

BENEFITS & WELLNESS JUNE BULLETIN



Wellness Experience Reminder: Enrolled employees and spouses can participate in the Cigna Wellness Experience at no additional cost. Complete wellness activities, screenings, and challenges to support your health goals. Connect with coworkers, friends, and family through friendly wellness competitions. Eligible participants can earn up to \$300 in Wellness Rewards through December 31, 2026. Visit mycigna.com or the myCigna app to get started.

WELLNESS CORNER



- **Oshi Health-Gastrointestinal Care:** Employees enrolled in the Cigna medical plan have access to Oshi health, an in-network virtual care clinic specializing in digestive (GI) health. Oshi Health offers convenient virtual appointments with a team of GI providers, registered dietitians, and gut-brain specialists, helping members receive personalized care from the comfort of home.

Oshi Health can help with:

- Abdominal pain and bloating
- Acid reflux and GERD
- Irritable Bowel Syndrome (IBS)
- Crohn's disease and ulcerative colitis
- Unexplained digestive symptoms
- Many other gastrointestinal concerns

Why consider Oshi Health?

- Personalized treatment plans focused on addressing the root cause of symptoms
- Evidence-based care designed to identify triggers and improve outcomes
- Convenient access to GI specialists, including evening and weekend availability
- Ongoing support that complements care from your existing GI doctor

Getting started is easy-schedule a virtual visit and pay your regular in-network cost share through your Cigna medical plan.

FINANCIAL PROTECTION



- **Get help with Medicare for yourself and your loved ones:** Fidelity Medicare Services is a free resource for Medicare education, guidance, and enrollment assistance. Fidelity licensed insurance agents help you compare Medicare options and can help you sign up for coverage that meets your health and financial needs. See the attached flyer for additional information.
- **Thinking about retirement:** Fidelity can help you navigate retirement and guide you through many of the decisions you'll make about your money, health, lifestyle, and loved ones retirement, including:
 - Maximizing your Social Security benefits
 - Understanding your health insurance options
 - Adjusting your investments or exploring ways to generate income

Scan to access the Retirement Decision Guide



- **Thinking of buying a house?** Putting a clear plan together could help you save the money you need for a house down payment. [This article](#) from Fidelity gives you 7 tips to help you achieve home ownership.