

BenefitsNEWS

July 2024

July Benefits Highlights

Maven. Navigating pregnancy and postpartum can be overwhelming, but Maven can help you and your family. With Maven, you and your partner have free access to virtual appointments with providers—such as OB-GYNs, doula, infant sleep coaches, lactation consultants and more— as well as medically reviewed resources and free in-app classes, such as Childbirth Education, Birth Planning, and Infant CPR. Click here to join [Maven](#). Maven is available for SBD employees and their partners enrolled on the Cigna medical plan.

Freedom from Tobacco. Tried to quit before? You are not alone. For many people, it takes multiple times to quit for good. Quit For Life provides the tools and support you need. Start today with the help of the free Quit for Life program (or help a family member start) by calling **1-866-QUIT-4-LIFE** or visit [quitnow.net](#).

New Financial Well-being Guide. Be on the lookout for our new financial well-being guide at your site location later in July. SBD has many educational resources and tools around finances, but many are not well-known or used. We've pulled resources into a single guide to make it easier to find the financial wellbeing support you need.

Refreshed Parental Leave Guide. Find resources and programs for those who are planning to add to their family through pregnancy or adoption or for those who may already be expecting and/or are scheduling time to care and bond with a newborn/newly adopted child this year. This guide is located on the [SBD Benefits Center website](#) under the Lifestyle section and on MySBD. Please note this guide is applicable to eligible salaried and non-union hourly employees.

My Medical Ally offers the Surgery Decision Support Program. A confidential, no-cost program for employees and covered dependents who are considering elective surgery and enrolled in Cigna medical coverage. **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). Contact My Medical Ally at 888-361-39644 or visit [mymedical.ally.alight.com](#)

Summer Serenity with Care. Care has resources, tips and strategies to help you unwind, so you can relax, refresh and recharge during this summer. Visit [sbd.care.com](#) or [MySBD](#) > Quick Actions > Care for Business or call **866-814-1638**. *First time visitors may register using your SBD assigned email and registration code SBD.*







Well-being guide contents:

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

July National Health Observances & Events:

- UV Safety Month
- Healthy Vision Month
- Cord Blood Awareness Month
- Group B Strep Awareness Month
- Juvenile Arthritis Awareness Month
- Sarcoma Awareness Month

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

	07/09/24 12 p.m. ET	Living in the Middle: The Sandwich Generation (Care)	Join Care experts to learn about how to navigate the challenges of taking care of your kids, your parents, and yourself all at the same time.	https://caredotcom.zoom.us/webinar/register/9617174323206/WN_PhvxkOwMROcdfQIsdvMSoQ#/registration
	07/17/24 12 p.m. ET	Managing your Musculoskeletal Pain (Medical Ally)	Join Medical Ally experts as they discuss everything related to Musculoskeletal pain and other resources available to you.	https://mymedicalally.alight.com/s/webinars
	07/18/24 1 p.m. ET	Succeed at Work: Positive Effect of Self Esteem on Performance (Care)	Join this webinar to learn about how to be more optimistic, reduce negative thoughts, and increase self-confidence/self-esteem.	https://caredotcom.zoom.us/webinar/register/WN_9D0J7r1ARam8JpYQJXjiQ#/registration
	07/17/24 1 p.m. ET	Women and Wealth (Principal)	Learn investing tips you can leverage to help reach your financial goals.	Webinar: Women and wealth by Principal
	07/30/24 12 p.m. ET	Teens and Substance Use: Supporting Responsible Decision-Making (Torchlight)	Join Torchlight to learn more about substance use and how to support your teen if they are struggling with it.	Webinars (torchlight.care)
	On-Demand	Workplace Stress (SupportLinc)	Watch this on-demand video on how to deal with difficult people	Topical Webinars (trainercentralsite.com)

Spotlight on Benefits for your Financial, Mental and Physical Wellness

Trivia Tuesday. This summer, what do you need watch out for in the weather report before going out for the day?



Trivia Tuesday Answer. The answer is **UV index!** The UV index forecasts the intensity of ultraviolet (UV) light for a given day. The index helps people know what precautions to take to avoid sunburn or other skin damage from being in the sun too long. The UV index is listed on local weather reports. Sun protection measures, such as wearing sunscreen, should always be taken when the UV index is 5 or above. The UV index is measured on a scale of 0 to 11+.

0 to 2

Low exposure to UV rays is expected for that day

- Wear UV-blocking sunglasses on bright days, and cover up your skin if it burns easily.
- Snow and water can reflect the sun's rays and increase the UV strength.
- Skiers and swimmers should take special care: they should wear sunglasses or goggles and apply on any bare skin a broad-spectrum sunscreen with an SPF of at least 30.

3 to 5

Moderate exposure is expected for that day

- If you will be outside, wear protective clothing, a wide-brimmed hat, and UV-blocking sunglasses.
- Stay in the shade between 10 a.m. and 4 p.m.
- If you will be in the sun, apply on any bare skin a broad-spectrum sunscreen with an SPF of at least 30.

6 to 7

High exposure is expected for that day

- Protective measures include covering up by wearing a wide-brimmed hat and UV-blocking sunglasses.
- Stay in the shade between 10 a.m. and 4 p.m.
- Use on any bare skin a broad-spectrum sunscreen with an SPF of at least 30.

8 to 10

Very high exposure is expected for that day

- Limit the time you spend outdoors between 10 a.m. and 4 p.m.
- Wear protective clothing, a wide-brimmed hat, and UV-blocking sunglasses.
- Other protective measures include staying in the shade and using on any bare skin a broad-spectrum sunscreen with an SPF of at least 30.

11+

Extreme exposure is expected for that day

- Avoid sun exposure between 10 a.m. and 4 p.m.
- Unprotected skin can burn in minutes. Everyone should cover up and wear a hat and UV-blocking sunglasses.
- White sand and other bright surfaces reflect UV and will increase UV exposure.
- Stay in the shade as much as possible, and use on any bare skin a broad-spectrum sunscreen with an SPF of at least 30.

For more information, visit <https://www.cigna.com/knowledge-center/hw/uv-index-stu3205>.

Healthy Vision Month



The following tips can help you keep your eyes healthy and your vision as clear as possible.

- Provide good light for reading, work, or study. Use soft background light, plus a light on your task.
- Take regular breaks from close work and visually demanding tasks. Blink often, and close and rest your eyes when they feel tired or dry.
- Avoid glare on TV and computer screens. Place your TV or computer screen where lights do not reflect on the screen. Some people find it easier to work on a computer in a dimly lit room. And some people use special nonglare screens that fit over the computer screen.
- Wear proper eye safety equipment for hazardous tasks.
- Wear UV-blocking sunglasses to protect your eyes. Wearing sunglasses can protect your eyes from excessive ultraviolet (UV) light from the sun. Too much UV exposure can damage your retina and cause lasting vision loss. It can also raise the risk of cataracts.
- Avoid smoke and other things that irritate your eyes.
- Get routine eye exams from an eye doctor.

If you have Cigna vision coverage, remember to take advantage of your 100% preventive care visit to stay on top of your eye health. Often, the earlier a condition is diagnosed, the more likely it is that it can be successfully managed. For more information on tips for good vision, visit

<https://www.cigna.com/knowledge-center/hw/tips-for-good-vision-hw122694>.

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
- **Maven Clinic** – visit mavenclinic.com/join/SBD
- **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
- **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

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