVONGO TO BOOST YOUR MOOD AND PERSPECTIVE

Do you recall gleefully running around in your bare feet in the grass as a kid, jumping into a huge puddle right after a rainstorm or if you're like my kids, digging in dirt and wiping it on your face to keep bugs away at camp? Spark the child inside of you and get outside for a breath of fresh air and a boost in both your perspective and mood with these nature-inspired activities:

- Walking barefoot in grass, sand or even mud.
- Lying on the ground or having a picnic. Remember, it's most effective when skin and earth connect.
- Submersing in natural bodies of water. Swim or wade into a lake or the ocean.
- Gardening or exercising outdoors.
- Building a sandcastle, collecting rocks, gems or seashells.
- When getting outside isn't an option, there are mats, sheets, blankets, bands, socks and patches that mimic the connectivity.

Adapted from Livongo – www.Go.livongo.com/SBDCigna/New



Featured Wellness Partners & Ways to Connect

- **Cigna, MDLive 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.
- **IonTuition** – visit MySBD and select IonTuition from the available Pinned Apps for single sign on to the Ion Tuition portal, or visit the SBD Benefits Center welcome site for more info. You may also visit portal.iontuition.com/sbd directly or call **855.456.2656**.
- **LifeCare Work/Life Services** - Call **866.608.6618**, log into MySBD and click on the LifeCare pinned app 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)
- **Makers' Marketplace** – visit sbdinc.corestream.com or call **860.770.6639**
- **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!*