

# BenefitsNEWS

April 2024

## April Benefits Highlights

**Life can be stressful. SupportLinc can help.** Stress is that feeling of mental, emotional and physical strain or exhaustion that can make your heart race, cause sleep issues, irritability and more. Recognize Stress Awareness Month this April by learning about the effects of stress and how you can manage it. Get started at [sbdsupportlinc.com](https://sbdsupportlinc.com) (group code: SBD) or call **888-508-1170**.

**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 [sdbbenefitscenter.com/welcome](https://sdbbenefitscenter.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.

**Refreshed SBD Cancer Guide.** Find care navigation, detailed benefits information and financial support resources for those facing a cancer diagnosis in our updated Cancer Guide. View the guide and the cancer prevention flyer by visiting the [SBD Benefits Center welcome site](#) and search using keyword "Cancer."

**Cigna's Coaching and Support for Autism Program.** Access a dedicated team of licensed mental health professionals with extensive expertise for confidential, one-on-one support to review treatment choices, find providers and local and state support programs, coordinate services, and receive ongoing coaching. Call **800-243-3280** and at the prompt choose "Behavioral Health".

**Preventive Care with Cigna.** Screening tests help your doctor look for certain diseases before any symptoms appear. Often, the earlier a disease is diagnosed, the more likely it is that it can be cured or successfully managed. To schedule a health screening or to learn more about finding health problems early, Visit [mycigna.com](https://mycigna.com) or call **800-243-3280**.

## Well-being guide contents:

-  Health & Physical Well-being
-  Mental Well-being
-  Financial Well-being

### April National Health

#### Observances & Events:

- Stress Awareness Month
- STI Awareness Month
- Parkinson's Awareness Month
- Alcohol Awareness Month
- National Autism Awareness Month
- Irritable Bowel Syndrome Awareness Month

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

	<b>04/09/24</b> 12 p.m. ET	<b>Rebalancing the Mental Load: Breaking Free of Burnout</b> (Care for Business)	Join Care experts for a conversation that will help you rebalance the load and break out of mental load and domestic labor patterns.	<a href="https://caredotcom.zoom.us/webinar/register/1517102720555/WN_C9ZdQHtUTP2t74T7XD6Jfq#/registration">https://caredotcom.zoom.us/webinar/register/1517102720555/WN_C9ZdQHtUTP2t74T7XD6Jfq#/registration</a>
	<b>04/10/24</b> 1 p.m. ET	<b>Financial Wellness: Overcoming Debt</b> (Care for Business)	Join Care experts to talk about the difference between good debt and bad debt, the impact of interest charges, managing your spending habits and creating good saving habits.	<a href="https://caredotcom.zoom.us/webinar/register/WN_6KqFV3f7R3KC-fGnNeM9Lq#/registration">https://caredotcom.zoom.us/webinar/register/WN_6KqFV3f7R3KC-fGnNeM9Lq#/registration</a>
	<b>04/11/24</b> 1 p.m. ET	<b>Self-Advocacy and the College Transition for Autistic Students</b> (Cigna)	Learn more about the physical, behavioral and emotional growth of individuals who may display symptoms of autism spectrum disorder.	<a href="https://www.cigna.com/knowledge-center/">https://www.cigna.com/knowledge-center/</a>
	<b>04/17/24</b> 2 p.m. ET	<b>How to keep cool during market volatility</b> (Principal)	Learn why market volatility happens and how you can keep your emotions in check when making investment decisions.	<a href="https://www.principal.com/learnnow">https://www.principal.com/learnnow</a>
	<b>04/24/24</b> 12 p.m. ET	<b>Helping Your Loved One Avoid Scams</b> (Torchlight)	Learn why older adults are increasingly vulnerable to scams and how to prevent suspicious people from getting near your loved ones.	<a href="https://elder.torchlight.care/webinars/218">https://elder.torchlight.care/webinars/218</a>
	<b>04/24/24</b> 12 p.m. ET	<b>Maven Moments: Mental and physical wellness while trying to conceive</b> (Maven)	Join Maven experts for an overview on protecting your mental and physical wellness throughout your path to parenthood.	<a href="https://mavenclinic.zoom.us/webinar/register/1417043084862/WN_k2Csy5v1T7eUWtY51Ar-dw#/registration">https://mavenclinic.zoom.us/webinar/register/1417043084862/WN_k2Csy5v1T7eUWtY51Ar-dw#/registration</a>
	<b>On Demand</b>	<b>Empathy: Compassion Fatigue</b> (SupportLinc)	Watch this on-demand video for info on understanding empathy.	<a href="https://supportlinc.com/mysupportportal.com">SupportLinc (mysupportportal.com)</a>

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

**Trivia Tuesday!** The symptoms listed below are the effects of what condition? (Answer below)



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|--|--|
| <ul style="list-style-type: none"><li>• Colds, flu, viruses, and other illnesses</li><li>• Depression and anxiety</li><li>• Fatigue</li><li>• Headaches</li><li>• Heart problems or heart attack</li><li>• Insomnia or sleep disruptions</li></ul> | <ul style="list-style-type: none"><li>• Irritability and anger</li><li>• Overeating</li><li>• Pain</li><li>• Stomach and gastrointestinal problems</li><li>• Substance use</li><li>• Trouble concentrating</li></ul> |
|--|--|

**Trivia Tuesday Answer.** The answer is stress. Over time, the effects of stress can build up in your brain and body. This kind of long-term, or chronic stress can weaken the immune system<sup>1</sup>, putting you at risk for sickness from simple colds to more serious illnesses. When you feel stress, your body creates a hormone called cortisol, which enters the bloodstream. For short durations, cortisol can help regulate many of your body's natural functions, including sleep, weight, blood pressure, and blood sugar.<sup>2</sup> However, when you are suffering with long-term stress, cortisol levels remain elevated. This contributes to inflammation and reduced white blood cell counts, both of which can weaken the immune system.

When managed, the stress impact on health can be lessened. Try these tips when you're feeling stressed out:

- Identify stressors: Acknowledge feelings of stress. What is it that's eating at you? Is it work, or money, a relationship, or something else? Once you know this, you can begin to deal with your stress in a healthy way.
- Talk to a therapist or counselor: Tell them what's going on and how you're feeling. They can help identify what's stressing you out and offer helpful advice on working through it. If you have a plan through your employer, they may offer an Employee Assistance Program (EAP). EAPs typically provide no cost confidential access to a counselor or therapist as part of your employment benefits.
- Exercise and get active: Getting active is one of the easiest and best ways to de-stress. Taking a walk, riding a bike, going for a run, gardening, yoga, or weightlifting, can change your focus and your brain hormones. Exercise creates endorphins<sup>3</sup>, which are hormones that make you feel better and happier. When you feel happier, stress can be held at bay. Daily exercise and movement is key to helping counteract the effects of stress.
- Meditate: Meditation can lower blood pressure and ease anxiety and tension.<sup>4</sup> If you're feeling stressed, you might try a meditation technique, or some quiet mindfulness to help manage it.
- Get involved in enjoyable activities: Find a hobby or volunteer opportunity. When you're engaged in an activity that you enjoy, it shifts focus away from your stress and onto something else.

The effects of stress can lead to physical and emotional health issues. If you're struggling with stress, there are many ways to manage it. You can also talk to your doctor or a therapist about stress and health issues. For more information, visit <https://www.cigna.com/knowledge-center/anxiety-and-stress>.

## Treatment for Alcohol and Substance Use



Alcohol and substance use disorders can have a serious effect on your whole life. It can affect your own health and well-being. It can also harm your family and friends. With the right treatment, most people can stop drinking and abusing drugs. This gives them the chance to rebuild their lives. Treatment may include:

- Going to drug counseling and group meetings.
- Avoiding the people, places, and situations that get you into trouble.
- Working with your counselor to show that you're really trying to change your life.
- Working with your doctor to see if anti-craving medications can help.
- Learning things such as anger management and job skills to have more choices in life.

Get more helpful information on alcohol use from the [National Institute on Alcohol and Alcoholism](https://www.niaaa.nih.gov).

## Nothing is More Powerful Than a Family's Love



If you're a family that's living with autism, we have one message for you: *You can do this.*

Cigna Healthcare is partnering with Holly Robinson Peete, an actress, activist, and mother of a thriving autistic son to launch All In with Autism. This program offers tips, toolkits, and podcasts to help families deepen their understanding of autism and learn how to come together at every stage of development. Because when everyone in the family is on board, life can be more rewarding. Find out more at <https://www.cigna.com/knowledge-center/all-in-with-autism>.

## What is Parkinson's disease?



Parkinson's disease is a problem with certain nerve cells in the brain that control movement. The disease affects the way you move. It can include tremors, slow movement, stiffness, and problems with balance. Parkinson's disease gets worse over time. But usually this happens slowly, over years. To learn more about what causes it, the symptoms, how it's diagnosed and treated, visit

<https://www.cigna.com/knowledge-center/hw/medical-topics/parkinsons-disease-hw93186>.

## Featured Wellness Partners & Ways to Connect

- **Cigna Healthcare & MDLive** - Visit [mycigna.com](https://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](https://sbd.care.com), registration code: SBD
- **Maven Clinic** – visit [mavenclinic.com/join/SBD](https://mavenclinic.com/join/SBD)
- **SupportLinc by Curalinc Healthcare (EAP)** – visit [sbdsupportlinc.com](https://sbdsupportlinc.com) or call **888-508-1170**
- **Torchlight by LifeSpeak, Inc.** – a parenting and caregiving solution – visit [sbd.torchlight.care](https://sbd.torchlight.care)
- **Principal** - Call **800-547-7754** or visit [www.principal.com](https://www.principal.com)

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