

BENEFITS & WELLNESS JANUARY BULLETIN



This is a reminder to please review and update your personal demographic information in Workday. Ensuring your information is accurate and up to date helps us maintain correct records and provide appropriate support.

WELLNESS CORNER



- **Wellness Experience:** The **Wellness Experience** is an incentive program available to employees enrolled in the **Cigna medical plan** that rewards you for prioritizing your health and well-being. Participants can earn **up to \$300** by completing daily wellness activities, wellness screening(s), and regular exercise. **What's new this year?** Spouses who are enrolled in **Cigna medical coverage** are now eligible to participate and earn incentives as well. Take advantage of this opportunity to stay active, support your overall wellness, and earn rewards along the way. Check out the attachment for additional information.
- **HeadSpace:** HeadSpace is your go-to mental health app-a companion to guide you through all of life's moments. This is a free service through your Cigna Healthcare plan. Taking care of your mental health is just as important as maintaining your physical health. HeadSpace by Cigna Healthcare give you easy to use, science-backed tools to help you sleep better, stress less, and focus more-and you can do this right from your phone. [Click here](#) for additional information.
- **Active & Fit:** There is a \$0 enrollment fee through the end of February 2026 with code **MAKEYOURMOVE**. [Click here](#) for the promotion flyer and additional information on Active & Fit.

FINANCIAL PROTECTION



- **Declare your Beneficiary:** Did you know that 48% of people do not have a named beneficiary? What happens to your savings if something happens to you? Make sure you get to decide. Review your beneficiaries regularly. It is important to update them after certain life events, such as a marriage, a divorce, the birth of a child, or a death in the family.
- Here is how to review and update your beneficiaries:
 - Fidelity: Scan the QR code below or log into netbenefits.com.
 - Life Insurance: Log into [Workday](#).
 - Heath Savings Account: [Log into Lively](#).



- **Important things to remember:**
 1. Primary Beneficiary-You first choice to receive the value of your account.
 2. Contingent Beneficiary-Your second choice to receive the values of your account if the beneficiary(ies) are not living at the time of your passing. Do not enter the same name(s) you have entered as your primary beneficiary(ies).
 3. If you are married and wish to name someone other than your spouse as your primary beneficiary, you must submit a notarized spousal consent form to Fidelity.