



MY wellness

Employee Wellness Newsletter

Health Reimbursement Arrangement (HRA)

by Lanell Covington-James

As we begin to go into our Benefit Open Enrollment season (May 3rd through June 2nd) we are offering a number of seminars on a variety of topics. Our first two seminars will be held from 2:00 pm to 3:00 pm, Wednesday, April 21st. They will be covering the Health Reimbursement Arrangement (HRA) as well as Medicare 101 (Medicare Basics).

The Health Reimbursement Arrangement (HRA) plan is offered to prospective retirees who are not electing the district's 10-year medical plan. This meeting will also include a representative from MidAmerica who administers the program to answer any questions on processes, eligible claims, etc.

The Medicare 101 will be conducted by a representative from the Social Security Administration and will provide an overview of the Medicare program as well as its enrollment process, eligibility requirements, and timelines.

The seminars are scheduled as follows:

- Date: **Wednesday, April 21, 2021**
- Time: **2:00 pm - Health Reimbursement Arrangement (HRA)**
2:30 pm - Medicare 101 (Medicare Basics)
- RSVP: Please register [here](#) to attend.

Please be on the lookout for e-mails for future seminars, including Benefits 101, CompleteCare and additional Medicare and HRA meetings.



Workday Stretches

Stretching during your work day is a major investment in your lifelong health. We can all just send that extra email before we step away from the computer, but then we look up and find that we have been sitting in one position for several hours. Take the time to stretch frequently during your workday with [these helpful stretches](#).

Healthy Tip!

Increase your resilience with these [stress reducing strategies](#). Focus on taking care of you, practice gratitude and engage in meaningful activities.

April Events

- 15 The Power of Positive Thinking
- 17 Heart and Stroke Walk 2021
- 21 Health Reimbursement Arrangement

EAP Webinar - The Power of Positive Thinking
April 15, 2021 / 3:30 pm - 4:30 pm
RSVP via [Professional Development](#)

Heart & Stroke Walk 2021
April 17, 2021 / [Virtual](#)

Health Reimbursement Arrangement Seminar
April 21, 2021 / 2:00 pm - 3:00 pm
RSVP [Here](#)



Heart & Stroke Walk 2021

by Beth Bowles

Hello Everyone,

We are participating and leading a team at the 2021 SW Riverside County Heart & Stroke Walk supporting the American Heart Association. By joining the MSJC team, we will literally save lives together.

In the past, funds raised from the Heart Walk have led to scientific breakthroughs like pacemakers, cardiac stents, and artificial heart valves that keep people alive longer. Register for my team today - you won't regret it!

Walk, roll, run, skip, move on **April 17, 2021** (virtually) and donate if you can to celebrate your ability to move! Why Walk? Because you can! Keep moving and save lives and the hearts of moms, dads, brothers, aunts and babies.

While you celebrate with us, you'll also join 1 million walkers from across the nation as we all move as one. This year's donations will help fast track COVID-19 research and train front-line workers while we continue the fight against heart disease and stroke.

Register to join us for Heart Walk this year. Let's make it a date - a virtual one of course on April 17, 2021.

Here is the link to register www.heart.org/site/TR?team_id=624629&fr_id=5716&pg=team

The Power of Positive Thinking

brought to you by Keenan & Associates

Along with our Employee Assistance Program (EAP), our insurance provider is offering the **The Power of Positive Thinking** webinar for April 2021:

The Power of Positive Thinking

Thursday, April 15, 2021

3:30 pm - 4:30 pm

Whether you believe it or not, you can rewire your brain to think differently. Positive thinking can dramatically affect your attitude, as well as your relationships with others. In this seminar, you'll learn how to replace negativity with positive thoughts, and discuss best practices and the power of praise. These skills will allow you to make the changes that lead to greater happiness.

Register for this webinar via the [Professional Development SharePoint](#). Employees that attend the live webinar are entered in an opportunity drawing for a chance at a \$50 Amazon gift card. Drawing winners are notified within 2 weeks of the webinar.

The [Employee Assistance Program \(EAP\)](#) is a free service to MSJC employees and members of their household. Call (800)999-7222 or visit www.anthemEAP.com and enter code REEP.

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**“These mountains that
you are carrying, you were
only supposed to climb.”
— Najwa Zebian**

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MSJC Employee Wellness