

BENEFITS & WELLNESS JANUARY BULLETIN

Reminder: Cigna will not send out physical ID cards for the 2025 plan year. Cigna utilizes virtual ID cards. You can request an ID card from the mycigna.com website by clicking on View ID Card and then request a physical card.

WELLNESS CORNER



- **New Wellness Program Introduction-Personify Health:** We are excited to introduce the new Cigna Healthcare Wellness Experience. This Wellness experience is included in your health plan at no additional cost to you. Set up your profile on [myCigna.com](https://mycigna.com) or download the myCigna app. Navigate to Wellness and click "Get Started" to enroll. You will be able to engage in activities that fit your interests: Well-being challenges, Digital coaching, Learning about Healthy Habits and so much more. Also, you will have an opportunity to earn up to \$300 in rewards by completing the challenges. This program has started and will go until December 31, 2025. Check out the attachment provided with this newsletter and the Benefit Website for additional information and up-to-date information.
- **January is Cervical Cancer Awareness Month:** Research shows that late stage Cervical Cancer appears to be on the rise. Experts have said that the disease is preventable in many cases if caught early enough. For additional information click [here](#).
- Listed below are your 2025 benefit websites. Please bookmark them, save this newsletter for future use and/or you can find them all on our [benefit website](#).
 - [Cigna](#)
 - [Delta Dental](#)
 - [VSP](#)
 - [Nationwide](#)
 - [SunLife](#)
 - [Bank of America](#)
 - [MetLife](#)
 - [Fidelity](#)
- **Active & Fit:** There is a \$0 enrollment fee through the end of February 2025 with code **FITNESSFIRST**. Click [here](#) for the promotion flyer.

FINANCIAL WELLNESS

- **Financial Wellness Month:** Every step toward progress, no matter how small, should be celebrated. Maybe you are trying to set aside more for those "what-if" moments or thinking longer term by bumping up your retirement savings contributions. Each little win brings you closer to your money goals so you can live the life you want. That is why this **Financial Wellness Month**, you can find hands-on tools, and other resources related to must-know money topics, such as the following: Ways to balance spending and saving priorities, How much to save for the unexpected (think medical bills or home or car repairs), or How to help your paycheck stretch further.
- **Scan to get started.** Hover your phone's camera over the code. No app needed.



- Watch this quick three minute Fidelity Financial Wellness [video](#).
- You can view the 2025 Financial Wellness Workshops on the [Benefits Team website](#).