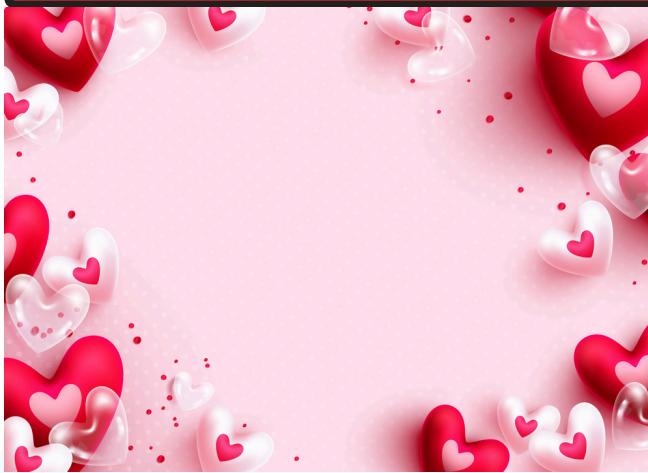


# BENEFITS & WELLNESS

# FEBRUARY BULLETIN



## WELLNESS CORNER



- **Children's Dental Health Month:** February is Children's Dental Health Month. Strong preventative habits lay the ground work for a lifetime of healthy smiles. Start using a pea-sized amount of fluoridated toothpaste on your child's brush by age 3, and begin flossing once teeth grow in next to each other. Visit the [Delta Dental Children's Oral Health website](#) for additional information. Did you know both dental plans offer preventative care at zero cost to you as the employee and the dependents on your plan? Visit the [Benefit Team's website](#) for additional information.
- **February is American Heart Awareness Month:** Heart Disease remains the leading cause of health worldwide, yet many cases are preventable. Simple lifestyle choices-such as not smoking, maintaining a healthy weight, managing blood sugar and cholesterol, treating high blood pressure, staying physically active with at least 150 minutes of moderate exercise each week, and getting regular checkups can significantly reduce your risk and support long term heart health. You can find additional information [here](#) regarding Heart Disease.
- **Employee Assistance Program (EAP):** EAP offers assessment, short-term counseling and follow-up care if you need assistance in managing life's challenges. The EAP providers offer round-the-clock advise and support-all of which is completely confidential. Call **1-877-622-4327** and the Employer ID is **INOTIV**. Visit our [Benefit Website](#) for additional information.

## Form 1095-C is available in Workday

Form 1095-C provides information about the health insurance coverage we offered you during 2025. You are no longer required to file this statement with your personal tax return. If you want access to your form, log into Workday. Go to Menu>Benefits and Pay>Benefits>ACA Forms.

## FINANCIAL PROTECTION



- **Join Fidelity live financial workshops and take control of your future:** Are you ready to take charge of your financial future? Fidelity live online workshops are designed to help you build the skills and knowledge you need to save for retirement and manage your money effectively. With a variety of topics conveniently online, you will find a workshop that fits your schedule. Explore February and March workshops that are available on our [website](#) or you can review the document attached to schedule.
- **Join Fidelity for complimentary support through your workplace benefits:** Fidelity's one-on-one consultations help you answer questions like:
  - How do I create a plan to prepare for retirement?
  - How can I feel more confident about my investment choices?
  - Are all my savings goals on track?
 To register for a free one-on-one consultation at a time that works for you call 1-800-603-4015 to speak with a Workplace Planning Consultant.
- **Fidelity Financial Wellness Tools:** Check out the attached flier that provides all of Fidelity's financial wellness resources and/or visit our [website](#) to watch the Fidelity Financial Wellness video.