

# BENEFITS & WELLNESS

## JUNE BULLETIN


 SUMMER

### Visana

Visana is an in-network virtual care clinic for women at every stage of life. This is offered as part of your Cigna medical plan. You can get support for Preventative Care, Gynecological, Hormone, Menopause and more. Visana delivers care that connects all the pieces of your health, providing you with: A care team who listens, comprehensive and compassionate virtual care and convenience. Attached is a flyer for additional information.

### WELLNESS CORNER



- **June is Men's Health Awareness Month:** Men's Health Month encourages men and boys to take charge of their health by making healthy lifestyle decisions. Men are at higher risk for many serious diseases, including heart disease, lung cancer, and HIV. Men also face unique health problems that don't affect women, like prostate cancer. To improve men's health, it's important to raise awareness about preventative screenings and regular health care for men of all ages. Click [here](#) to review the **Preventative Health Care Guide**.
- **Omada-Diabetes Prevention Program:** Omada is a personalized program that surrounds you with the tools and support you need to reach your health goals, whether that is losing weight or improving your overall health. This is at no additional cost to you: If you or your covered adult dependents are enrolled in the company medical plan offered through Cigna, are at risk for type 2 diabetes or heart disease, and are accepted into the program, you will receive the program at no additional cost. You will get a secure, 24/7 access to:
  - An Omada health coach
  - A wireless smart scale
  - Personalized dashboard-guide to help with your journey
  - An online community tailored to your interests

For help contact Member Support at [Support@omadahealth.com](mailto:Support@omadahealth.com). Please visit the [benefit team website](#) for additional resources.

### FINANCIAL PROTECTION



- **PersonalSage Incentive Promotion:** The Benefit's Team has started a new incentive promotion. This is from **June 15th-September 15<sup>th</sup>**. 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**. 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. **This is 100% confidential**. Attached is the flyer that will provide you with additional details and the ability to schedule your meeting with a Financial Coach.
- Click [here](#) or scan to schedule your appointment with Nick. Nick's calendar is filling up, please visit <https://mypersonalsage.com/> for additional meeting times with other Financial Coaches.

