

## MY wellness

Employee Wellness Newsletter

## Health &amp; Welfare Benefit Changes

by Lanell Covington-James

Open Enrollment is again upon us! The format will continue via Zoom, and although we are not face-to-face, we are here for you and are happy to answer any questions you may have. This year, [Open Enrollment](#) will be held online from **May 3rd** through **June 2nd, 2021**.

This is the time of year when health plan rates are announced and you have the opportunity to make changes to your elections which become effective in the upcoming plan year beginning July 1, 2021 through June 30, 2022.

Keenan representatives will be available to answer your health and wellness questions. They will provide an overview of the full array of benefits available to you and how you can best take advantage of the District programs.

Additional meetings will be held to provide overviews of the CompleteCare program, Medicare 101 as well as the Health Reimbursement Arrangement (HRA) plans. So please be on the lookout for those registration e-mails.

Please note: This is the only time during the year that you may make changes to your dependent care, flex spending accounts and health and welfare plans without a qualifying event.

Again, Open Enrollment begins **May 3, 2021 at 8:00 am** and will run through **June 2, 2021 at 4:00 pm**.

Make use of our generous benefits for a healthier you!



## Open Enrollment

Open Enrollment 2021 Zoom Meetings will be hosted by Keenan and MSJC Benefit Analyst, Lanell Covington-James and will be held on:

- Monday, May 3rd at 10:00 am  
[Register Here](#)
- Thursday, May 6th at 3:00 pm  
[Register Here](#)

Please register for one session only. Space is limited to 300 attendees.

## Healthy Tip!

Boost your energy during the day with a handful of almonds or cashews, take a walk around the block, or have a power snack with peanut butter on a whole wheat cracker.

## May Events

- 3 Open Enrollment Zoom Meeting
- 6 Open Enrollment Zoom Meeting
- 20 A Personal Guide to Managing Stress & Change

## Open Enrollment Zoom Meeting

May 3, 2021 / 10:00 am

May 6, 2021 / 3:00 pm

RSVP - [May 3rd](#) / [RSVP - May 6th](#)

## EAP Webinar - A Personal Guide to Managing Stress and Change

May 20, 2021 / 3:30 pm - 4:30 pm

RSVP via [Professional Development](#)



## Financial Wellness Resources

by Lanell Covington-James

Open Enrollment is a great time to assess your financial wellness for the upcoming year. Our insurance providers are offering online meetings to answer your questions.

The American Fidelity Section 125 Benefit Enrollment for the Flexible Spending Accounts (FSAs) and additional benefits will be held online again this year. By utilizing GoToMeeting technology, American Fidelity will be able to assist you with your Section 125 Benefit Enrollment via virtual appointments. We encourage benefited staff members to sign up for an online conference with an American Fidelity representative, to learn about and review your benefit options.

Please schedule your virtual appointment [HERE](#).

For your convenience, the link to schedule an appointment will also be available on the Benefit Bridge system's platform.

It is also a great time to review your beneficiaries, make changes to your life insurance policies, review your tax withholding and start, change or review your 403b/457 elections, and update as needed. During Open Enrollment you may also elect plans from Hyatt Legal and Identity Theft Protection. You may review your 403b/457 options via TSA Consulting at <https://www.tsacg.com/>.

## A Personal Guide to Managing Stress & Change

brought to you by Keenan & Associates

Along with our Employee Assistance Program (EAP), our insurance provider is offering the **A Personal Guide to Stress & Change** webinar for May 2021:

**A Personal Guide to  
Managing Stress & Change  
Thursday, May 20, 2021  
3:30 pm - 4:30 pm**

Change is certain in life. How you react to chance can either raise or lower the stress that you feel at work and at home. Review the four phases for surviving change. Discover tips for coping with change and learn how to lower your stress levels

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](http://www.anthemEAP.com) and enter code REEP.

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We are what we  
repeatedly do.  
Excellence, therefore,  
is not an act.  
But a habit.  
—Aristotle

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