

# Employee Benefits Newsletter



## Your Q2 Benefits Update

Access your Employee Benefits Website at: [www.trinidadbenefits.com](http://www.trinidadbenefits.com)

### **This edition of your Employee Benefits Newsletter contains:**

- Right Place, Right Time—When & Where To Seek Care
- Protecting Your Mental Health & Well-Being
- Protecting Your Financial Health—Fidelity Cyber Security & Beneficiary Identification
- Contact Information



# SPRING INTO ACTION FOR YOUR HEALTH!

## BENEFIT NEWS YOU CAN USE

### RIGHT PLACE, RIGHT TIME. WHEN & WHERE TO SEEK CARE

Spring is here and summer is fast approaching. Be prepared to handle the health concerns life throws your way during the spring and summer months. Knowing when and where to seek care will allow you to spend more time doing the things you love!

#### When to use Virtual Telemedicine Visits through Anthem's Sydney Health app (scan QR code below):

*PCP virtual visit \$0 copay and Specialist virtual visit \$50 copay*

- Allergies, sinus infections
- Pink eye
- Poison Ivy or Poison Oak
- Routine care, including wellness check-ins



#### When to use In-Network Urgent Care:

*In-Network Urgent Care is a \$50 copay per visit, then 20% coinsurance, deductible does not apply*

- Your doctor's office isn't open
- Treating cuts or bad scrapes needing stitches or expert bandaging
- Minor fractures, sprains, and dislocations

#### When to use Emergency Rooms (ER):

*Emergency Room is a \$150 copay per visit, then 20% coinsurance, deductible does not apply*

- **Heart attack symptoms:** chest pain, difficulty breathing, shooting pain down your arm or your leg
- **Head Trauma:** a fall off a ladder while painting your house, severe cuts with uncontrolled bleeding
- **Stroke symptoms:** slurred speech, numbness on one side of your body, loss of vision or difficulty balancing





# Trinidad Benham Employee Benefits Newsletter

## PROTECT YOUR MENTAL HEALTH & WELL-BEING

Life is full of challenges and balancing everything can be difficult. Below are some resources available to you and your dependents to help navigate life.

### Resources to support your emotional well-being through Anthem:

*Office Visit \$0 copay or Virtual Visit \$0 copay*

- Available through Anthem's Sydney app— Emotional well-being resources with tips, tools, and other helpful information
- Schedule a virtual care visit with a psychiatrist, psychologist, or licensed therapist through **anthem.com** by following these steps > **log in** > **select Care** > **Virtual Video Visit with a Provider**

### Resources to support your emotional well-being through The Hartford:

- 3 free face-to-face counseling sessions per occurrence, per year, for you and your family members to help with issues including, grief, depression, anxiety, sleep and so much more.

- To access these free services, call 1-800-964-3577 or visit **www.guidanceresources.com**

First time users, click on the **Register Tab** > **Enter HLF902 as the Org. Web ID** >

**enter ABILI in the Company Name field** > **select "Ability Assist program"** >

**create your User Name & Password**



### **DID YOU KNOW?**

Fidelity is here to help protect the financial health of you and your loved ones. Identifying or updating your beneficiary information is a key step you don't want to skip!

#### To identify or update your beneficiaries:

- Log in to Fidelity.com > Customer Service > Manage my Beneficiaries

#### **To complete this process you will need:**

- Beneficiary type (e.g., spouse, non-spouse, trust, entity)
- Full Name
- Date of Birth

### *What makes Trinidad Benham great? YOU DO!*

## PROTECT YOUR FINANCIAL HEALTH

Every year, 100 million Americans are victims of cyber crime.\*

Here are 5 steps you can take to protect your Fidelity NetBenefits workplace savings account:

- **Set up online access for your NetBenefits.com account using a unique username and password.** Go to [NetBenefits.com](https://www.netbenefits.com) and select *Register as a new user*.
- **Sign up for 2-factor authentication at login.** [Log in](#) with your username and password, go to *Profile & Settings > Security Center*, and select 2-factor authentication.
- **Add or update your mobile phone number and email address.** Log in and go to *Profile & Settings > Personal & Contact Information*.
- **Sign up for eDelivery and monitor your account.** Log in and go to *Profile & Settings > Communications*. Choose to receive your documents via email.
- **Enable Fidelity MyVoice.** The next time you call, a Fidelity representative will offer to get you set up, giving Fidelity consent to create a unique voiceprint.

\*Norton's 2022 Cyber Safety Insights Report



# CONTACT INFORMATION

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

## Benefit Spot Mobile App

To help you access your benefits information—when you need it most, we've launched a mobile benefits app.

Follow these steps to get started!



### DOWNLOADING THE APP IS EASY! SIMPLY:



Search "Benefit Spot" on the Apple App Store or Google Play or scan this QR code.



Download the app to your smartphone or other mobile device.



Whenever you launch the app, enter company code: **Trinidad** to access our plan information.  
NOTE: The company code is case sensitive.



That's it—you're ready to go!