

BENEFITS & WELLNESS JULY BULLETIN



Wellness Experience Challenge

Are you ready to start moving? Step inside the Time Machine Challenge and move your way to history's biggest moments.

The Challenge will run from July 21-August 18.

Registration opened on July 7.

This is another opportunity to earn points towards your incentives. Go to mycigna>Wellness Challenges to sign up.

WELLNESS CORNER



- **Preventing Skin Cancer:** Skin cancer is the most common of all cancer types. There are more than five million skin cancers that are diagnosed each year in the United States. That is more than all other cancers combined. Skin cancer rates have been on the rise over the past few decades. The good news is that you can do a lot to protect yourself and your family from skin cancer.

- Seek Shade (especially 10am-4pm)
- Use Sunscreen
- Protect your skin all year round-UV rays are around all the time.

See the attached flyer for additional information.

- **Did you know you can use MDLive to see a Dermatologist?:** MDLive Dermatology Virtual Visit can be used for treatment of your skin, hair, and nail conditions via online messaging through MDLIVE with a board-certified dermatologist. Services include treatment for conditions like acne, dermatitis, eczema, folliculitis, psoriasis and rosacea. No appointment is necessary. You can upload pictures and describe your symptoms to receive a treatment plan. Responses are usually within 48 hours. Actual timing may vary by provider. Simply visit [mycigna.com](https://mycigna.com/Coverages/Medical/MDLIVE/MDLIVE-Dermatology-Virtual-Visit)>Coverages>Medical>MDLIVE>MDLIVE Dermatology Virtual Visit to get started.

FINANCIAL PROTECTION



- **PersonalSage Incentive Promotion:** The Benefit's Team has started a new incentive promotion. This is from **June 15th-September 15th**. Inotiv has partnered with our retirement plan advisor, SageView Advisory Group, to provide all employees access to personalized financial wellness resources. This includes one-on-one support from a dedicated financial advisor who can help you navigate your unique financial goals. If you schedule and meet with a Financial Coach for 30 minutes **you will receive a \$100 bonus on your paycheck**. This is 100% confidential.
- The pay out of this incentive is scheduled for 7/25, 9/5, or 10/3 depending on when you complete your session. This is taxed and 401(k) eligible.
July 15th is the last session date that will be included in the July 25th paycheck. Anything after that day will reflect on the 9/5 pay cycle.
- Scan the QR Code to schedule appointment with any available Financial Coach. Also, you can visit <https://mypersonalsage.com/> for additional meeting times with other Financial Coaches.

