

# BenefitsNEWS

February 2024

## February Benefits Highlights

**Meet Maven. Support for Fertility and Family Building.** (when enrolled in Cigna medical coverage). Access specialized fertility and family planning resources in addition to menopause support. Through our 18-month pilot partnership with Maven, you have free access to a digital health platform with 24/7 virtual care with health providers, like OB-GYNs, pediatricians, mental health specialists, fertility experts, and more. Visit [mavenclinic.com/join/SBD](https://mavenclinic.com/join/SBD) to register.

**Take the Mental Health Navigator Assessment.** Asking for help or knowing where to begin when you need support can sometimes feel difficult, but we have just the tool for you. Take the Mental Health Navigator Assessment and receive content designed just for you including 15-minute flash courses, quick articles, in-the-moment live support and more. SupportLinc EAP offers 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. Get started at [sbdsupportlinc.com](https://sbdsupportlinc.com) (group code: SBD) or call **888-508-1170**.

**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

## February National Health Observances & Events:

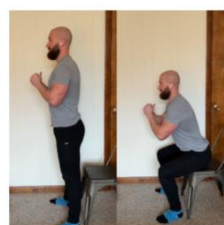
- American Heart Month
- National Cancer Prevention Month
- National Recreation Therapy Month

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

On-demand	The Power of Perseverance (SupportLinc)	Improving mental toughness	<a href="https://sbd.mysupportadmin.com/communications-toolkit/february-flyer/">sbd.mysupportadmin.com/communications-toolkit/february-flyer/</a>
 02/07/24 1 p.m. ET	<b>Quit For Life</b>	Learn more about the Quit For Life® program that can help you or help support your loved one to quit vaping, chewing or smoking.	<a href="https://rvohealth.zoom.us/webinar/register/WN_o5xdh1EvQIOOT2erOSumg">https://rvohealth.zoom.us/webinar/register/WN_o5xdh1EvQIOOT2erOSumg</a>
 02/14/24 12 p.m. ET	<b>Know Your Numbers</b> (My Medical Ally)	Exploring benefits, technology, and other resources available to you when it comes to your heart health.	<a href="https://www.alight.com/webinars/mymedicalally">Webinars (alight.com) – mymedicalally.alight.com</a>
 02/14/24 3 p.m. ET	<b>Supporting Your Young Child's Social-Emotional Wellbeing</b> (Torchlight)	Learn about the pillars of social-emotional development for younger children (with or without disabilities) as well as practical parenting strategies.	<a href="https://www.torchlightcare.com/webinars">Torchlight (sbd.torchlight.care)</a>
 02/21/24 2 p.m. ET	<b>Financial Wellness</b> (Principal)	Discover ways you can reach your financial goals and confidently plan for the future. This webinar will cover health care in retirement.	<a href="https://www.principal.com/learnnow">https://www.principal.com/learnnow</a>
 02/29/24 1 p.m. ET	<b>Momentum: The Secret to Maintaining Healthy Habits</b> (WeightWatchers)	Learn how to think differently about making changes. Instead of relying on motivation, focus on building momentum.	<a href="#">Join the WeightWatchers webinar here</a>

Exercise tips from our Cigna Health Coach, David Thompson.

Feeling tired or need some exercise while at work? This small exercise routine will help you remain active while you are at work.



### Squats



#### Benefits

- Increased leg strength
- Increased muscle mass
- Improved glucose control
- Improved blood pressure

#### How To

- Push butt back
- Chest up tall
- Arms in front for balance
- 2 seconds down, 1 second up

Try This- Do a set of 10 squats every time you take a bathroom break

# Spotlight on Benefits for your Financial, Mental and Physical

**Trivia Tuesday!** The symptoms listed below are of what disease? (Answer below)

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>• Lump or area of thickening under the skin</li><li>• skin changes</li><li>• difficult or painful urination</li><li>• persistent indigestion or discomfort after eating</li><li>• hoarseness</li><li>• fevers or night sweats</li></ul> | <ul style="list-style-type: none"><li>• weight changes (loss or gain) with no known reason</li><li>• changes in bowel habits</li><li>• feeling weak or very tired</li><li>• difficulty swallowing</li><li>• persistent cough or trouble breathing</li><li>• unusual bleeding or bruising</li></ul> |
|---|--|



**Trivia Tuesday Answer.** The answer is cancer. We all know someone with cancer, but we don't all know the facts. It is a fact that cancer survival rates are improving for many types of cancers. So, it's important to know the signs and symptoms of cancer to help reduce your risks. Advances in the ways that cancer is diagnosed and treated have increased the number of people who live disease-free for long periods of time. Screenings can help to detect and treat cancer sometimes even before any signs or symptoms appear. Talk to your doctor about what screenings you should have. If you would like support in securing a provider, your Medical Ally can help. Call Medical Ally at **888-361-3944** or visit <https://mymedicalally.alight.com/> for support in finding a high-quality in-network specialist (for those enrolled in Cigna medical coverage).

Cancer often develops in people without any known risk factors. Some things that increase your risk of cancer include:

- Lifestyle choices
  - Alcohol – the more you drink, the higher your risk.
  - Tobacco – smoking can cause cancer almost anywhere in your body.
  - Excessive exposure to sun and sunburns.
  - Obesity
- Age – it's more common in older adults but can develop at any age.
- Family history – some cancers are due to inherited conditions.
- Health conditions – including human papilloma virus (HPV) and inflammatory bowel disease (IBD)
- Environment – including secondhand smoke and harmful chemicals in your home or workplace.



Refer to the Cancer Prevention flyer or the Cancer Guide on the SBD Benefits Center Welcome Site. The prevention flyer includes more information on how to reduce your risk of cancer through preventive screenings and healthy habits. If you are facing a cancer diagnosis or on a treatment path, access comprehensive information on available benefits & care navigation, financial support resources and guidance for caregivers. Visit [www.sbdbenefitscenter.com/welcome](http://www.sbdbenefitscenter.com/welcome) and search using keywords "cancer guide."

## Reducing Blood Pressure and Living a Healthy Lifestyle



Your blood pressure is a measure of the force of blood pushing against the walls of your arteries. It becomes higher with the more blood your heart pumps and when your arteries narrow. This raises your risk of serious problems such as heart attack, heart disease, stroke, and kidney disease. You might not know you have high blood pressure (also called hypertension) unless you get it checked. A blood pressure check is covered at 100% under most health plans when received as part of your annual wellness check-up. Healthy lifestyle choices can help improve your blood pressure and lower your risk of serious disease.

- **Be active** – Aim for at least 150 minutes of moderate aerobic exercise, such as brisk walking or cycling, every week. That's 30 minutes a day, five days a week. Remember you can access fitness discounts through Cigna - visit <https://discoverhealthrewards.sites.cigna.com/> and use promo code **STARTSTRONG** at checkout.
- **Maintain a healthy weight** – If you're overweight or obese, losing weight can help you control your blood pressure. Eat well – Choose nutritious whole foods prepared at home instead of processed foods. Include fruits and vegetables rich in potassium.
- **Get enough sleep** – This is part of keeping your heart and blood vessels healthy. Try out a mindfulness exercise to quiet your mind - <https://www.cigna.com/knowledge-center/climb-mindfulness-podcasts>.
- **Drink less alcohol** – If you drink alcohol, do so in moderation: no more than one drink per day for women and up to two drinks per day for men.
- **Quit tobacco** – Join in the Quit for Life 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](http://quitnow.net).
- **Manage stress** – Take care of your health – body and mind. If lifestyle changes aren't enough, your doctor may prescribe medications to help control your blood pressure. Connect with in the moment confidential support with SupportLinc at [sbdsupportlinc.com](http://sbdsupportlinc.com) or call **888-508-1170**.

## Featured Wellness Partners & Ways to Connect

- **Cigna Healthcare & MDLive** - Visit [mycigna.com](http://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](http://sbd.care.com), registration code: SBD
- **Livongo by Teladoc Health** – Visit [www.Go.livongo.com/SBD-Cigna/New](http://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](http://mavenclinic.com/join/SBD)
- **Principal** - Call **800-547-7754** or visit [www.principal.com](http://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](http://quitnow.net)
- **Rx Savings Solutions** – visit [myrxss.com](http://myrxss.com) or call **800-268-4476** (para-Español, llame **1-800-917-5572**)
- **SupportLinc by Curalinc Healthcare (EAP)** – visit [sbdsupportlinc.com](http://sbdsupportlinc.com) or call **888-508-1170**
- **Torchlight by LifeSpeak, Inc.** – a parenting and caregiving solution – visit [sbd.torchlight.care](http://sbd.torchlight.care)
- **ComputerShare** – Employee Stock Purchase Plan **1-866-228-9623** [Employee - Plans \(computershare.com\)](http://Employee-Plans(computershare.com))
- **WeightWatchers** – visit [sbd.ww.com](http://sbd.ww.com) or call **866-204-2885**

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