

CGI BENEFITS Browser

Partners in your health, shared investment in your future

The CGI Benefits Browser: Self-Care Awareness Month

Issue 27 | September 2020

SEPTEMBER IS SELF-CARE AWARENESS MONTH

“Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure.”

– **Oprah Winfrey**

With summer coming to a close, and kids starting their new school year, it can seem like things are starting to pick up again. As your family gets back into an unprecedented routine, it's easy to forget to take care of yourself. September is **Self-Care Awareness Month**, which is a great reminder for us to do just that – take care of ourselves. Sometimes as we get locked into our routines, we can put others' needs before our own and it's important to remember we can't give anything if there's nothing left to give.

Practicing self-care can help both mentally and physically. Though this may seem like just another daunting, time-consuming task to add to your to-do list, you may be surprised that some of the suggestions below can be easily incorporated into your everyday life:

- ✓ Meditate and practice mindfulness.
- ✓ Remember to breathe – take deep breaths.
- ✓ Eat healthy, well-balanced meals.
- ✓ Get up and move your body.
- ✓ See your Primary Care Physician for your annual physical.
- ✓ Schedule your routine dental exam.
- ✓ Have a routine vision exam and get your eyes checked.

Self-care is anything we choose to do that helps take care of our mental, emotional and physical health. It's taking the time to reflect on where you are and how you are feeling, so you can work towards being your best. We encourage all members to remember to take time for themselves as we transition to the fall season.

REALITY BITS AND BYTES: FAMILY SUPPORT

1. Reality bit – Family care & school support when you need to work

When you have to work, you need support for your family, especially right now. Whether it's reliable child care or extra academic support, rely on Bright Horizons Enhanced Family Supports.



Primary child care solutions

- ✓ Jump ahead on Bright Horizons center waitlists or get tuition discounts at our partner centers.
- ✓ Take advantage of waived membership fees (\$150 value) for Sittercity's premium database of sitters and virtual sitting.
- ✓ Get discounts on college nannies, a local, high-touch nanny placement service for trained, screened nannies.

Academic support & tutoring

- ✓ Get exclusive discounts on tutoring, test prep and enrichment classes from high-quality education partners.
- ✓ Access Sittercity's search tools to find caregivers who can manage small-group learning pods.

Additional benefits include resources to help find elder care, pet care, housekeeping and more. Visit [Bright Horizons](#) to find support now (Employer Username: CGIbackup | Password: backupcare1)! Read the [FAQ](#) to learn more.

2. Reality byte – Prepare for back to school

As the new school year approaches, many parents and caregivers are feeling uncertain about the possibility of continued remote learning. We understand this is a challenging time for parents, and we've partnered with Rethink to help.

Rethink is offering an [on-demand virtual learning session](#) to help you prepare for whatever back to school looks like for you and your family. In this session, you will learn how to create routines and schedules, strategies to collaborate with schools, tips for building independence and techniques for virtual or in-person learning.

In addition to this session, we want to share helpful tips developed by Rethink's experts to support you in easing the transition (click the title to download):

- ✓ [Collaborating with your child's school](#) | Work with teachers to align expectations and set goals to ensure success.
- ✓ [Easing the transition to virtual learning](#) | Set your child up to maintain and excel in academics at home.
- ✓ [Preparing to return to a physical classroom](#) | Focus on the transitions and differences in schedules, activities and routines at school.
- ✓ [Help your child wear a mask](#) | Tips for children of all ages in adjusting to wearing a mask or face covering throughout the day.



Rethink offers 24/7 access to consultations with a dedicated learning and behavior expert and unlimited access to step-by-step videos, resources, and exclusive content developed to help your family understand, teach, and communicate with your child. Rethink specializes in helping those caring for children with learning, social, or behavioral challenges, but anyone who needs parenting support can benefit from the program. Watch this [brief video](#) to learn more.

Visit [Rethink Benefits](#) to get started.

DIGITAL DOWNLOAD: BEHAVIORAL VIRTUAL CARE

When you're not feeling well - emotionally or physically - you don't always have the time or energy to leave the house. With Cigna's medical and behavioral virtual care benefits, you and your covered dependents can talk to a

board-certified medical provider or therapist right from your phone, tablet or computer in the comfort and safety of your own home. With MDLIVE, a national virtual care provider, you can:

- ✓ Connect privately via video or phone with a board-certified psychiatrist or licensed therapist
- ✓ Get treated for mental health conditions such as stress, anxiety and depression
- ✓ Have visits at times that work for you, even evenings and weekends
- ✓ See the same provider every visit or change whenever you'd like
- ✓ Have a prescription sent directly to your local pharmacy, if appropriate

Log in to [myCigna](#) to schedule an online appointment for behavioral or mental health conditions.

BENEFIT HACK: FREE FLU AND OTHER VACCINES

During the COVID-19 pandemic reducing the spread of respiratory illness, like flu, this fall and winter is more important than ever. How and where people get a flu vaccine may need to change due to the pandemic. The Centers for Disease Control and Prevention (CDC) is working with healthcare providers and state and local health departments to develop contingency plans on how to vaccinate people against flu without increasing their risk of exposure to respiratory germs, like the virus that causes COVID-19.

CDC recommends everyone six months of age and older get vaccinated every flu season. Visit CDC for more information on [what you need to know for 2020-21 season](#). If you believe you are sick with COVID-19, Cigna can help you access the care you need when you need it with [useful tools and resources](#).

Under your CGI medical plan, you can receive a seasonal flu shot - as well as other vaccines - at your local pharmacy at no cost-share to you. Review the [list of vaccines covered by your plan](#) and find a [participating pharmacy](#).

WHAT'S TRENDING?

1. Annual Health Physical Reminder

Get a \$100 wellness incentive if you complete your annual health physical by September 30!



Members enrolled in a CGI sponsored health plan: Don't forget to complete your annual health physical before September 30 to receive the \$100 wellness incentive.

An annual physical also referred to as your Preventive Care visit, is provided to you at 100% coverage. During your visit, you and your doctor will determine what tests and health screenings are appropriate based on your age, gender, personal health history and current health. To receive the \$100 HSA contribution, your annual health physical must be completed between October 1, 2019, and September 30, 2020. Cigna or BCBS-Alabama will automatically submit your name to CGI. The contribution will be deposited in December 2020.

If you have questions regarding the [annual health physical](#), contact Oxygen via the [HR Service Center \(HRSC\)](#).

2. Wellbeing Around the World

This year, more than ever, health and wellbeing is everyone's business. Mark your calendars for **events happening this week**, to help celebrate the launch of **Wellbeing Around the World**. Below are several activities taking place throughout the week, click the links to register!

- ✓ Monday, September 14 | [Healthy Eating in Stressful Times Webinar](#)
- ✓ Tuesday, September 15 | [Coping Strategies During COVID-19 Webinar](#)
- ✓ Wednesday, September 16 | [Coping with COVID-19 panel discussion with Mental Health Matters & MAP \(limited spots available\)](#)

- ✓ Thursday, September 17 | Smart Dollar Webinar – [Kick Debt to the Curb](#) (No registration required, click the link to join at 1 pm ET.)
- ✓ Friday, September 18 | Don't forget to participate in [#CGIStayActive](#)

If you have questions, contact Oxygen via the [HR Service Center \(HRSC\)](#).

3. Commit to quit tobacco

We've all heard about the dangers of smoking. Make the most of your fall and put smoking behind you. CGI offers you a number of free programs and resources that can help you quit for good.



Visit one of the following programs to start your path to good health:

- ✓ [Cigna program](#)
- ✓ [Blue Cross Blue Shield of Alabama program](#)
- ✓ [American Lung Association](#)

If you are enrolled in a CGI medical plan and complete a smoking cessation program through Cigna or BCBS, you can have the \$50 monthly smoker surcharge removed.

4. #CGIStayActive



Looking for a way to stay active and healthy this fall? Join the #CGIStayActive virtual run, walk, or roll challenge! By taking part you'll get:

- ✓ A 12-week training program for your 5k or 10k virtual run, walk or roll.
- ✓ A race bib to display during your final race.
- ✓ A certificate of completion at the end of the 12-week training program.
- ✓ A sense of accomplishment at the end of the challenge – no matter your time.

Visit the [Oxygen Portal](#) for more details, and don't forget to share what moves you! What motivates you to run, walk or roll to stay active and healthy?

If you have questions, contact Oxygen via the [HR Service Center \(HRSC\)](#).

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](#))

COVID-19 Benefits [Frequently Asked Questions \(FAQ\)](#)