



**SAFETY
FIRST**

CGI BENEFITS Browser

Partners in your health, shared investment in your future

The CGI Benefits Browser: National Safety Month

Issue 24 | June 2020

JUNE IS NATIONAL SAFETY MONTH

*“Safety and security don’t just happen,
they are the result of collective consensus and public investment.”*

- Nelson Mandela

National Safety Month, observed each June, focuses on reducing leading causes of injury and death at work, on the road and in our homes and communities. Here are some things you can do to help improve our safety and security:

- ✓ Identify risks/make repairs around your home as needed.
- ✓ Hold drills at home to help your children know what to do in the event of a fire, tornado, medical event, etc.
- ✓ Put together a first aid kit.
- ✓ Learn about proper storage and disposal of medications.
- ✓ Keep your environment clean and disinfected.
- ✓ See your primary care physician as needed.
- ✓ Wash your hands/use hand sanitizer.

Safety is not just about making sure your surroundings are secure. We also encourage you to take care of your physical, mental and financial wellness by trying some of these tips:

- ✓ Breathe in and take deep breaths.
- ✓ Eat healthy, well-balanced meals.
- ✓ Get up and move your body.
- ✓ Meditate and practice mindfulness by focusing on being present with your thoughts, feelings and sensations.
- ✓ Log into [SmartDollar](#) to view tools that could help your financial situation.

REALITY BITS AND BYTES: Is your identity protected?

1. Reality bit – Protect your identity!

Being tech-savvy, Mario Member used his personal computer to shop and pay his bills online, using his bank and credit card information. Unfortunately, since Mario did not install anti-malware protection, skilled thieves were able to steal his identity and access his accounts. In addition, since Mario did not have identity protection, he did not find out his identity was compromised until it was too late.

Each year, millions of Americans fall victim to one of the fastest-growing crimes today – identity theft. Restoring your identity can be a costly, lengthy and confusing process: It can take an average of 120 hours for a person to resolve identity theft on his or her own.

Fortunately, CGI offers PrivacyArmor Plus, a comprehensive identity protection benefit through InfoArmor. PrivacyArmor Plus is a proactive monitoring service that will alert you as soon as fraud is detected on your account, and fully restore your identity.

Visit [PrivacyArmor Plus](#) for more information or call 1-800-789-2720.

To enroll, request a form through the [HR Service Center](#).

2. Reality byte – Your information is worth protecting

Just in time for the summer, Jessica Member found her dream home in the suburbs and made the big move. She thought she was completely settled into her new place, which included notifying the U.S. Post Office and HR Service Center of her new address. However, Jessica quickly noticed a decline in the number of “opportunities” being mailed to her for new credit cards and other solicitations. Unbeknownst to her, the forwarding request did not go through and her mail continued to be delivered to her old address. A less-than-honorable old neighbor took Jessica’s mail and attempted to open credit cards in her name.

Thankfully, she was enrolled in the PrivacyArmor Plus identity theft benefit – and received an alert at the first sign of account fraud. A privacy advocate fully restored her identity, saving her valuable time and money – as well as alleviating her stress. Instead, she had time to focus and plan a party in her dream home.

To further protect your privacy, identity and finances, enroll in the PrivacyArmor Plus benefit for CGI members. For just \$9.95 per month for member-only coverage and \$17.95 per month for family coverage, you can have better peace of mind about your and your family’s identity protection.

To enroll, request a form through the [HR Service Center](#).

DIGITAL DOWNLOAD: It's time for an HSA checkup

Make sure you're on track to cover health expenses today and into retirement. Take the online [Health Savings Checkup](#) to get a snapshot of your estimated health care expenses in retirement, so you can plan ahead using your tax-advantaged HSA. It only takes a few minutes to get your personalized estimate.



Download the Optum Bank app:



BENEFIT HACK: Connect with a doctor or therapist without leaving home

Virtual care is a safe and convenient way to speak with a medical or behavioral provider by phone or video chat.

Virtual medical care | Connect with a board-certified doctor or pediatrician 24/7 without leaving home.

- ✓ Get care and treatment for minor medical conditions, including allergies, colds and flu, upper respiratory infections, urinary tract infections and more.
- ✓ Schedule an appointment at a time that is convenient for you or have a same-day, on-demand visit.
- ✓ COVID-19: Virtual care providers can assess your symptoms and recommend next steps, **but cannot order a test or prescribe medication for COVID-19.**

Virtual behavioral care | If you or a covered family member is dealing with anxiety, stress or depression, speak with a licensed counselor or psychiatrist from the comfort and privacy of your home.

- ✓ Schedule appointments online.
- ✓ Have a prescription sent directly to your local pharmacy.

Contact your provider for a virtual care visit or connect with a virtual care provider at myCigna.com.

WHAT'S TRENDING?

1. Taking care of your mental and physical health with CGI's MAP

During this time, the health and well-being of our loved ones and ourselves is top of mind. CGI's **Member Assistance Program (MAP)** is free and available 24 hours a day, 7 days a week to all CGI members as well as their spouses, children and parents living at the same home address. Members

MAP is secure and confidential. The program gives you access to five free counseling sessions in-person or over-the-phone. To receive program support, or to have your questions answered, call the MAP at 1-866-468-9461 or visit workhealthlife.com/cgi.

2. Enjoy low prices on hearing aids

Like vision loss, hearing loss can have a huge impact on your quality of life. However, the cost of a pair of quality hearing aids usually costs more than \$5,000, and few people have hearing aid insurance coverage. If you are enrolled in the CGI VSP Vision Care, you can save up to \$2,400 on a pair of hearing aids with TruHearing pricing.

In addition to great pricing, TruHearing provides you with:

- ✓ Three provider visits for fitting, adjustments and cleanings
- ✓ 45-day money-back guarantee
- ✓ Three-year manufacturer's warranty for repairs, a one-time loss and device damage
- ✓ 48 free batteries per hearing aid

Learn more about this VSP Exclusive Member Extra at vsp.truhearing.com or call 877-396-7194.

3. Mindfulness Training

Reminder: Complete the [Mindfulness Training](#) by June 30 on the new CGI Academia platform and earn \$75!

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.

Members enrolled in a CGI-sponsored health plan who complete the course by June 30 will receive a \$75 contribution to their Health Savings Account (HSA) in August. Members without an HSA will receive the contribution taxable via payroll.

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](#))

CGI U.S. Benefits Team