

BenefitsNEWS

January 2024

January Benefits Highlights



NEW! SupportLinc Employee Assistance Program (EAP). It takes time, and lots of it, to manage work, family and your personal health. You're not alone with help from SupportLinc, replacing our former Cigna EAP services. Get confidential support 24/7/365 by phone, chat, text or online. Receive up to six (6) short term counseling sessions per issue per year and enjoy an enhanced digital experience with bite-size content to boost your mood. Not sure where to begin, take the Mental Health Navigator Assessment for a personalized experience at sbdsupportlinc.com (group code: SBD) or call 888-508-1170.



Better Work/Life Concierge Support with Care for Business. LifeCare and Care.com aligned under Care for Business and they are bringing a new digital experience to you with expanded senior care-giving support, easier access to your free Care membership and the same great discounts on travel, movies, services and more. Visit sbd.care.com or [MySBD](#) > Quick Actions > Care for Business. Create a new password upon initial login. *First time visitors may register using your SBD assigned email and registration code SBD.*



Meet Maven. Support for your Menopause Journey (when enrolled in Cigna medical coverage). We're thrilled to announce our 18-month pilot partnership with Maven, a digital health platform that provides 24/7 virtual care, clinically validated content, and community resources. Starting now, you have access to specialized menopause care for early identification of symptoms and treatment guidance. More services for fertility and family planning will be available starting in February, so stay tuned! Visit mavenclinic.com/join/SBD to register.



Know Your Options when Considering Surgery. If you are considering elective surgery and you're enrolled in Cigna medical coverage, make sure to call My Medical. **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).



Participate in the Employee Stock Purchase Plan before Feb. 15, 2024. You must complete 90 days of service before the end of the enrollment period, Feb. 15, 2024, to be eligible to participate.

Well-being guide contents:



Health & Physical Well-being



Mental Well-being



Financial Well-being

January National Health Observances & Events:

- Happy New Year!
- Cervical Cancer Awareness
- National Blood Donor Month

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

On-demand (8 min video)	Flash Course: Change is Constant (SupportLinc)	While change is normal, it's not always easy. Watch this video to learn important coping skills amidst change to help you thrive.	https://sbd.mysupportportal.com/flash_course/flash-course-change-is-constant/ Register to access
1/10 12 pm ET	Mindful Beginnings with Meaningful Self-Care (Care for Business)	Create a personalized self-care routine you can sustain with help from Dr. Lauren Cook.	http://www.care.com/business/care-talks
1/17 2 pm ET	Banking Basics (Principal)	Learn all about a bank and its products and how banking can fit into your financial strategy .	https://www.principal.com/learnnow
1/23 12 pm ET	Education Survival Kit (Torchlight)	Learn all about public education's range of services and available instructional supports.	sbd.torchlight.care Torchlight Caregiving for Children
1/24 3 pm ET	Family Dynamics and the Challenges of Caregiving	Shopping, cooking, family... help! Get tips to reduce stress, manage expectations and get more joy.	sbd.torchlight.care Torchlight Caregiving for Seniors

Spotlight on Benefits for your Financial, Mental and Physical Wellness

Taking Care of your Health Just Got Easier

Access programs, discounts and savings as an employee of Stanley Black & Decker



- **Active & Fit Wellness Discount** – Take advantage of this discount through Cigna (if enrolled in Cigna medical coverage) or through our Makers' Marketplace (if you are a benefits eligible employee). Choose from 12,500+ participating fitness centers nationwide, plus on-demand digital workout videos for \$28 a month (plus applicable taxes). Through Cigna, visit <https://discoverhealthyrewards.sites.cigna.com/> and use promo code **STARTSTRONG** at checkout.
- **Quit for Life Tobacco Cessation** – Join in the quit program to receive support from a coach and get tools like nicotine replacement therapy at no cost to you. Quit today (or help a family member start) by calling 866-QUIT-4-LIFE or visit quitnow.net.
- **WeightWatchers Discount** - Looking to save on a science-backed weight loss solution without giving up your favorite foods? Stanley Black & Decker covers over 50% of the cost of WeightWatchers memberships for employees and their spouses. Learn more at WW.com/SBD and register using your employee ID.
- **Care Simplified with Cigna Healthcare.** Get the most out of your Cigna medical coverage this year. Personalize your benefits on myCigna.com or visit your MyCigna app. Benefits include access to electronic ID cards, viewing and paying claims, finding local and in-network care, accessing virtual care services through MDLive (including urgent and preventive care screenings), plus access Cigna's health tools and coaches to help you reach your goals!
- **Rx Savings Solutions (RxSS)** offers a free, online service that helps you and covered dependents enrolled in Cigna medical coverage find the best price for prescription drugs based on medical coverage. Contact RxSS at 1-800-268-4476 (para Español, llame 1-800-917-5572), email support@rxss.com or download the RxSS mobile app.
- **Whole Person Solutions through Livongo by Teladoc Health:** Stay on track with chronic condition management support from Livongo coaches. Livongo programs are available at no cost to covered employees and family members enrolled in Cigna medical coverage with diabetes, hypertension or weight management concerns. Terms of eligibility apply.

Working Vitality into Your Day

Simple ways you can strengthen your whole health from Cigna HealthCare.



Vitality is the energy that lives inside all of us. And when it's considered, cared for and strengthened, it can help you become the healthiest version of yourself. There are so many small, consistent actions you can do to increase vitality – from connecting with positive people or volunteering to meditating or finding ways to move more. Little changes like these can add up to improved vitality over time. That means happier lives, homes, workplaces and communities for everyone.

Try out these vitality boosters for starters.



Have a laugh. The simple act of laughing can have a powerful impact on your mood and boost vitality. Take breaks from work to look up funny jokes or a video clip from your favorite comedian. Even better? Share them with a friend.



Get moving. Exercise can help prepare you for the day by giving you a boost of energy and relieving stress. Just a quick 10-minute walk or short yoga session can give you a new perspective on the day.



Step outdoors. Sunshine and fresh air, even if just for a quick five minutes at lunchtime, can help improve your mood, reduce stress and anxiety, and lead to better overall health.



Connect with others. Feeling connected and cared for by people contributes to higher vitality. Make an effort to reach out to coworkers or friends often or try to make new connections.

Featured Wellness Partners & Ways to Connect

- **Cigna Healthcare & MDLive** - Visit mycigna.com or call **800.243.3280**.
- **Care for Business (formerly LifeCare) Work/Life Services** - Call **866.814-1638**, log into MySBD and click on the Care pinned app link, or visit sbd.care.com, registration code: SBD
- **Livongo by Teladoc Health** – Visit www.Go.livongo.com/SBD-Cigna/New or call **800.945.4355** (for those with Cigna medical)
- **Maven Clinic** for Menopause Support – visit mavenclinic.com/join/SBD
- **Principal** - Call **800-547-7754** or visit www.principal.com
- **Quit for Life on Rally Coach Tobacco Cessation** – Quit today (or help a family member start) by calling **866.QUIT.4.LIFE** or visit quitnow.net
- **Rx Savings Solutions** – visit myrxss.com or call **800-268-4476** (para-Español, llame 1-800-917-5572)
- **SupportLinc by Curalinc Healthcare (EAP)** – visit sbdsupportlinc.com or call **888-508-1170**
- **Torchlight by LifeSpeak, Inc.** – a parenting and caregiving solution – visit sbd.torchlight.care
- **WeightWatchers** – visit sbd.ww.com or call **866-204-2885**

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