

BenefitsNEWS

November 2023

November Highlights



Annual Enrollment (AE) time is here! Nov. 8 – Nov. 22

Annual Enrollment is your opportunity to consider your health care needs for the upcoming year, review your benefits and elect the coverage you need. Visit the [SBD Benefits Center Welcome Site](#) and use the decision support tools and resources to help ensure you have the right benefits for you and your family for the year ahead. Plus, be sure to check out the new 5-minute quiz for a chance to win SBD merchandise.



Employee Stock Purchase Plan – Nov. 16, 2023 – Feb. 15, 2024. Join us on [Nov. 17 at 10 a.m. ET](#) or [Dec. 5 at 12 p.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 to participate in the employee stock purchase plan.



Great American Smoke Out – Nov. 16, 2023. Tried to quit before? You are not alone. For many people, it takes multiple times to quit for good. Quit For Life can help you build the confidence you need. 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.



Chronic Condition 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.



Support for our Caregivers. With so much of your time devoted to making sure your loved ones needs are tended to, it can be tough to make sure you are meeting your own needs as well. Torchlight wants to help make the journey easier for you, so we invite you to take the Self-Assessment at sbd.torchlight.care providing you with a chance to reflect on how you are faring within five important wellness domains and learn about available resources to support you!

Well-being guide contents:



Health & Physical Well-being



Mental Well-being



Financial Well-being

November National Health Observances & Events:

- Diabetes Awareness Month
- National Family of Caregivers Month
- November for Men's Health
- Nov. 11 – Veteran's Day
- Nov. 16 – Great American Smoke out
- Nov. 24 - Thanksgiving

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

	11/1 2 pm ET Giving to yourself: For Caregivers (Cigna)	As caregivers, it's easy to slip into a pattern of giving all of your resources to others. Join in this session to gain do-able self-care strategies.	http://www.cigna.com/EAPWebcasts
	11/9 1 pm ET Holiday Webinar – Eat Well, Be Well (Weight Watchers)	Learn tips and tricks to enjoy a delicious and healthier holiday!	Weight Watchers Webinar
	11/14 3 pm ET Helping your Child Navigate Friendship Challenges (Torchlight)	Do you have concerns with your child's ability to navigate friendship challenges? Bring your questions to the Torchlight experts	sbd.torchlight.care Torchlight Caregiving for Children
	11/15 2 pm ET Budgeting Basics--Discover how you can budget better (Principal)	Budgeting can help you stay the course on your financial well-being journey. Learn how to budget better and confidently plan for your future.	https://www.principal.com/learnnow
	11/15 2 pm ET Why we get angry and what to do about it (Cigna)	Anger is a normal healthy emotion, but it can lead to problems. Learn about triggers and healthy ways to manage it.	http://www.cigna.com/EAPWebcasts
	11/30 1 pm ET Emotional Eating (Care.com/Lifecare)	Explore eating habits, examine the relationship between mood and cravings and identify steps for improvement.	http://www.care.com/business/care-talks

Spotlight on Benefits for your Financial, Mental and Physical Wellness

SBD's MyGiving Program

StanleyBlack&Decker

My Giving



Supporting Those in Need

SBD's MyGiving platform for employees is an easy-to-use, online, charity resource, created by Benevity, the leader in workplace giving. The platform allows for global giving through payroll, PayPal or credit card to over 2 million charities. Employee donations are eligible for matching, dollar for dollar, up to \$20,000 per year by SBD. You can track your donations and obtain tax receipts. Plus you can search, sign up for and track volunteer opportunities and hours accumulated. Visit <https://sbd.benevity.org/user/login>.

Embrace joy – and a healthy balance this holiday season



Supporting our Caregivers through the Holiday Season

Could you use an extra pair of hands during the upcoming holiday season? Well, you're in luck. Find help (and free up your time in the process) with support from Stanley Black & Decker's vendor partners.

- **Through Care.com (formerly LifeCare).**
 - 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 Care Concierge Specialists. Call 866-608-6618 today!
 - Find and secure care services from babysitting to housekeeping and more with the Care membership. SBD covers your subscription costs so that you can find and book short- and long-term care with vetted caregivers based upon your needs and preferences. Employees can simply post a job, connect with local caregivers, and easily book care online for childcare while you're at work or play, housekeeping help, tutoring assistance and pet care needs.
- Connect with **Torchlight by LifeSpeak Inc.**, for all of your caregiving needs. You have FREE access to Torchlight to help resolve any care-giving challenges quickly and efficiently, no matter the age, state, crisis or concern. Plus, Torchlight offers expert 1:1 guidance and step-by-step action plans for personal caregiving needs. No concern is too big or too small.
- **Weight Watchers** – eat well, be well and win during the holidays with Weight Watchers.
- Mental health support and more is just a phone call or click away. You and your household members have access to up to 5 free EAP sessions per issue, per household member, per year. **Contact Cigna EAP at 800-243-3280** or log onto myCigna.com (employee ID: SBD if you do not have Cigna coverage).

Make it through the Holidays, Healthier



Enjoy yourself and feel good!

The holidays and food go hand in hand. From weekend parties and office cookie swaps to family and friend get-togethers, it can feel like a never-ending smorgasbord of food, drinks, sweets and treats. Routines also get disrupted during the holidays, making it even more difficult to stick to a normal eating and exercising schedule. Not to mention, all this disruption and temptation goes on for weeks. But there are so many ways you can enjoy all the good times, and good food, without sabotaging your usual healthy habits. All it takes is a plan.

Bring a healthy option – Make and bring your own healthy snack to share

Get social – Spend more time socialized less time grazing the food tables

Fill up on fiber – Start with veggies

Think small – Choose a smaller plate to fill up on goodies

Dress to dine – loose fitting clothing makes it much easier to overeat. Wear clothes that fit well.

Pack snacks – If you're traveling, pack protein-rich snacks to keep you satiated

Make time to move – Dedicate time to move each day

Get solid sleep – Try to get at least 8 hours of sleep each day to recover fully from busy day

Don't leave the house hungry – eat a healthy protein rich snack before heading out

Skip the guilt trip – If you overdo it, don't worry. Make sure your next meal is healthy one!

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** - Call **866.608.6618**, log into MySBD and click on the Care.com + LifeCare pinned app link, or visit member.lifecare.com, registration code: SBD
- **Computershare** - visit www-us.computershare.com/employee or contact the call center at **866.228.9623**.
- **Livongo by Teladoc Health** – Visit www.Go.livongo.com/SBD-Cigna/New or call **800.945.4355** (for those with Cigna medical coverage)
- **Quit for Life on Rally Coach** – visit quitnow.net or call **866.QUIT.4.LIFE**
- **Torchlight by LifeSpeak, Inc.** – a parenting and caregiving solution – visit sbd.torchlight.care

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