

# Employee Benefits News

For LCPS Employees - June 20, 2023

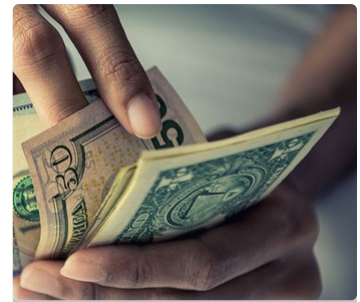
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## Earn Your \$50 Wellness Reward

It's easy. Simply complete the Cigna online medical health assessment and include your biometric numbers to earn your reward! No need to complete other tasks or submit paperwork.

All full-time LCPS employees are eligible. Don't leave money on the table. Here is how you can access the health assessment.



- **Insured through Cigna:** Go to [www.mycigna.com](https://www.mycigna.com). Log into your account or Register if it's your first time visiting. Under the Wellness drop down choose My Health Assessment. You will see your options and will choose TAKE MY ASSESSMENT to get started.
- **Not insured through Cigna:** Copy and paste this link into your web browser: <https://my.cigna.com/?token=3320020>. Sign in if you did this last year or Register if it's your first time visiting the site. Follow the instructions to complete your assessment.

Be sure to add your updated biometric numbers (height, weight, waist size, blood pressure and cholesterol). These can be obtained from your doctor during your 2023 annual physical.

The \$50 reward will be included in your paycheck on or before March 31, 2024, but no earlier than February 1, 2024.

myCigna Website



## Give Yourself A Gut Check Webinar Recording Now Available

If you missed the Give Yourself a Gut Check live webinar or participated and want to listen again, the webinar is now available on the [Your Life Connected Webinar Series webpage](#) for on-demand viewing.

If you want to find out how to improve your overall health and feel better, take some time to view this informative webinar.

Your Life Connected Webinars

## End of School Year Steps Sprint Challenge Results

We had **509 employees** participate in the End of the School Year Steps Sprint Challenge logging over **29 million steps** - equal to **5 trips across North America!** We burned **1,343,052 calories** which equates to **384 pounds lost**. Thank you to all that participated and took "steps" to improve their health.



All employees who met the challenge goal were entered to win one of five \$50 gift cards. Congratulations to our winners!

- **Lori Bouman**, Meadowland Elementary
- **Kim Schroeder**, Lowes Island Elementary
- **William Smallwood**, Heritage High
- **Maureen Fornatora**, Newton-Lee Elementary
- **Dolores Larios Argueta**, Rolling Ridge Elementary

The Move with Purpose Challenge continues all year long with a \$100 winner each week so keep on moving for your chance to win!

## Walker Tracker Website



### EAP - Did You Know?

#### Your EAP Can Help You Find Eldercare!

Susan was worried that her aging mother was no longer safe to live alone in her house. After several falls and forgetting to take her medication, Susan was looking for options to assist her mother.

Susan called the EAP and they were able to provide referrals to in-home services that could check in with her mother and make sure she was taken care of. This gave Susan peace of mind. They also offered to help her find assisted living communities if this were to become necessary in the future.

Need help? Connect with a qualified EAP professional confidentially 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](http://www.mylifeexpert.com) (use Company Code LCPSCHOOLS to register).

## Lytle EAP Website

### Mid-Year Changes to Health Insurance - Qualifying Life Events

Generally, when you make your benefit elections at initial full-time employment or during open enrollment, you are making those elections for the calendar year. You have an opportunity to change those elections each year during the annual open enrollment period. But sometimes, life events occur in the middle of the year that might require a change to your health insurance elections. If this is an approved qualifying life event, you can make corresponding changes to your health insurance.



**What is a qualifying life event?**

It is a life event that triggers an opportunity to enroll or change health insurance benefits outside of the annual open enrollment period (mid-year change). Qualifying life events are defined by the IRS and plan documents. Examples of qualifying life events include, marriage, birth or adoption of a child, divorce, death, change in a spouse or dependent's employment that affects their eligibility for coverage or loss of other health insurance coverage.

### **What if I have a qualifying life event and want to change my insurance elections?**

You have **30 days** from the date of a qualifying life event to submit a request for change along with formal documentation of the event. If approved, coverage will be effective the first of the month following the qualifying life event/loss or gain of coverage and submission of the enrollment with all required documentation, except in the case of birth or adoption which will be effective on the date of birth or adoption.

### **How do I submit a request for a change?**

To request a change to your benefits due to a qualifying life event, complete the [Qualifying Life Event Form](#) and upload the [required supporting documentation](#) where indicated on the form. Additional requirements and instructions can be found on the Qualifying Life Event Form or on the Benefits Basics webpage.

## Benefits Basics Webpage



### **Saving for Education with Invest529 Employee Webinar**

Thursday, June 29, 2023

12:00 noon

[Registration Required](#)

School may be out, but learning never stops! Learn how to save for future education expenses for a student in your life – or even yourself! It's not too late to sign-up for the Virginia529 [webinar](#) on **Thursday, June 29 at 12 noon.**

As a bonus, employees who attend this webinar will receive an exclusive offer – a \$25 gift code to open a new Invest529 account and the chance to win one of the three \$50 Target gift cards that will be given away at the end of the session.

## Saving for Education with Invest529 Registration

### 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.

**Wednesday, June 28, 2023**

**4:30 p.m. - 6:00 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.

**Tuesday, July 25, 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



### Cigna Office Hours

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

**Friday, June 16, 2023**

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

**Phone Appointments**

**Wednesday, July 5, 2023**

**9:00 a.m. - 5:00 p.m.**

**Phone Appointments**

To request an appointment, send an email to

[LCPSInquiries@cigna.com](mailto: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

Boosting Your Brain Health - Wednesday, June 21

Retirement: Are You Ready to Retire? - Wednesday, June 28

Celebrating Pride Month - Allyship in the Workplace - Thursday, June 29

Saving for Education with Invest529 - Thursday, June 29

Cigna Office Hours - Wednesday, July 5

Retirement: Are You Ready to Retire? - Tuesday, July 11

Retirement: Your Next Steps - Tuesday, July 25

## 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](#).

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☎ 571-252-1810

🌐 [lcps.org/benefits](https://lcps.org/benefits)

## ONE LCPS