

# BenefitsNEWS

March 2024

## March Benefits Highlights

**Take a simple financial step that is often overlooked – Designate a Beneficiary.** Ensure your beneficiaries are up to date for your life and AD&D insurance and Retirement Account Plan (401(k)). It's quick, free and ensure benefits are paid as you intend in the event of a life claim. For life insurance, head to the SBD Benefits Center website and select home page > Main Menu > Your Profile > Your Beneficiaries or call **800-795-3899**. For 401(k), call **800-547-7754**. You may receive a letter in the mail this month with a call to action to name a beneficiary for your benefits.

**Life is busy. Cigna Healthcare can help.** Convenient access to important information specific to you and your family matters, especially when it comes to healthcare. Cigna Healthcare can help you stay healthier, access high quality care and save money. Be on the lookout for a postcard in the mail this month with tips on how to get the most out of your benefits.

**Help Starts Here:** Financial assistance, food pantries, medical care and other free or reduced cost help may be found at [Findhelp.org](https://findhelp.org). Enter your zip code to find resources in your local area.


**Did you know you can save with Cigna Healthcare Healthy rewards?** Since its national nutrition month, we're highlighting the Mom's Meal delivery service discount. Mom's Meals® are refrigerated meals that can be purchased for you or a loved one, tailored to health needs with free shipping. Access this and many other healthy rewards discounts as a Cigna member by logging into your [myCigna.com](https://myCigna.com) account or visiting <https://discoverhealthyrewards.sites.cigna.com>.


**FSA REMINDER: Claim Submission Deadline Approaching.** The Flexible Spending Account (FSA) claims reimbursement period for the 2023 plan year will close on March 31, 2024. Be sure to submit any Health Care FSA and/or Dependent Care FSA expenses incurred in the 2023 plan year to WEX by the March deadline. If you have questions, call **866-451-3399**, 6 a.m. to 9 p.m. CT M-F or chat with WEX via your online account at <https://benefitslogin.wexhealth.com/Login>.

**Ready, Set, Spring Sale with SBD Online.** Now through March 29 shop hundreds of sales on products from outdoor, home and kitchen, power tools, and organization at the SBD Online Store. If you have questions or need help accessing the store, contact the SBD Online team at [OnlineEmployeeStore@sbdinc.com](mailto:OnlineEmployeeStore@sbdinc.com).

## Well-being guide contents:

 Health & Physical Well-being

 Mental Well-being







 Financial Well-being

### March National Health

#### Observances & Events:

- National Nutritional Month
- National Kidney Month
- National Traumatic Brain Injury Awareness Month
- National Developmental Disabilities Awareness Month
- National Endometriosis Awareness Month

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

	<b>03/12/24</b> 12 p.m. ET	<b>Equity in Action: DEI's Next Chapter</b> (Care for Business)	Join Care experts to discuss true inclusion in your workplace and how to create a culture where all voices aren't just heard but valued.	<a href="https://caredotcom.zoom.us/webinar/register/9117079261247/WN_16kZzU1-RXXrSBameA37Pq#/registration">https://caredotcom.zoom.us/webinar/register/9117079261247/WN_16kZzU1-RXXrSBameA37Pq#/registration</a>
	<b>03/12/24</b> 1 p.m. ET	<b>Disability &amp; Neurodiversity: Planning for Summer Travel and Camp</b> (Care for Business)	Learn how to find camp options as well as tips for planning, packing, managing dietary needs, travel, and safety considerations.	<a href="#">Webinar Registration - Zoom</a>
	<b>03/12/24</b> 3 p.m. ET	<b>Help a Loved One Move to a New Place to Live</b> (Torchlight)	Learn insights and advice for meeting your loved one's wishes and care needs.	<a href="#">Webinars (torchlight.care)</a>
	<b>03/20/24</b> 12 p.m. ET	<b>Help Create Your Child's Best Life: Person-Centered Planning</b> (Torchlight)	Hear strategies that can help you and your child build a plan for the future and learn tips for assembling a team that's committed to helping you and your child develop.	<a href="#">Webinars (torchlight.care)</a>
	<b>03/20/24</b> 2 p.m. ET	<b>Teaching kids smart money moves and saving habits</b> (Principal)	Learn how you can navigate financial literacy conversations with your children and help them create a more financially secure future.	<a href="#">Join Our Webinar Series   Principal</a>
	<b>On-Demand</b>	<b>Addiction Awareness</b> (SupportLinc)	Watch this on-demand video for info on understanding addiction.	<a href="https://supportlinc.com">SupportLinc (mysupportportal.com)</a>

# Spotlight on Benefits for your Financial, Mental and Physical Wellness

**Trivia Tuesday!** What are some of the basics of healthy eating? Once you are aware of the basics, how do you save time with healthy meal prep?



**Trivia Tuesday Answer:** There are many different ways to healthy eating. Look for colorful vegetables. They usually offer different nutrients, textures and flavors. Choose lean proteins such as grilled chicken, fish, pork or tofu. Use healthy fats such as olive and canola oil for cooking. Flavor foods with herbs and lemon instead of salt. Different herbs and spices punch up the flavor of your meals!

Once you know the basics, saving time with healthy meal prep gets a lot easier.

## The first step is to keep a well-stocked kitchen

- Frozen chicken breasts and fish fillets (no breading)
- Frozen vegetables and fruits (avoid added salt and sugar)
- Low-sodium vegetable or chicken broth
- Tomato and pasta sauce
- Whole-grain pasta and brown rice
- Garlic and other healthy seasonings

## Rely more on your store

- Fresh baby carrots, salad mixes, and chopped broccoli and cauliflower are great for quick salads, soups, casseroles and stir-fry dishes.
- Pre-sliced fruit such as melons or pineapple can be added to low-fat yogurt or used to make a fruit salad for an on-the-go snack.
- Precooked chicken from the deli section can be chopped or shredded for some extra protein at any meal.

## Embrace "almost homemade"

- Pizza. Combine fresh vegetables and low-fat mozzarella cheese with a premade crust and a jar of tomato sauce.
- Vegetable soup. Start with low-sodium canned chicken broth, then add frozen vegetables and uncooked brown rice or whole-grain noodles.
- Stir-fry. Use precut vegetables, lean meat and seasoning for a quick and flavorful dinner.

## Details on Your 1095-C Tax Forms



**Electronic 1095-C Tax Forms Are Now Available on the SBD Benefits Center Enrollment Site.** To access an electronic copy, head to MySBD and select MyBenefits from the quick actions section for single sign on functionality or log in to the enrollment site directly at [sbdbenefitscenter.com/welcome](http://sbdbenefitscenter.com/welcome). Paper forms were mailed to employee home addresses on Feb. 16. If you opted to receive your tax form electronically, a paper copy has not been issued to your home address.

## Be Kind to Yourself



Treating yourself with kindness helps you overcome obstacles, stick with healthy habits, and reach your goals. WeightWatchers® can help. Their science-backed program focuses on coaching, community, and eating everything you enjoy. All Stanley Black & Decker benefits eligible employees, spouses, and domestic partners are eligible to participate at a 50% discount. To register, you will need to enter your Employee ID and the Employer Passcode: WW12157. If registering a spouse/domestic partner, enter your employee ID followed by "SWK" (e.g. if your employee number is 12345, enter "12345SWK"). Sign up at [SBD.WW.com](http://SBD.WW.com).

## Money Management is a lot easier when you have the right tools.



Finances can feel overwhelming, but thanks to our SupportLinc Employee Assistance Program (EAP), in addition to mental health support, you and your household members have free access to work/life benefits including support for managing your finances. Call, text, live chat or email with a licensed clinician 24/7/365 and ask about the financial well-being resources. You can work with a Money Coach or other financial consultant on a wide range financial topics to help you tackle any financial questions at no cost to you. Plus, as finances can be stressful at times, you can receive up to six (6) free mental health support sessions with a licensed clinician, per household member, per issue, per year. Visit [sbdsupportlinc.com](http://sbdsupportlinc.com) (group code: SBD) or call **888-508-1170** for support.

## 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
- **Principal** - Call **800-547-7754** or visit [www.principal.com](http://www.principal.com)
- **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)
- **WeightWatchers** – visit [sbd.ww.com](http://sbd.ww.com) or call **866-204-2885**
- **WEX** - call **866-451-3399**, 6 a.m. to 9 p.m. CT M-F or chat with WEX via your online account at <https://benefitslogin.wexhealth.com/Login>

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!*