

# CGI BENEFITS Browser

Partners in your health, shared investment in your future

The CGI Benefits Browser: Mental Health Month

Issue 23 | May 2020

## MAY IS MENTAL HEALTH AWARENESS MONTH

*"It's okay to ask for help and it's okay to not be okay."*

- Michael Phelps



Olympic champion swimmer Michael Phelps spoke at the 2020 Cigna Client Forum on his struggles with mental health with David Cordani, Cigna Chief Executive Officer and Vivek Murthy, former Surgeon General of the United States. Phelps talked about reaching a point in his life where he did not want to go on, and despite his success, has experienced mental health issues that only started improving once he entered counseling. Vivek Murthy has written a book titled "Together: The Healing Power of Human Connection in a Sometimes Lonely World," where he writes about what Cigna's Cordani refers to as "the loneliness epidemic."

Cordani cited statistics stating more than half of all Americans are currently lonely and highlights the direct correlation between loneliness and medical and mental health. Murthy addressed how the power of human connection can heal people. At CGI, we are in this together, and we have the power to help our fellow members by providing that human connection. Let's all be part of the solution. **#InThisTogether**

## REALITY BITS AND BYTES: Take control of your overall well-being

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### 1. Reality bit – Are you feeling lonely?

Many people will feel lonely at some point during their life, impacting their physical and mental well-being. Loneliness and a lack of connection to others is associated with depression, cardiovascular disease and even an increased risk of early death. Fostering social connections is important to help you maintain your health and enjoy your life. Here are a few tips to help:

- ✓ **Video chat with friends or family member to say hi**
- ✓ **Sign up for an online group exercise class**
- ✓ **Get the right amount of sleep each night (and try not to use technology right before bedtime!)**
- ✓ **Pursue a new hobby, sport or learning opportunity**

People who feel less lonely are more likely to be in good overall mental and physical health. They also have a good balance in their daily activities, which can lead to increased productivity. Visit [Cigna.com](https://www.cigna.com) to take a brief confidential quiz designed to measure your feelings of loneliness and provide ideas on how to connect with others. You can also talk with your doctor about how you are feeling – both mentally and physically.

Relationships are one of the most important aspects of our lives and it's important to stay connected. You are not alone.

### 2. Reality byte – A dose of humor for your health!

Laughing it up with friends or watching a funny video clip is more than just entertaining. A good laugh can improve your outlook and your health too. Evidence suggests that laughter may have a positive effect on your mental and physical health. Here are some ways laughter can help:

- ✓ **Boost your mood** | A well-timed dose of humor can lift your spirits when you're feeling down. Although it's not a quick fix, laughter may also help lessen the symptoms of depression and anxiety.
- ✓ **Build resilience** | Nurturing your sense of humor can help you get through difficult times and better cope with challenging situations.
- ✓ **Feel better, inside and out** | When you laugh, you're bringing oxygen-rich air into your lungs, heart and muscles. Laughter can help you feel more relaxed by stimulating circulation and muscle relaxation.
- ✓ **Improve your immune system** | Negativity can trigger chemical reactions in your body that may decrease your immunity. On the flip side, positivity has the power to help your body fight stress and illnesses.
- ✓ **Reduce stress** | There's a reason that laughter helps you feel less stressed. It's a physical activity that increases and then decreases your heart rate and blood pressure. Activating and then cooling down this response can help you combat stress.
- ✓ **Relieve pain** | Laughter may ease pain by boosting the brain's release of endorphins – your body's natural painkillers.

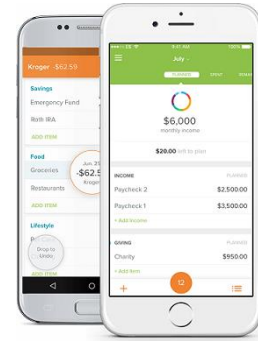
Laughter is contagious, so make a point to seek out positive people who aren't afraid to laugh at themselves or find humor in everyday situations. You can get the benefits of laughter whether it's just a giggle or rolling-on-the-floor laughing. Find something funny that makes you smile or laugh, and pass it on.

## DIGITAL DOWNLOAD: Budgeting tips for challenging times

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Here are some budgeting tips to help you get your money under control and prepare for the future during these uncertain times:

- ✓ **Budget to zero before the month begins** | Every dollar coming in should have a name and a task before the month begins. When you add in every source of income and then subtract every single expense, your budget should end up at zero.
- ✓ **Budget the most important categories first** | If you're struggling with money, it's important to get back to basics by focusing on your *four walls* first (and in this order): food, utilities, shelter and transportation. Once your true necessities are taken care of, you can fill in the rest of the categories in your budget.
- ✓ **Focus on your emergency fund** | Maintaining a budget will give you a clearer picture of how much you need to survive at a basic level from month to month. Once you have that number, work on saving up 3–6 months' worth of expenses. Your future self will thank you.



With your [SmartDollar](#) account, you have access to EveryDollar, the online budgeting tool. If you haven't done so already, download the EveryDollar app to keep up with your money on the go.



## BENEFIT HACK: Do you know your #Tools2Thrive?

May is National Mental Health Awareness month. Our theme of **#Tools2Thrive** will provide practical tools that everyone can use to improve their mental health and increase resiliency regardless of their situation.

Here are ways to build your set of **#Tools2Thrive**:

- ✓ **Send an [Applaud](#) to your colleagues May 1 - May 31** | Oxygen will make a \$5 donation to Feeding America's COVID-19 Response Fund (up to a maximum of \$4,000). This fund helps food banks across the country support communities impacted by the pandemic.
- ✓ **Attend one of SmartDollar's financial webinars** | No registration is required and you can join day-of by clicking the date you choose and using the password: 021746
  - [May 12 at 1 p.m. ET](#) or [May 14 at 3 p.m. ET](#)
- ✓ **Listen to the MAP Webinar** | [Is happiness a journey or a destination?](#)
- ✓ **Complete the [8-Week Mindfulness course](#)** | Presented by an experienced Mindfulness coach, this workshop uses a variety of approaches to reduce anxiety, create life-balance, improve memory, slow-down aging and increase creativity, focus and clarity through a combination of PowerPoint slides, case studies, group exercises and discussion.
- ✓ **Get a check-up from the neck-up** | Take a free [Mental Health Screening](#)
- ✓ **Get connected to a CGI member organization** | Connect to [Mental Health Matters](#) and/or [Pride @CGI](#)
- ✓ **Know your behavioral health benefits** | Visit [CGI Benefits](#) (Username: CGIUS – Password: usbenefits2020)



More **#Tools2Thrive** are available on the [Oxygen Portal](#)!

## WHAT'S TRENDING?

### 1. Wellness, Mental Health and Behavioral Resources

As we work to manage our lives due to the Coronavirus (COVID-19) pandemic, **taking care of your mental health and emotional well-being is more important than ever.**

Whether you are coping with stress and anxiety, feelings of isolation, or struggling to meet every day obligations, Cigna has put together a wide-range of resources from experts, community partners and other trusted sources. From practical home-schooling tips to coping with job loss, Cigna can help you navigate this moment and into the future.

Visit the [Cigna Coronavirus Resource Center](#) for more information on the wellness, mental health and behavioral resources available to you.

## 2. Life Events

If you have experienced a life event such as marriage, retirement, loss of a loved one or loss of a job, the birth of a new baby or a dependent turning 26 years old, etc., you can make changes to certain benefits elected during open enrollment: medical insurance, dental insurance, vision insurance and Flexible Spending Account (FSA) elections. To make changes to these benefits, open a case in the [HR Service Center](#) within 31 days of the event.

Changes to your Health Savings Account (HSA), supplemental life insurance, long-term disability, accidental death and dismemberment, commuter benefits, Share Purchase Plan (SPP) or 401(k) plan elections can be made at any time during the year. You can also review and update your beneficiary designations for life insurance in [HR Service Center](#) and your 401(k) plan by logging into your [T. Rowe Price](#) account.

## 3. PNC Workplace Banking

You work hard for your money. Learn to make it work for you.

PNC's WorkPlace Banking® program gives you access to certain benefits and rewards, plus great money management

features, so you can make the most of what you earn. The program can help you:



- ✓ Easily manage your day-to-day finances
- ✓ Access financial wellness tools
- ✓ Save with select offers and rewards on certain banking products
- ✓ Connect to a variety of PNC Bank products and services

If you aren't already a PNC customer, switching to PNC is easy. Join one of the PNC WorkPlace Banker for a virtual presentation for more information (see schedule below):

- [May 12 at 11 a.m. ET](#) | Event Number: 744 537 074 – Password: Program#1
- [May 19 at 12 p.m. ET](#) | Event Number: 740 139 794 – Password: Program#1
- [May 21 at 12 p.m. ET](#) | Event Number: 745 671 585 – Password: Program#1

### 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](#))