




BenefitsNEWS

June 2024

June Benefits Highlights

LGBTQ+ Pride Month

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Maven Clinic. Navigating the complexities of mental health and family planning can be challenging, especially for members of the LGBTQIA+ community. Consider joining Maven for culturally humble support, LGBTQIA+-friendly fertility clinic recommendations, and access to mental health providers who understand your unique journey. Maven is available at no cost for SBD employees and their partners enrolled on the Cigna medical plan ; join at mavenclinic.com/join/SBD.
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My Personal Champion®. No matter where you are in your gender affirmation journey, Cigna Healthcare's My Personal Champion® is available to covered individuals at no cost. Your Personal Champion will help you understand what is covered under your plan and help you locate resources for the care you need. Connect any weekday from 8:00 am to 6:00 pm ET by calling 855-699-8990.
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 For more information and resources, please visit [the SBD Benefits Center \(www.sbdbenefitscenter.com/welcome\)](https://www.sbdbenefitscenter.com/welcome), search using keyword "LGBTQ) You can also access the Pride and Allies ERG on Workplace

SBD Online Store Summer Sales Event: Now through June 26, 2024 (with extra specials just in time for Father's Day). SBD employees can shop hundreds of products virtually at the SBD Online Store. If you have questions or need help accessing the store, contact the SBD Online team at OnlineEmployeeStore@sbdinc.com.

Virtual Dermatology through MDLive. With summer ramping up, it's important to receive care and treatment promptly. SBD employees and covered dependents can access dermatology with services covered at cost-share pre-deductible. Access MDLIVE by logging in to mycigna.com, clicking on "Talk to a doctor," then selecting virtual medical. No appointment is necessary.

Mindstream™ by SupportLinc, our Employee Assistance Program. Discover free expert wellness and mental health content on a secure, easy-to-use platform. Participate in sessions and streams to strengthen your emotional health, life skills and more. Get started at sbdsupportlinc.com (group code: SBD) or call **888-508-1170**.

Well-being guide contents:






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

June National Health

Observances & Events:

- National Men's Health Month
- Alzheimer's and Brain Awareness Month
- PTSD Awareness Month
- Suicide Prevention Month
- Scoliosis Awareness Month
- National Migraine and Headache Awareness Month

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

 06/11/24 12 p.m. ET	Getting Real: Does all that advice help or hurt (Care)	Join this webinar to learn more about how to trust your instincts and choices - as a parent, employee, caregiver, and a person.	https://caredotcom.zoom.us/webinar/register/4317162164140/WN_X0JYw5wjRmSLI5pPJbyE4A#/registration
 06/12/24 3 p.m. ET	Supporting Your Child's LGBTQIA2S+ Identity (Torchlight)	Learn more about how to best support a child or younger loved one who is LGBTQIA2S+.	Webinars (torchlight.care)
 06/18/24 2 p.m. ET	Financial Wellness Checkup (Principal)	Take the time to check in on how you're progressing on your financial wellness journey.	Webinar: Financial wellness checkup by Principal
 06/26/24 12 p.m. ET	LGBTQIA+ mental health while building and raising a family (Maven)	Learn more about well-being and the unique challenges within the LGBTQIA+ community while building and raising a family.	https://mavenclinic.zoom.us/webinar/register/8317059357205/WN_vLw-8ZUKRyuLv2mhYOIxew#/registration
 On-demand	Understanding Diversity (SupportLinc)	Watch this on-demand video for information on diversity, equity, inclusion and belonging, and what they really mean.	SupportLinc (mysupportportal.com)

Spotlight on Benefits for your Financial, Mental and Physical Wellness

National Men's Health Month



Are conditions such as lung cancer and prostate cancer caused by the male biological condition? A heartbreaking fact about men's ill-health and premature death is that it is not always due to the male biological condition, but often due to lifestyle and emotional factors - entrenched notions of masculinity, risky behavior, a reluctance to seek medical help, and societal expectations.

There's lots we should do to stay on top of our health: Eat right, exercise and get good sleep. Your annual preventive care check-up should be added to that list. Yearly check-ups with your primary care provider (PCP) are the best way to stay healthy and get ahead of any issues before they become bigger and more difficult to treat. 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 or call **800-243-3280**. If you're having a hard time scheduling with your primary care provider, you can also go virtual. Access MDLIVE for virtual preventive care services by logging in to mycigna.com, clicking on "Talk to a doctor," then selecting virtual medical.

Here are 6 key strategies you can follow to keep yourself healthy and up to date with your wellbeing:

It starts at home

- Help your male family members speak openly about their health and well-being as early as possible.

Don't wait

- Schedule regular check-ups with your primary care provider. Ask questions to help you make healthier decisions and identify, treat and prevent underlying issues.

Embrace routine screenings

- They detect diseases early and make treatment more effective. Include screenings for cholesterol, blood pressure, diabetes, and other risk-related conditions, which vary by every patient and lifestyle.

Adopt healthier habits

- Eat better and incorporate regular exercise into your routine. Limit alcohol intake, and always consider quitting smoking.

Be brave

- Recognize when you aren't doing ok, or when you're not feeling yourself. Asking for help, or just accepting it, changes your life. Addressing mental health conditions like depression, anxiety, and substance abuse start with breaking the stigma around seeking help (clinical or personal).

Break the silence and talk about men's health

- Talk about it and connect with other men in your life, family and colleagues. No amount of toughing it out, manliness or ruggedness is worth risking your health. Feeling heard, and being surrounded by people that are truly interested in you – as a person – can change your life perception.

For more information, visit <https://www.cignaglobalhealth.com/static/docs/pdfs/na/let's-talk-about-men's-health-article.pdf>

Suicide Prevention Month



Understanding the issues concerning suicide and mental health is an important way to take part in suicide prevention, help others in crisis, and change the conversation around suicide. By offering immediate counseling to everyone that may need it, local crisis centers provide invaluable support at critical times and connect individuals to local services. For more information, please visit [We Can All Prevent Suicide - 988 Suicide & Crisis Lifeline \(988lifeline.org\)](https://www.988lifeline.org) or contact SupportLinc EAP at **888-508-1170**.

Alzheimer's and Brain Awareness Month



Alzheimer's disease is a type of dementia that damages the brain. It causes a steady loss of memory and of how well you can speak, think, and do your daily activities. Alzheimer's disease is caused by changes in the brain. Some of the symptoms may be linked to a loss of chemical messengers in the brain, called neurotransmitters. Neurotransmitters allow nerve cells in the brain to communicate properly.

How can you care for someone who has Alzheimer's disease? Care needs will change over time. You'll work with health professionals to create a safe and comfortable environment and make tasks of daily living easier. You can help by making sure the person eats well. You can also help manage sleep problems. Your loved one may also need help with bladder and bowel control. For more information, visit <https://www.cigna.com/knowledge-center/hw/medical-topics/alzheimers-disease-hw136623>

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!*