

Employee Benefits Newsletter



Your Q1 Benefits Update

Access your Employee Benefits Website at: www.trinidadbenefits.com

This edition of your Employee Benefits Newsletter contains:

- Flexible Spending Account Reminders
- Carrot—Fertility Benefits
- \$50 Aflac Wellness Benefit
- Contact Information



WELCOME TO 2024!

BENEFIT NEWS YOU CAN USE

IMPORTANT REMINDERS ABOUT YOUR FLEXIBLE SPENDING ACCOUNT (FSA)

Be sure to get the most out of your 2023 FSA Contributions!

- **March 15, 2024** is the last day to incur expenses toward your 2023 FSA
- **All claims** for your 2023 FSA must be filed by **March 31, 2024**
- If you have a FSA, review the IRS "Medical and Dental Expenses" Publication 502 on the official **IRS.Gov** website to learn more about qualified medical expenses you may not know you can include as a claim for your FSA
- Visit **<https://fsastore.com>** to shop eligible items online
- **Last day to submit Dependent Care FSA expenses is March 31, 2024.** *All claims must be for services incurred January 1, 2023 - December 31, 2023*

VIRTUAL TELEMEDICINE VISITS—THROUGH ANTHEM

Find complete care support on your time, through the **Sydney Health app**.

Visit with a doctor at your convenience:

- Chat with a doctor 24/7 without an appointment
- Urgent care support for health issues, such as allergies, a cold, or the flu
- New prescriptions for concerns such as a cough or a sinus infection
- Schedule a virtual primary care appointment
- Routine care, including wellness check-ins and prescription refills
- Assess your symptoms with the Symptom Checker on Sydney Health

Save money with virtual care visits! PCP virtual visit \$0 copay and Specialist virtual visit \$50 copay.



Trinidad Benham Employee Benefits Newsletter

GET TO KNOW CARROT, YOUR FERTILITY BENEFIT

We've partnered with Carrot to offer inclusive fertility, menopause / low testosterone, and family-forming benefits.

- Receive a free, personalized Carrot Plan created by a Carrot Expert with actionable next steps
- Get at-home support like fertility tests, precision ovulation tracking, and more
- Access funds to help pay for eligible care and services

Trinidad Benham will reimburse:

- ⇒ 100% of eligible expenses
- ⇒ \$5,000 annual maximum
- ⇒ \$15,000 lifetime maximum

- Visit get-carrot.com/signup to create your account

CARROT

Scan the QR code below to download



DID YOU KNOW?

If you are enrolled in our Aflac Accidental Injury Insurance, Hospital Indemnity, and/or Aflac Critical Illness Insurance, you can receive the Wellness Incentive & Health Screening Benefit.

To receive the \$50 benefit:

- Complete at least one covered wellness visit or preventive care service
- Submit your Wellness & Health Screening activity online at: mylogin.aflac.com
- The benefit is paid to each covered person who completes at least one covered wellness or preventive care service (1x annually per participating plan)

*What makes Trinidad Benham great? YOU DO!
Celebrating 100 years as an Employee Owned Company.*

DON'T FORGET...

Mobile Apps make accessing your health and dental benefits easy and convenient. Download yours today!



**Anthem's
Sydney Health
App**

Scan the QR code
to download



**Delta Dental's
Mobile App**

Scan the QR code
to download



CONTACT INFORMATION

Coverage	Carrier	Phone #	Email or Website
Medical Behavioral Health Advantage	Anthem	844-995-1743 844-451-1576	www.anthem.com
Dental	Delta Dental	800-610-0201	www.deltadentalco.com
Vision	VSP	800-877-7195	www.vsp.com
Flexible Spending Account (FSAs)	Anthem Flexible Spending Account	844-995-1743	www.anthem.com
401(k)	Fidelity Investments	800-835-5097	www.401k.com
Life/AD&D	The Hartford	888-563-1124	www.thehartford.com
Integrated Leave Management (FMLA) & Disability	The Hartford	888-301-5615	www.thehartford.com
Accident, Critical Illness & Hospital Indemnity	Aflac, Jennifer Foss, HUB International	720-207-2391	www.aflacgroupinsurance.com
Whole Life	Allstate	800-521-3535	www.allstatebenefits.com
Identity Theft	Allstate ID Protection	855-821-2331	www.allstateidentityprotection.com
Fertility & Adoption Assistance	Carrot	855-459-0059	New users – get-carrot.com/signup Existing users - app.get-carrot.com
Legal Insurance	ARAG Legal Plans	800-247-4184	ARAGlegal.com (access code: 19113tb)
Employee Assistance Program (EAP)	The Hartford	800-964-3577	www.guidanceresources.com ; Organization Web ID: HLF902; Company Code: ABILI
BenefitHUB	Discounts	866-664-4621	www.trinidadbenham.benefithub.com Referral code: YVPZ49
Call Center	Enrollment Call Center	888-598-2040	www.trinidadbenefits.com



Benefit Spot

We've gone mobile! To help you access your benefits information—even when you're away from work and need it most—we've launched a mobile benefits app. To get started, Download "Benefit Spot" on the Apple App Store or Google Play and enter company code: Trinidad

