



BenefitsNEWS


September 2023

September Highlights

 **Are you or a loved one facing a cancer diagnosis?** Stanley Black & Decker has a comprehensive Cancer Guide with benefits & care navigation, financial support resources and help for caregivers. Plus find information on preventive screenings and healthy habits in our prevention flyer. Visit the SBD Benefits Center Welcome Site (www.sdbbenefitscenter.com/welcome) for the guide.

Prepare for the Student Loan Repayments with Presto from IonTuition.

 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. Use Presto, a new income driven repayment planning tool, to be in the best position for managing your monthly repayment. 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.

 **Review your Life Insurance Needs.** Start with Benefit Scout, a decision support tool designed to help you pick your life and AD&D insurance with confidence. Make sure your beneficiaries are up to date too. It only takes a few minutes and is a necessary step to ensure benefits are paid as you intend in the event of a life claim. Log into the SBD Benefits Center Enrollment Site (*where you make benefits elections*) and select home page > Main Menu > Your Profile > Your Beneficiaries, or call 800-795-3899.

 **Get Active and Win with Torchlight.** Find expert resources and tools to support your parenting and caregiving needs with Torchlight. During the month of September you can enter the Dig In to Win contest for a chance to win one of (3) navy fleece blankets. Participate by registering for this benefit (or simply sign in if you're already registered) and "Opt In," then dig into all of the great caregiving content. Visit sbd.torchlight.care or scan the QR code to the right to download the app.









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**
- **Life Insurance Awareness**
- **National Recovery Month**

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

	9/6 2 pm ET	Suicide Awareness (Cigna)	Suicide can touch any life. The impact can be profound. Learn about warning signs and how to help.	http://www.cigna.com/EAPWebcasts
	9/7 1 pm ET	The Path to Inner Peace (Care.com/Lifecare)	How to let go of things that are troubling, come to acceptance and explore best practices for peace.	http://www.care.com/business/care-talks
	8/20 2 pm ET	Maximizing Your 401(k) Benefit (Principal)	Discover simple steps to maximize your retirement savings and build financial security.	https://www.principal.com/learnnow
	9/20 2 pm ET	Know Your Numbers (Cigna)	If you've had a recent biometric screening or you're planning for one soon, learn what your numbers – BMI, BP, HDL, LDL all mean.	http://www.cigna.com/EAPWebcasts
	9/20 1 pm ET	Overcoming Burnout (Care.com/Lifecare)	Identify the symptoms of burnout and coping strategies to help.	http://www.care.com/business/care-talks
	9/20 12 pm ET	Staying Organized and Getting Things Done (Torchlight)	Practical parenting strategies to better manage work and your personal life.	sbd.torchlight.care Torchlight Caregiving for Children

Spotlight on Benefits for your Financial, Mental and Physical

Cigna Virtual Care through MDLive



In the midst of many competing priorities and challenges, Cigna Virtual Care makes getting help easy any time of day!

- Schedule a time that works best for you, including evenings and weekends
- Receive confidential, secure support from the privacy of home
- Appointments for children 10+ and adolescents
- See the same professional every time, or switch at any time

For SBD employees enrolled in Cigna coverage, access virtual care at \$0 cost. Schedule a virtual urgent, wellness screening, primary care or mental/behavioral health care appointment by phone or video with board certified doctor or clinician at **\$0 cost**. To access virtual care, log into your [myCigna.com](https://mycigna.com), [myCigna Mobile App](#) or call 1-800-243-3280.

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](https://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 and learn more about risk factors, warning signs and how to start the conversation
- Access on-demand webinars at www.cigna.com/eapwebcasts
 - o **Suicide Awareness** - Learn facts and steps you can take and words to use if you think someone may be considering suicide
 - o **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.

Find Your Footing in New Routines

SUPPORT ADMIST WORK CHANGES AND LIFE CHANGES



Are you adjusting to new school routines, planning for return to the office schedules or simply navigating through the challenges of the day to day? Find help (and free up your time in the process) with support from Stanley Black & Decker's vendor partners.

- Find childcare and 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!
- Connect with **Torchlight**, sbd.torchlight.care, to browse through back-to-school content to help you and your child successfully navigate another busy year and find resources to help you more stay sane as you integrate new routines into your work and personal life.
- Access discounts and services designed with you in mind. Visit **Makers' Marketplace** at sbdinc.corestream.com
- Looking for commuter benefits to save on qualified mass transit expenses? Visit benefitslogin.wexhealth.com/login to enroll in WEX Health commuter benefits.

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
- **Makers' Marketplace** – visit sbdinc.corestream.com or call **860.770.6639**
- **Securian Financial** – visit securian.com/sbd-insurance
- **Torchlight caregiving solutions** – visit sbd.torchlight.care
- **Wex Health** - Visit benefitslogin.wexhealth.com/login to enroll in commuter benefits

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