



## Mental Health Awareness

Partners in your health, shared investment in your future

The CGI Benefits Browser

Issue 13 | April 2019

### ANNIVERSARY EDITION | CGI BENEFITS BROWSER TURNS ONE!

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#### *A note from our editor...*

It has been one full year since we kicked off the first edition of the monthly CGI Benefits Browser. Our team rolled out the Browser to regularly provide information on the benefits CGI has to offer. Though we know the topic of benefits is not as exciting as March Madness, the D.C. Cherry Blossom festival or playoff hockey – we attempt to provide information you need to know by using practical examples on how to access benefit programs in an easy to understand, and hopefully entertaining format.

We appreciate the support we've received, and hope to continue providing insight on how to make the very most out of your benefits at CGI.

- **J. Scott Sims, Director, U.S. Benefits COE**

### MAY IS MENTAL HEALTH AWARENESS MONTH

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National Mental Health Awareness Month provides the opportunity to start the conversation on mental health illnesses and related issues. During the month of May, our Oxygen team invites members to focus on their mental health by participating in various activities available to all CGI members.

**Care** is a simple 4-letter word, but a powerful way to change lives for people affected by mental illness.

**So, why care?** Mental health is stigmatized and misunderstood. In order to create change, we must spread awareness and educate ourselves and others about what it means to have a mental health condition. This month let's all do our part and get involved in the available activities to help take care of our mental health.

Show someone **why you care** | Here are ways to get involved and demonstrate how you care

- ✓ **Send an Applaud to your colleagues!** | For every applaud sent during the month of May, CGI will donate \$5 to the National Alliance on Mental Illness (NAMI) organization, up to a \$5,000 maximum
- ✓ **Attend one of the SmartDollar (financial wellness) webinars** | Webinars are scheduled for Tuesday, May 7 at 3 p.m. ET and Thursday, May 9 at 1 p.m. ET
- ✓ **Attend a MAP Orientation webinar** | Scheduled for Wednesday, May 15 at 1 p.m. ET
- ✓ **Enroll in the 8-Week Mindfulness course** | Accessible through [SkillPort](#)

For more information and to register for the webinars, visit the [Oxygen Portal](#) page.

## REALITY BITS AND BYTES: KNOWING IS HALF THE BATTLE!

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### 1. Reality bit – Answering the call for better health

Marietou Member was recently diagnosed with diabetes. Although it runs in her family, she realized that she really doesn't know much about the chronic illness.

Shortly after her diagnosis, one day she received a call from a **Cigna health advocate**. At first, she didn't know why she was receiving the call and was hesitant to talk about her condition with the caller. The health advocate explained to her that Cigna was here to help with her recent diagnosis and wanted to be sure that she was aware of all the assistance available to her. Marietou was assigned a dedicated health coach who created a personal care plan to help her manage her diabetes. The free health coach was able to help Marietou better understand her condition, create a care plan and locate providers who would help proactively manage her health.

**Take advantage of Cigna's free health coaching** over the telephone, anytime – 24/7, 365 days a year. Or you can use the self-service resources available online.

For more information and questions, please visit, [myCigna.com](https://myCigna.com) or call Cigna at 1-855-411-9713.

### 2. Reality byte – Know before you go!

Marlon Member was preparing for a trip overseas. While making sure he had everything at home squared away, he remembered that he would need a tetanus vaccine before he left. Unsure of where to go to have this administered – convenience care clinic, doctor's office or urgent care center – Marlon logged onto the U.S. Benefits site hopeful to find an answer. He clicked on the [know before you go](#) link, where he learned his primary care physician would be the correct place to go. Next, he clicked on the [Preventative Health Care FAQs](#) link, where he learned the immunization is considered a preventive care and therefore, would be covered at 100%.

Visit the [U.S. Benefits](#) site for more information on your benefits plan.

- ✓ Username | CGIUS
- ✓ Password | usbenefits2019

## DIGITAL DOWNLOAD: IS YOUR HSA MOBILE APP UP-TO-DATE?

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An updated version (1.3) of Optum Bank's HSA App is now available. Download the latest app and check out the newest enhancements listed below:



- ✓ Connect to your mobile wallet
- ✓ Review 2019 HSA contribution limits on the 5-stages progress tracker
- ✓ See eligible expenses
- ✓ Save and copy receipts
- ✓ Connect with the experts for your questions
- ✓ Study up on your HSA through Optum Bank Academy

**Download the latest version in the Apple and Android app stores**



## BENEFIT HACK: GET FIT ON YOUR SCHEDULE

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Want to hit the gym but can never fit it into your schedule? Now you can! CGI has partnered with Anytime Fitness so you can go work out when you want. Members and their immediate family members can take advantage of:

- ✓ 10% off standard monthly dues
- ✓ 50% off standard enrollment fees

For a complete list of club locations, visit [www.anytimefitness.com](http://www.anytimefitness.com).

## WHAT'S TRENDING?

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### 1. Big data | CGI share price crosses \$70

#### The 70s Rocked and So Does CGI – CGI Share Price Crosses \$70

The 70s left an indelible mark on American fashion and pop culture. In the 70s, bell-bottom pants with platform shoes were all the rage. Musically, while the Beatles were breaking up, the 70s were filled with classics from Queen, Led Zeppelin, Diana Ross, and Stevie Wonder -- making it one of the most influential periods in music history. The 70s also brought us classic films like Jaws, Rocky and Close Encounters of the Third Kind, as well as some really fun movies like Grease. If you lived in the 70s, maybe you had a lava lamp, a pet rock or 8-track tapes. If you were on the cutting edge of technology, you may have owned a videocassette recorder. The 70s also marked the beginning of Apple who continues to influence American culture today.

In sum, the 70s were awesome – just like the CGI stock.

To log into your Share Purchase Plan account click [here](#). Or to enroll today, visit [link](#).

### 2. Informational Member Assistance Program webinar for all members, May 15

Members are invited to attend the **Member's Assistance Program (MAP) webinar** on Wednesday, May 15 from 1 – 2 p.m. ET. This session outlines the scope of services available to help you and your family.



CGI partners with the MAP vendor Morneau Shepell to help you successfully manage professional and personal responsibilities in order to achieve work-life balance. This **free program** also covers members' spouses, children and parents living at the same home address.

Secure and confidential, the MAP is available 24 hours a day, 7 days a week, 365 days a year.

**Member Assistance Program webinar**

**When:** Wednesday, May 15 from 1 - 2 p.m. EDT

**Where:** GoToWebinar

[Register here](#) to attend

**3. Know your numbers! Take advantage of an onsite biometric screening**

Cigna (domestic) & BCBS- Alabama members can earn **\$100!**



As partners in your health, CGI can help. CGI partnered with Quest Diagnostics to offer all CGI members a free and confidential onsite wellness screening at targeted locations.

Upon successful completion of this wellness screening – or an annual health physical with your personal provider – members enrolled in a CGI-sponsored Cigna domestic or BCBS- Alabama health plan will receive a **one-time \$100 contribution** to their Health Savings Account (HSA). The \$100 contribution will be deposited into HSA accounts in December 2019.

For more information on the screening locations, dates and times, click [here](#), or contact [oxygen@cgi.com](mailto:oxygen@cgi.com).

Quick Links

[Open an HR case](#)

[U.S. Benefits Website](#)

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**Cigna**

[MyCigna.com](#)

Cigna telehealth services

information: [MDLive](#) | [Amwell](#)

**T. Rowe Price** ([Website](#))

**Delta Dental** ([Website](#))

**Oxygen** ([Website](#))

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**CGI U.S. Benefits Team**