

BENEFITS & WELLNESS MAY BULLETIN


 HELLO
MAY

Why is Cigna calling me?

Cigna is not just for claim processing. They offer programs to help you get healthy and live well. Cigna is excited to get to know you, so they will call you to talk about ways that you can work together to help you manage your health. Attached is a flyer to give additional details on why you should answer Cigna's phone call.

WELLNESS CORNER



- **May is Mental Health Month.** This month is dedicated to Mental Health and bringing attention to the importance of prioritizing your mental health and promoting open conversations about it. Cigna Behavioral Health Navigation Services provides access to support in finding a path to feeling better mentally and emotionally. As a Cigna member, you have access to so much to help you, including digital resources, aid with stress and anxiety, therapy, coaching and care for more complex behavioral health needs. Through this navigation service you will have access to unlimited real-time support, 100% follow up and a navigator to help and guide you throughout your path of care. This program provides support for teens, parents and families, which empowers individuals to be effective advocates for their family member or their own mental health needs. To learn more, visit mycigna.com and click on the Wellness tab, then select Mental Health Support. Also, you can call the Cigna number on your card.
- **Did you know that your Cigna insurance offers free Preventative Medication at zero cost to the employee and/or dependents on the plan?** This includes a variety of medications available for Mental Health support at zero cost to you. Log into your [mycigna](https://mycigna.com) account to view the list.

FINANCIAL PROTECTION



- **Explore the Investment Feature of your HSA:** Your HSA can play an important role in planning for healthcare expenses down the road, including retirement. Learn about the potential benefits of investing and how to set up and manage your investment account. Join these webinars below for additional information.
 - Wednesday, May 28 at noon Eastern
 - Tuesday, June 24 at 3pm Eastern
- **Fidelity Medicare Services:** When you are getting ready to enroll in Medicare, you need advice that's personalized, impartial, and trustworthy. You can now contact Fidelity for support. Fidelity Medicare Service is a free resource for Medicare education, guidance, and enrollment assistance. Their licensed insurance agents help you compare Medicare options and find coverage that meets your health and financial needs. There are multiple plan options to choose from, coverage that includes dental, vision and other benefits and a dedicated Fidelity licensed insurance agent that will help you make the right decisions. Check out their [online resource library](#) and interactive decision-support tools. Or [simply schedule an appointment](#).