

# CGI BENEFITS Browser

## Partners in your health, shared investment in your future

The CGI Benefits Browser: New Year, New Goals

Issue 20 | January 2020

### New year, new goals!

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*“The beginning is the most important part of the work.”*

- Plato

The new year can be an exciting time, brimming with the promise of fresh starts and new beginnings. It's also a good time to recommit to your health and well-being. Here are some popular goals often set at the beginning of the new year:

- ✓ **Improve your diet** | Regardless of whether you're trying to lose or maintain your current weight, eat a more balanced diet and set some goals to help yourself get there. Click [for food resolution suggestions](#).
- ✓ **Get more sleep** | A lack of sleep can cause a multitude of health problems. Set a goal to get to bed earlier and give yourself some more “zzzzs.” Click [for ways to improve your sleep](#).
- ✓ **Kick the habit** | Smoking can be one of the hardest habits to break – but CGI is here to help you get the support you need to finally quit tobacco for good. Take the first step and enroll in the cessation program available through your health insurance program by visiting [Cigna](#) or [BCBS of Alabama](#).
- ✓ **Save money** | Saving money is never a bad thing, and you can never start too soon. [SmartDollar](#) is here to help you get better control of your finances and plan for the future.
- ✓ **Go digital** | Download helpful benefit apps through the Apple App Store or on Google Play to help you better manage your plans in 2020. Click [for a list of available apps](#).

### REALITY BITS AND BYTES

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## 1. Reality bit – Assess your health and earn \$50

You are invited to complete your BCBS-Alabama or Cigna Health Risk Assessment (HRA) questionnaire between **January 1 – February 29, 2020**. This questionnaire will only take 15 minutes to complete, and all the information you enter will be kept strictly confidential. Upon completion of the questionnaire, you'll automatically receive an easy-to-read personalized results report identifying your health risks and useful tips to improve your health and lifestyle.

**All members enrolled in a CGI health plan who complete their questionnaire by 11:59 p.m. PT on February 29 will receive a one-time \$50 contribution into their Health Savings Account (HSA). Members without an HSA will receive the \$50 taxable contribution via payroll.** The contribution will be deposited in March 2020.

[Don't wait, get started NOW!](#)

Any questions? Please contact Oxygen via the [HR Service Center](#).

## 2. Reality byte – Listen to the MAP Orientation Session and earn \$50

Ever been curious about the Member Assistance Program (MAP)? CGI and MAP vendor, Morneau Shepell, offer the free program to help you manage your professional and personal responsibilities to achieve the ideal work-life balance. Members, as well as their spouses, children and parents living at the same address are able to utilize the secure and confidential service 24-hours a day, 7-days a week, 365-days a year.

Between now and February 7, log on to the [Oxygen Portal](#) and listen to a pre-recorded MAP orientation session to learn more about the scope of services available to help you and your family. **All members who listen to the session and answer a few questions at the bottom of the page by February 7 will receive a \$50 contribution into their Health Savings Account (HSA). Members without an HSA will receive the \$50 taxable contribution via payroll.** The contribution will be deposited in early March 2020.

Any questions? Please contact Oxygen via the [HR Service Center](#).

## DIGITAL DOWNLOAD: T. ROWE PRICE'S NEW, INTERACTIVE HOMEPAGE IS HERE!

T. Rowe Price has reimagined their homepage, keeping the things you like and adding new features you'll love. It's intuitive, personalized and interactive.

Here is an overview of the changes or click [here](#) to log into your account to explore what's new:

- ✓ Easily accessible account details
- ✓ Current balance, front and center on the homepage
- ✓ Quick access to your investment performance
- ✓ A personalized Confidence Number Score to help you keep on track

New features and available tools include:

- ✓ Quicker access to helpful comparisons and modeling tools
- ✓ A personalized roadmap with your progress toward retirement
- ✓ Suggested actions you can take based on your real-life situation



**Download the newly redesigned mobile app today!**



## BENEFIT HACK: GET FIT ON YOUR SCHEDULE!

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Is one of your New Year's resolutions to get in shape? Now you can easily pencil in the time to do so! CGI has partnered with Anytime Fitness – so you can work out whenever you want. Members can take advantage of:

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

Click for a [complete list of Anytime Fitness locations](#).

## WHAT'S TRENDING?

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### 1. Confirm your 2020 benefit elections!

Please carefully review the benefit deductions on your first paycheck in 2020 to validate that your 2020 elections are in place. Immediately report any discrepancies by opening a case in the [HR Service Center](#).

### 2. Wellness Incentives At-A-Glance

Feel the benefits of taking care of your health in 2020! As partners in your health, **CGI offers you an opportunity to earn up to \$400.** For more details, [click here](#).



Don't delay! The following activities have deadlines coming up quickly:

- ✓ [MAP Orientation Webinar](#) (all CGI members are eligible) – incentive completion deadline is February 7
- ✓ [Stress Management Training Module](#) (only members enrolled in a CGI Cigna or BCBS-AL medical plan are eligible) – incentive completion deadline is February 15
- ✓ [Health Risk Assessment](#) (only members enrolled in a CGI Cigna or BCBS-AL medical plan are eligible) – incentive completion deadline is February 29

Any questions? Please contact Oxygen via the [HR Service Center](#).

#### Quick Links

[Open an HR case](#)  
[U.S. Benefits Website](#)

- Username | CGIUS
- Password | usbenefits2020

**Cigna**  
[MyCigna.com](#)  
Cigna telehealth services  
information | [MDLIVE](#) | [Amwell](#)

**ALEX®** ([Website](#))  
**T. Rowe Price** ([Website](#))  
**Delta Dental** ([Website](#))  
**Oxygen** ([Website](#))

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CGI U.S. Benefits Team