

BENEFITS & WELLNESS SEPTEMBER BULLETIN



IdentityForce is a resource offered by TransUnion through our Cigna medical insurance that helps protect your personal information from identity theft. It monitors things like your Social Security number, credit reports, online activities, and alerts you if there's suspicious activity. Review the attached flyer to see all the plan features, which include restoration services. Click [here](#) to sign up or call 833-580-2523.

WELLNESS CORNER



- **National Suicide Prevention Month:** Each September, **NAMI** (National Alliance on Mental Illness) recognizes Suicide Prevention Month as a time to raise awareness, spread hope, and mark meaningful action around one of the most urgent mental health issues of our time. The goal is to ensure that individuals, friends, and families have access to the tools, resources, and support they need to talk openly about suicide prevention, recognize warnings signs, and seek help. This month: **Start a Conversation. Be the Difference.** As Inotiv employees and Cigna members you have access to tools and resources to support you and your family's mental, behavioral and emotional health. Visit the **Benefit's Team website** for additional resources. The National Suicide Prevention Lifeline number is 1-800-273-8255.
- **As we are approaching Open Enrollment: Voluntary Legal Plan-MetLife.** MetLife gives you access to professional legal services and, more importantly a peace of mind. The nationwide network provides help on a variety of legal matters, including family/personal law, foreclosures, refinancing, home and real estate, civil lawsuits, estate planning, identity theft management and so much. How does it work? During open enrollment you can elect this benefit. You have an unlimited number of telephone consultations and office visits-plus there's no deductible, claims forms or usage limits for covered services. Visit the **Benefit's Team Website** for additional information.

FINANCIAL PROTECTION



- **Fidelity Medicare Assistance Service:** Fidelity partners with Medicare providers in every market to get who they believe are the best options in each market. Fidelity licensed agents act as independent advisors/brokers and work to find the best plan for each individual based on their needs. Employees can utilize this service for themselves or a family member, such as a parent. There is no cost to speak to a licensed agent. Fidelity receives a commission from the Medicare provider if a participant enrolls in a plan arranged by Fidelity. Learn more about Medicare and this service at **www.Fidelity.com/MedicareAssistance**.
- **Have you Established Beneficiaries for your Fidelity 401(k) account?** Please take a few minutes today to name your beneficiaries to ensure that your benefits will be distributed according to your wishes. See the attached flyer for instructions.
- **PersonalSage Incentive Promotion:** The final financial coaching incentives will be paid on the October 3rd payroll for those who completed their session by September 15th.