

BenefitsNEWS

February 2023

February Highlights



Learn more about ConsumerMedical's Surgery Decision Support. This confidential, no-cost program is for employees and covered dependents who are considering elective surgery and enrolled in Cigna medical coverage. **There is a requirement to participate in SDS at least 30 days before a scheduled elective surgery (applies to elective lower back surgery, hip or knee replacement, weight loss surgery, or hysterectomy).** To earn a \$400 gift card and avoid a \$400 penalty, program participation is required (engage in the SDS program to learn about options and complete a brief survey). Join an upcoming live webinar or catch the recording to learn more. Find details on Workplace or ask your HR manager.



Reminder – Employee Stock Purchase Plan (ESPP) Enrollment Closes Feb. 15, 2023. You have the opportunity to purchase shares of the company's common stock through payroll deductions at a minimum of a 15 percent discount. You must complete 90 days of service before the end of the enrollment period, Feb. 15, 2023, to be eligible. Visit uCentral > Wealth to learn more about the ESPP and for details on how to enroll.



Extra Financial Protection with Principal - Enhance the security of your retirement account with two-factor authentication. Log into your Principal account now (see ways to connect next page), then register your mobile number and email address with Principal to activate this extra layer of protection.



Feeling stressed? Join in the upcoming global Mental Health Task Force well-being webinar on *Stress Management*, Feb. 9th and be on the lookout for related "bite-size" materials at your work site in the coming months. Sessions are recorded and posted for later viewing with translated subtitles.

Well-being guide contents:



Health & Physical Well-being



Mental Well-being



Financial Well-being

February National Health Observances & Events:

- Heart Health Month
- Feb. 4 - Wear Red
- Feb. 17 – Nat'l Caregiver Day

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

Access monthly Care Talks through our LifeCare + Care.com relationship. Sign up at <http://www.care.com/business/care-talks> and receive expert advice on confident parenting, raising children with disabilities, caring for aging loved ones, financial wellness, healthy living and succeeding at work.

	2/8 2 pm ET	Family Life: The Juggling Act (Cigna)	Work, family, activities, commitments... are you trying to keep too many "balls" in the air? Explore how you can add balance and reduce stress.	www.cigna.com/eqwebcasts
	2/8 1 pm ET	Financial Wellness: Tax Tips (LifeCare)	Understand the secrets of reducing taxable income and remove the mystery of the tax return.	Log into uCentral > Perks , click LifeCare link or visit http://member.lifecare.com , code: SBD
	2/14 12 pm ET	Fatherhood in 2023: Building Connected Relationships (LifeCare + Care.com)	Come for practical skills and resources and stay for the opportunity to engage with other fathers.	https://care.com/webinar/register/5916734576900/WN_C0CmaQyISw3MiB8yAB94w
	2/15 2 pm ET	Planning for Retirement HealthCare (Principal)	Understand your healthcare coverage options before you reach retirement and get help to better manage costs.	https://www.bigmarker.com/principal/how-to-prepare-for-health-care-in-retirement
	2/15 12 pm ET	Managing Anxiety and Stress: Staying Balanced during Chaos and Uncertainty (Torchlight)	Learn practical strategies to help you stay centered and discover how you can bring more calm, flow, and contentment to your daily life.	https://sbd.torchlight.care/
	2/22 2 pm ET	Under Pressure: Managing Workplace Stress (Cigna)	You may not be able to escape from job stress, but you can learn to deal with it more effectively. We'll share coping strategies and proactive moves	www.cigna.com/eqwebcasts
	2/23 1 pm ET	Your Healthy Lifestyle: Heart Health (LifeCare)	Learn how to improve your heart health, plus hear about risk factors and how to recognize heart attacks and strokes.	Log into uCentral > Perks , click LifeCare link or visit http://member.lifecare.com , code: SBD

Spotlight on Benefits for your Financial, Mental and Physical Wellness

Tax Prep Support

Principal offers you a 2023 financial planning calendar complete with tasks to boost savings and organize important financial work. It likely comes as no surprise that a key financial task for the month of February is to organize your tax documents. Scan the QR code to view the full calendar of events and then visit principal.com/LearnNowonDemand to view an on-demand session about tax prep.



Looking for affordable support with your tax return? Take advantage of available employee discounts and feel confident with your tax preparation. Access discounts Makers' Marketplace and LifeCare with TurboTax or H&R Block.

Nothing Beats a Healthy Heart

Nearly half of all American adults live with cardiovascular disease, but building healthy, sustainable habits can help you protect your heart. Practice these habits below:

Unplug <ul style="list-style-type: none">Chronic stress can lead to high blood pressure and heart attacks.Allow quiet time to relax with deep breathing, soothing music or reading a book.	Eat well <ul style="list-style-type: none">Fill at least half your plate with veggies and fruit.Try a new heart healthy recipe at least 1x per week.	Move your body <ul style="list-style-type: none">Staying active can prevent inflammation.Make time to move - walking, dancing, playing with your kids - all movement counts.	Have a good laugh <ul style="list-style-type: none">Reduce stress hormones - watch something funny or listen to a comedy podcast.	Set a timer for sleep <ul style="list-style-type: none">Get a better nights rest with a routine bed time.
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For American Heart Month, learn simple tips from our weight-loss and wellness partner, WeightWatchers. Join WeightWatchers through Stanley Black & Decker for as low as **\$8.48 per month*** on select plans—**50% off** the retail price! Scan the QR code for more info.

Heart Matters

What will make you shine in the new year? Discover support through Stanley Black & Decker's programs and resources offered with your health in mind. Take a few moments to think about the support you need most right now and check out what's available with our partners!

Cigna EAP <ul style="list-style-type: none">Support for work concerns, care-giving needs, financial & legal concerns and more.5 free confidential sessions per incident and per person in your household	Torchlight <ul style="list-style-type: none">Gain peace of mind for care-giving needs with 1:1 expert advice, digital tools and information.	LifeCare Work/Life Solutions <ul style="list-style-type: none">Support you as you navigate the events that shape your life	Livongo Whole Person Solutions <ul style="list-style-type: none">Address hypertension, diabetes, pre-diabetes and behavioral health support with MyStrengthAvailable at no cost to covered employees and family members enrolled in a Stanley Black & Decker medical plan.
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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. Use employer code: SBD, if no Cigna medical coverage.

Consumer Medical, an Alight Company – Call 1-888-361-3944 or visit www.myconsumermedical.com (company code SBD). Available to employees and dependents enrolled in a Stanley Black & Decker medical plan through Cigna.

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 join.livongo.com/SBD-Cigna/Register or call 800.945.4355 (for those with Cigna medical coverage). Use registration code: SBD-CIGNA. Eligibility criteria apply.

Principal – principal.com, 1-800-547-7754 (8 a.m.-10 p.m. ET)

Torchlight – create your free account today sbd.torchlight.care.

Weight Watchers - All Stanley Black & Decker benefits eligible employees, spouses, and domestic partners are eligible to participate in one of WW's Programs. To register, you will need to enter your Employee ID and the Employer Passcode: WW12157. If registering a spouse/domestic partner, enter your employee ID followed by "SWK" (e.g. if your employee number is 12345, enter "12345SWK"). Sign up at SBD.WW.com



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