



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

The CGI Benefits Browser: National Nutrition Month

Issue 21 | March 2020

### INVEST IN YOUR HEALTH!

*“Let food be thy medicine and medicine be thy food”*

- Hippocrates

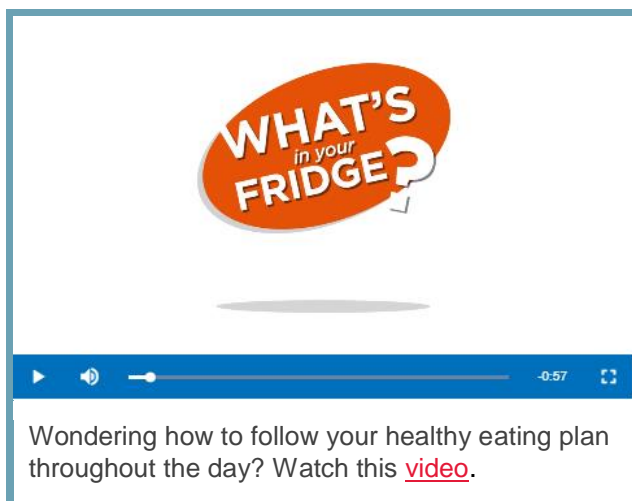
Living a healthy life is important to all of us. That's why during the month of March, we invite all members to invest in their health by focusing on the importance of making informed food choices and developing sound eating habits. There are so many reasons to follow a healthy eating plan. In addition to just feeling better, you can help reduce your risk for type 2 diabetes, cardiovascular disease and certain types of cancer. Ready to get started?

#### Include these:

- ✓ A variety of vegetables, including dark green, red and orange, legumes (beans and peas), and starchy vegetables (potatoes, corn and squash).
- ✓ Fruits (especially whole fruits like pineapples, melons, grapes, berries, pears, plums and peaches).
- ✓ Grains like bread, pasta, rice and cereal, with at least half being whole grains. Look for the word “whole” as the first ingredient – like “whole wheat” or “whole oats.”
- ✓ Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages.
- ✓ A variety of protein options, including seafood, lean meats (fats trimmed off) and poultry (skinless chicken or turkey), eggs, legumes, nuts, seeds and soy products.

#### And limit these:

- ✓ Added sugars and salt.
- ✓ Saturated fats and trans fat.
- ✓ Refined grains like white bread, white rice, etc.
- ✓ Alcohol – if you drink, limit to one drink per day



## REALITY BITS AND BYTES: NUTRITION BASICS FOR A HEALTHY SMILE!

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### 1. Reality bit – Best foods for your teeth

Maintaining a healthy-looking smile can be a commitment but it doesn't have to be! Sometimes it's just as easy as knowing which foods to eat. Here are a few nutrition basics for a healthy smile:

- ✓ **Dairy** | Dairy products such as cheese, milk and yogurt are the most common sources of calcium, which is an essential mineral for healthy teeth. Calcium helps protect and strengthen the enamel on the outside of your teeth and helps to fight tooth decay. Click for more information on [how you can add calcium to your diet](#).
- ✓ **Dark Leafy Greens** | Vegetables like broccoli, collard greens, kale and spinach are also a great source of calcium.
- ✓ **Crunchy Foods** | Crunchy foods such as apples, carrots and celery require a lot of chewing. This generates saliva, which neutralizes acids in your mouth and protects against gum disease and tooth decay. Click for more information on [the importance of saliva](#).

### 2. Reality byte – Worst foods for your teeth

Just as there are foods to eat that are good for your teeth, there are foods that one should avoid in order to maintain a healthy smile. Click for the [Top 9 Foods That Damage Your Teeth](#).

- ✓ **Sticky Foods** | Sticky foods like dried fruit and gummy worms can get stuck on and between your teeth, creating plaque build-up and tooth decay. Avoid varieties that have added sugar or are sweetened with corn syrup. If you do decide to indulge, be sure to remember to drink plenty of water and make sure to brush and floss afterward. Click for ways to [reduce sugary snacking](#).
- ✓ **Too Much Citrus** | Too many acidic foods like citrus fruits can ruin tooth enamel, leading to tooth sensitivity and decay. Remember to drink plenty of water after enjoying an orange or grapefruit and wait 30 minutes before brushing to avoid rubbing the acid against your enamel.
- ✓ **Sugary Drinks** | Not only does soda contain high amounts of sugar, but it also contains its own acid, which erodes the enamel that protects your teeth. Drinks high in sugar – such as sports drinks and fruit juice -- can cause cavities to develop over time and can even damage composite fillings. Click for more information on [the effects of soda on your teeth](#).

## DIGITAL DOWNLOAD: HEALTHY PREGNANCIES, HEALTHY BABIES

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There's a lot to keep track of when you're pregnant. The Cigna Healthy Pregnancy app has been specifically developed to guide you throughout your entire pregnancy. This valuable resource can help you understand symptoms or issues that arise during the course of your pregnancy, giving you the support you need to manage your pregnancy.

The Cigna Healthy Pregnancy app allows you to easily track and learn about your pregnancy to help you stay healthy every step of the way. It also provides support after your baby has arrived.

It's easy to use: just enter your due date and [myCigna](#) user ID and password to get started.



## BENEFIT HACK: READY TO WORK OUT?

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Don't break a sweat trying to break a sweat. If you are enrolled in the Cigna medical plan, you have access to a bunch of discounts on health programs and services including gym memberships through the Cigna Healthy Rewards program.

To get your fitness discounts, start by logging in to [myCigna.com](https://myCigna.com) and then follow the simple steps listed below:

- ✓ Top right of your screen > "Wellness" tab
- ✓ "Rewards & Programs" > "Healthy Rewards – Discount Programs"
- ✓ Find the blue tab > "Exercise & Physical Fitness"
- ✓ Scroll down > "Fitness Discounts" > "Low-cost Fitness Center Memberships" > "Learn More"

You're there! The Active&Fit Direct page allows you to choose from 10,000+ fitness centers nationwide for \$25 per month (plus a \$25 enrollment fee and applicable taxes).

Go to [myCigna.com](https://myCigna.com) to kick-start your health!

## WHAT'S TRENDING?

### 1. Get Comfortable with your Health Savings Account (HSA)

This year, as you're thinking about setting new goals, consider new ways to take charge of your health care finances, too. Sign up for an Optum Bank hosted webinar to learn more about getting the most out of your HSA, so you can start the new year off right.



- ✓ Learn how your state treats HSA Contribution, which IRS forms to use and more
  - Click to register for [Tax time and your HSA webinar](#) | Thursday, March 5, at 12 p.m. ET
- ✓ Learn how to use your HSA to its full potential by exploring the top nine things you could do today to save for your future and start planning for retirement
  - Click to register for [Making the most of your HSA webinar](#) | Tuesday, March 10, at 4 p.m. ET

Get signed up and start off right!

### 2. March is National Nutrition Month!

Have you made a promise to yourself to live a healthier life this year? Are you trying to eat better, exercise more and maybe even shed a few pounds in the process? Sticking to a healthy eating plan is easy if you make simple adjustments in your daily routine. For example, you could try cutting out simple carbohydrates and increasing your intake of fruits and vegetables. To learn more tips, [click here!](#)



While you work to improve your nutrition habits, don't forget to complete the incentivized wellness activities for your opportunity to earn up to \$400. Grab yourself a bowl of fruit and complete the activities below before it's too late!

For more details on wellness incentives, [click here](#).

- ✓ [Smart Dollar](#) | \$50 | Earn 2000 SmartPoints by May 15
- ✓ [Mindfulness Training Module](#) | \$75 | Deadline is June 30
- ✓ [Annual Health Physical](#) | \$100 | Deadline is September 30

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

### 3. Tax season is here

**2019 tax forms** | With tax time just around the corner, it is important that you have all the necessary documents. If you have not received your 2019 tax forms in the mail, please contact:

- ✓ [w2montreal.crp@cgi.com](mailto:w2montreal.crp@cgi.com) for W-2 forms
- ✓ [sc.hill@cgi.com](mailto:sc.hill@cgi.com) for 1095 forms

It is also important to verify that your home address is correct in PSA.

**HSA tax forms** | If you made contributions or distributions to your Optum Bank Health Savings Account (HSA) in 2019, please use the information in your tax forms, available online, to fill out the IRS tax form 8889. You will need to submit this form with your taxes for your HSA. You can find the IRS tax form 8889 in the “Statements & Docs” section of [optumbank.com](https://optumbank.com). If you need some help getting started, you can visit the [HSA tax center](#) for more information.

**SPP tax forms** | If you have not received your 1099B from Computershare or you have questions on the cost basis of shares, please contact them at 1-866-959-0505. If you sold your shares and you previously were with Sun life, you may need to contact them at 1-866-733-8612 to obtain the cost basis of your shares in order to report it accurately for your taxes.

#### Quick Links

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

- Username | CGIUS
- Password | usbenefits2020

**Cigna**  
**[MyCigna.com](https://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**