

BENEFITS & WELLNESS MARCH BULLETIN



FSA Claim Submission Deadline is March 31st
There is no carryover of any remaining FSA funds from 2025 to 2026. The deadline to submit the 2025 claims for your remaining FSA funds is March 31, 2026. Please note any unused funds will be forfeited. To submit your claims, log into your account at [Lively](#).

WELLNESS CORNER



- **Colorectal Cancer Awareness Month:** During the month of March, individuals are reminded of the importance of having access to life-savings resources for preventing, detecting, and treating Colorectal Cancer. Colorectal Cancer diagnosis in those under the age of 50 are increasing by 2% each year, and by 2030, Colorectal Cancer is expected to be the main cause of death in people under the age of 50. Visit [here](#) for additional details. Did you know that your medical plan provides coverage for preventative and diagnostics colonoscopies. If the colonoscopy is preventative and rendered by an in network provider the services will be paid at 100% of the contracted rate. The age limit for a preventative colonoscopy is 45 years old and older.
- **Workplace Eye Wellness Awareness Month:** Each year, nearly 25,000 Americans visit the emergency room due to a workplace eye injury. During Workplace Eye Wellness Month this March, the American Academy of Ophthalmology reminds employers and workers about the importance of wearing certified and approved eye protection. If you need help with prescription safety glasses options, please contact your local EHS and/or HR representative for additional information.

FINANCIAL PROTECTION



- **If you enrolled in the MetLife Legal Plan for 2026, be sure to use this benefit:** If you haven't already, create an account to gain access to everything you need to use your legal plan. Visit members.legalplans.com and create an account with either your work or personal email account. Select Inotiv, Inc. as your employer to confirm your eligibility. You may also call 800-821-6400 for assistance. When you create a legal plan account, an Eligibility ID is assigned to you. This is the unique identifier that you provide to network attorneys to verify your eligibility. You can find this nine digit identifier under your account name in the top right corner of the legal plan website. You can find assistance with Family Law, Wills and Estates, Debt Matter, Real Estate, Traffic and Criminal, and Injury and Insurance. After you select your topic area, you can choose a network attorney to work with. There are no copays, deductibles or claim forms when you use a network attorney for a covered matter. An online Estate Planning tool is also available. You can create wills, powers of attorney, and healthcare directives for you and your spouse in as little as 15 minutes.