

Employee Benefits News

For LCPS Employees - February 14, 2023

In This Issue:

- Do Something Good for Your Heart
- Budgeting and Goal Setting for Financial Wellness Webinar
- EAP - Did You Know? Your EAP Provides a Personal Assistant Resource
- New LCPS Retirement Consultant Joins the Lincoln Team
- LCPS Blood Drive
- VRS Hybrid Voluntary Contribution Deadline - March 15
- Retirement Information Sessions
- Move with Purpose Fitness Challenge Winners
- Cigna Office Hours
- Events and Happenings

Do Something Good for Your Heart

De-stress to Decrease your Risk of Heart Disease

Chronic stress has been linked to high blood pressure, increased cholesterol and other health issues. Help protect your heart and overall well-being by finding healthy ways to manage stress. Try these five tips to start.



- **Take a daily walk**
- **Make a heart-healthy meal**
- **Have a good laugh**
- **Unplug**
- **Set a timer for sleep**

We all have moments of stress but if you need help managing your stress or anxiety, contact our EAP for up to 6 free counseling sessions or visit their website for articles and resources that can help.

MyLifeExpert EAP Website



Taking Positive Steps for your Future: Budgeting and Goal Setting for Financial Wellness

WellnessWorks! Your Life Connected Webinar Series
Live Webinar

Tuesday, February 28

5:30 p.m. - 6:30 p.m.

[Registration Required](#)

When you take control of your financial well-being, you have the potential to save for the future that works for you. During this seminar, presented by your dedicated Lincoln Financial Group retirement consultants, you'll learn about the fundamentals of building - and sticking with - a spending budget. You'll also see a demonstration of a powerful online tool available to LCPS employees, called WellnessPATH, that can help you set financial goals, track your progress, and explore other topics related to your financial wellness. This is a FREE financial wellness webinar offered through the Wellness Works! Your Life Connected Webinar Series.

We will close the webinar by sharing ways YOU can earn an extra \$330 in 2023!

Budgeting and Goal Setting Webinar Registration

EAP - Did You Know?

Your EAP Provides a Personal Assistant Resource

The EAP Personal Assistant Team helps you with your "to-do" list. It can be difficult to find extra time in the day to manage everyday tasks. The EAP will help you to lighten the load by researching the best options to benefit you and your loved ones.

- Travel
- Sports and Recreation



- Household Errands
- Home Food Delivery
- Professional Services
- Entertainment Planning
- Housing and Real Estate
- Cleaning Services

You can connect with a qualified EAP professional through their toll-free number or visit their website for live chat and online service request options.

Phone: 1-800-327-7272

Website: www.mylifeexpert.com (use Company Code LCPSCHOOLS to register).

[MyLifeExpert EAP Website](#)



New 403(b) Retirement Consultant Joins the Lincoln Team

Meet Spencer Richards, your Lincoln Financial Group Retirement Consultant

Spencer joins Garrett Beckstrom on the Lincoln Financial Group 403(b) Plan Retirement Consulting Team, supporting LCPS employees. Spencer is available to meet with you one-on-one to answer your questions, help you with 403(b) plan enrollment and assist you in making a long-term plan to save for your future. Click on the Online Scheduler to schedule a virtual appointment with Spencer or Garrett or contact them via phone or email with any questions about the Lincoln Financial 403(b) plan.

Spencer Richards

Retirement Consultant

202-669-0102

Spencer.Richards@lfg.com

[Online Scheduler](#)

[Lincoln Financial Online Scheduler](#)

LCPS Blood Drive

Wednesday, March 15

1:30 p.m. - 5:30 p.m.

Administration Building, Ashburn

*Registration Required



Every drop counts. Can you help? Donate blood at the LCPS Blood Drive.

Register at <https://bit.ly/LCPS0315> or call 1-866-256-6372, use Sponsor Code 7320. If you have any questions, contact Nancy Orloff at 571-220-1961 or nancy.orloff@inova.org.

Register to Donate Here



VRS Hybrid Quarterly Voluntary Contribution Deadline - March 15

Hybrid members can contribute up to an additional 4 percent, into the defined contribution (DC) plan (401(a) plan) to build on their benefit. Members can make changes to their voluntary contributions each quarter.

The next quarterly deadline is Wednesday, March 15 at 4:00 p.m.

Changes can be made online at

<https://www.varetirement.org/hybrid.html> or by calling 1-877-327-5261 (select option 1).

VRS Hybrid Plan Webpage

Retirement Information Sessions

Are you planning to retire in the next year? We are offering two live virtual information sessions each month to provide you with all of the details you need to get started.



Retirement: Are you Ready to Retire?

This session will guide you through important decisions such as when to retire and selecting a benefit payout option. This session will demonstrate using myVRS to plan for retirement and review LCPS

retirement benefits. This is your first step if you are planning to retire this year or just want to start planning.

Thursday, March 30, 2023

12:00 p.m. - 1:30 p.m.

[Registration Required](#)

Retirement: Your Next Steps

After attending the "Are you Ready to Retire?" session, your next step is to attend a "Retirement: Your Next Steps" information session. This session is best for employees who are within four months of retirement and will guide you through the VRS and LCPS retirement application process.

Monday, March 13, 2023

5:00 p.m. - 6:30 p.m.

[Registration Required](#)

Find more upcoming sessions and on-demand versions of the presentations on the [VRS Information Session](#) page of our website - found under Retirement Preparation.

[Applying for Retirement Webpage](#)



Move with Purpose Fitness Challenge Winners

These LCPS employees met their weekly step goal and were randomly selected to win a \$100 reward. Meet the weekly goal and next week it could be you!

Congratulations to these \$100 winners!

- Valerie Chandler, Discovery Elementary
- Nicole Williams, EL Office

If you have not registered for the Move with Purpose Fitness Challenge, [register today!](#) If you are registered, keep moving and tracking for your chance to win!

[Move With Purpose Fitness Challenge](#)

Cigna Office Hours

Get help with your Medical Plan or Flexible Spending Account questions.
Schedule a personal appointment with a Cigna Representative!



Friday, February 17

10:00 a.m. - 6:00 p.m.

Phone Appointments

Wednesday, March 1

9:00 a.m. – 5:00 p.m.

Phone Appointments

To request an appointment, send an email to LCPSInquiries@cigna.com and include:

- Date you would like to meet
- Times you are available on that date (provide multiple options, if possible)
- Reason for the meeting (ex: help with a medical claim, learn about the HDHP, FSA question, etc.)

A Cigna Care Advocate will contact you directly to schedule your meeting time.

[myCigna Website](#)

Events and Happenings

Creating a Respectful Workplace EAP Webinar - Thursday, February 16

Cigna Office Hours - Friday, February 17

Budgeting and Goal Setting for Financial Wellness Webinar - Tuesday, February 28

Cigna Office Hours - Wednesday, March 1

Workplace Differences: A Matter of Style EAP Webinar - Wednesday, March 8

Retirement: Your Next Steps Information Session - Monday, March 13

LCPS Blood Drive - Wednesday, March 15

VRS Hybrid Voluntary Contribution Change Deadline - Wednesday, March 15

Retirement: Are You Ready to Retire? Information Session - Thursday, March 30

Events and Happenings

Visit our Employee Benefits Calendar for more information and to register.



Employee Benefits

A pdf of all newsletters can be found on [our website](#).

📍 21000 Education Court, Broadla...

✉ lcpshhealthwellness@lcps.org

☎ 571-252-1810

🌐 lcps.org/benefits

ONE LCPS