

BenefitsNEWS

October 2023

October Highlights



Mark your Calendar for Annual Enrollment (AE) – Nov. 8 – Nov. 22

Annual Enrollment is your opportunity to review and elect the Stanley Black & Decker benefits offered for the upcoming year and ensure you have the right benefits for you and your family for the year ahead. And it's right around the corner.

Fresh New Look for the SBD Benefits Center Welcome Site.

Visit www.sbdbenefitscenter.com/welcome to view comprehensive benefits information and decision support tools to help you make informed benefits decisions. You can access the site from work or home with an internet connected device. Access 2024 Annual Enrollment information starting October 23 and earn a chance to win SBD branded merchandise for taking our AE quiz.

NEW! Care Membership through Care.com (formerly LifeCare). We are expanding our concierge services with Care.com to include the Care membership to help you excel at work and thrive at home. All U.S. benefits eligible employees newly have access to a large online network of background-checked caregivers for your family, pets, home and personal needs to find and book short- and long-term care based upon your needs and preferences. The cost of the Care membership is covered by SBD. *More details on back.*

Women's Health and Breast Cancer Awareness Access a comprehensive Cancer Guide with benefits & care navigation, financial support resources plus, guidance for caregivers at the [SBD Benefits Center Welcome Site](http://www.sbdbenefitscenter.com/welcome). You can also find information on preventive screenings and healthy habits in the prevention flyer.

Join the 3-Bs Webinar on World Mental Health Day - October 10. Join in a global webinar on Boreout, burnout and brainout are terms used to describe different types of stress that can lead to physical, emotional and mental exhaustion. During this webinar, explore the causes, consequences and practical tips for preventing and managing these conditions on the mental health continuum. The webinar is brought to you by ICAS, an SBD employee assistance program. Sessions are hosted on [Zoom on Workplace](#) and recordings with translated subtitles are posted for later viewing.

Well-being guide contents:



Health & Physical Well-being



Mental Well-being



Financial Well-being

October National Health Observances & Events:

- **Breast Cancer Awareness Month**
- **World Menopause Month**
- **10/10 World Mental Health Day**
- **Abilities centric days**
- **Health Literacy Month**

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

	10/10 12 pm ET Mental Health Strategies for the Whole Family (Care.com/Lifecare)	Learn practical tips to manage stress and anxiety on supporting mental health for everyone in your family.	http://www.care.com/business/care-talks
	10/18 2 pm ET Common Questions about Social Security (Principal)	Learn answers to common questions about social security so you can retire with confidence when the time	https://www.principal.com/learnnow
	10/18 2 pm ET Managers: Compassionate Leadership (Cigna)	Learn what compassion looks like in the workplace and how you can use it to manage effectively as a leader.	http://www.cigna.com/EAPWebcasts
	10/19 3 pm ET Caregiving Survival Kit – Focus on Legal Matters and Finances (Torchlight)	Learn strategies to help your loved one organize their legal and/or financial matters.	sbd.torchlight.care Torchlight Caregiving for Seniors
	10/25 1 pm ET Resiliency for Working Parents (Care.com/Lifecare)	Learn tools to manage stress while maintaining work and family life balance.	http://www.care.com/business/care-talks

Spotlight on Benefits for your Financial, Mental and Physical

Flu Season is Coming Up. Are You Ready?

VISIT YOUR DOCTOR OR LOCAL RETAIL PHARMACY TO GET YOUR FLU SHOT

Since annual flu shots won't cost you a thing, there's no reason to wait. Remember that October is the ideal time to get a flu shot, so that your body has enough time to develop protection against the flu during peak flu season.

Scheduling a flu shot is fast and convenient:

- The flu shot is offered at no cost to you if you are enrolled in a Stanley Black & Decker medical plan and receive your flu shot in-network at your primary care physician's office or at a convenience care clinic or retail pharmacy near you.
- Check in with your local HR contact to confirm if a flu shot clinic will be offered at your site location.
- Visit [myCigna.com](https://mycigna.com) or call the number on the back of your ID card to find an in-network location closest to you to schedule your flu shot now.
- If you are not covered under a Stanley Black & Decker medical plan, we encourage you to contact your medical plan provider in order to get your flu shot.



Quieting Anxious Thoughts

LEARN HOW TO QUIET THE LITTLE VOICE THAT LIKES TO TAKE OVER

We all deal with anxiety from time to time. But when it starts to disrupt daily life, that's a signal it's time to take action. The good news is, you can learn how to stay in control when anxiety starts to take over. We've got a number of tips you can use yourself or share with someone you know.

One of the most effective ways to calm anxious thoughts is to acknowledge that they're happening. Sometimes a mental pep talk can help you move past those feelings. Try these out the next time you're feeling anxious about something:

- "It's just my nervous system on high alert." • "This is a normal, healthy response by my body."
- "I can still accomplish what I need to do today."

Rate your
worry

Talk to a
friend

Use a
mantra





Breathe
deeply

Release energy
with movement



Help Fight Pain with Regular Movement

Through regular exercise, you can learn to combat musculoskeletal pain and prevent injuries. In some cases, it's even possible to prevent concerns and/or avoid the need for surgery. Not sure where to begin? Here are four tips to help you move forward. You also consult with your doctor or a physical therapist and also connect with **My Medical Ally** (if you're enrolled in a Cigna medical coverage) about the exercises and activities that will be best for you.

-  **Get going.** Suggestions for starting include exercises that build muscle in your quadriceps and hamstrings, as well as activities such as walking, yoga, swimming and cycling. If anything starts to cause pain, stop and consider making a change.
-  **Watch your form.** If you aren't sure how to properly warm up, perform an exercise or use a weight machine at the gym, consult a trainer to help prevent potential injury or pain.
-  **Practice prevention.** Losing even a small amount of weight can help alleviate some pain particularly knee pain. Exercise and a nutritious diet can help, but don't feel pressured to reach an "ideal" weight.
-  **Pay attention to pain.** If you already have knee pain, some things can make it worse. Avoid high-impact exercises that involve running and jumping activities as well that require squatting or standing on hard surfaces.

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.
- **Care.com (formerly LifeCare) Work/Life Services** - See more details on how to access the Care membership and all of the Care.com services directly at member.lifecare.com directly or through **MySBD > Quick Actions > LifeCare for single sign-on functionality for those with a Company assigned email address**. First time visitors may register using your email and registration code SBD. Care specialists are also available 24/7 by calling **866-608-6618**.
- **My Medical Ally** - Call 1-888-361-3944 or visit mymedicalally.alight.com (company code SBD). Available to employees and dependents enrolled in a Stanley Black & Decker medical plan through Cigna.

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