



Take time for you

This month, we encourage you to focus on the factors driving your health and to read on to learn more ways to utilize your benefits through online and virtual experiences.

Preventive Health

Prevention starts with seeing a health care provider on a regular basis. Certain diseases and conditions may not have symptoms, so checkups help identify issues early or before they can become a problem. Establishing baselines for factors such as blood pressure, cholesterol and weight—and monitoring how they change over time—will enable your provider to catch potentially dangerous conditions early when they may be easier to treat.

You can download a helpful chart of recommended screenings at www.healthfinder.gov, and collaborate with your team of health plan professionals to help find a primary care provider (PCP).

HDHP and PPO Participants	Kaiser Participants
Genesys Care Coordinators Genesyshealthplan.com 1-877-498-3041	Kaiser Permanente kp.org 1-800-464-4000

Virtual Visits (For HDHP or PPO Participants)

During this time, you may have the option to visit with your established and treating physician via a virtual appointment for ongoing follow-up care. Initially, this option was set to be offered through June 30, 2020, but instead will continue as a permanent option under these plans, making it easy for you to visit with your participating providers at your convenience and from the comfort of your home.

Telehealth – Convenient, personalized, and seamlessly integrated into your care (For Kaiser Participants)

Get the care you need, the way you want it. Phone and video visits through Kaiser Permanente are simple and secure ways to get care from a doctor. They'll even be tracked in your electronic health

record. All you need is a computer, smartphone, or mobile device to get started. To schedule an appointment or get care advice, sign in at <http://kp.org/> or call 1-866-454-8855 anytime.

Dental – Anthem

We understand you may have the need to begin to make appointments for necessary dental services. We encourage you to refresh yourself with our dental plan offering to learn what's covered, and to confirm your provider is in network before scheduling your appointment. Call your Care Coordinators (HDHP or PPO Participants) or visit <http://www.anthem.com/ca> and select Find a Doctor/Find Care in the upper right-hand corner to get started.

Vision – VSP

VSP is partnering with network doctors to ensure a safe return to routine eye care services. If you find yourself in need of vision services, be sure to confirm your provider is a VSP network doctor and confirm they are accepting appointments at this time. You can confirm the network and find a doctor by calling your Care Coordinators (HDHP or PPO Participants) or by visiting <http://www.vsp.com/>. REMINDER: you were not issued an ID card for the VSP vision plan and you will provide the last four digits of your Social Security Number to create an account.

VSP members can also use their vision benefits on Eyeconic®—the VSP preferred online retailer – to shop the latest brands and styles for all eyewear. Stay home and easily shop contacts and prescription glasses/sunglasses!

Employee Assistance Program (EAP) with Optum – Additional COVID-19 Resources for Wellbeing

If you're feeling worried or stressed about COVID-19, call the Optum toll-free help line at 1-866-342-6892 or visit [Optum's EAP resource page](#) for more information around COVID-19 and tips and videos to help you cope. This line is open 24 hours a day, seven days a week and free of charge and available to anyone – so you can share it with family and friends.

SAVE THE DATE – Informational webinars coming your way!

Webinar: Learning to Cook from your Pantry	Webinars: BrightPlan Financial Wellness Week
More time at home may have sparked your interest or need for more meals made in your own kitchen. Join Registered Dietitian Hannah Parker for a special, nutritional information session on learning to Cook From Your Pantry .	It's important to understand how to manage your money, especially during these uncertain times. Sign up for the opportunity to learn more about financial wellness with BrightPlan , where you'll learn more about debt and budgeting.
Tuesday, June 23, 2020 Time: 12- 12:30 pm EST RSVP: Visit member.ourhealth.org and check your email for the link to register or use the	Monday 6/8 Get Started with BrightPlan, 12:00 pm PT Learn how BrightPlan can create a personalized Smart Budget for you in seconds, advice on selecting funds in your Genesys 401(k), tips for creating a financial plan to help you reach all your goals.

link below:

[https://event.on24.com/wcc/r/2409381/
FAF74B1A2A6C4B5362B2B621FEFECE2F](https://event.on24.com/wcc/r/2409381/FAF74B1A2A6C4B5362B2B621FEFECE2F)

Tuesday 6/9 Get Started with BrightPlan, 12:00 pm PT

Can't make it to Monday's session? No problem, join us for the same session on June 9.

Wednesday 6/10: 5 money moves to make while working at home, 10:00 am PT

Learn how to adjust your budget, key benefits from the relief package, investment advice in a bear market, how to build your cash reserve, and more.

Download the BrightPlan app and use the activation code **onegenesys** to enroll.

Did you know? The Indianapolis onsite clinic is now open **Tuesdays and Wednesdays** from 8 a.m. – 5 p.m. Schedule an appointment today!

WELLNESS CORNER

Men's Health Month Health Week June 15-21, 2020

Did you know on average, the lifespan of men is five years shorter than women? Men's Health Week is coming up, and there's no better time to take action or to encourage the men in your life to take charge of their health by reviewing these tips:

- **Visit a health care provider on a regular basis:** As mentioned above, certain diseases and conditions may not have symptoms, so checkups help identify issues early or before they can become a more serious problem. Learn about your **recommended screenings** and schedule time to meet with your provider.
- **Get active:** According to the **Physical Activity Guidelines for Americans** adults should move more and sit less throughout the day, and some physical activity is better than none. Try to aim for at least 150 minutes a week of moderate-intensity aerobic activity such as walking, biking or swimming and at least 2 days a week of muscle-strengthening activity, such as lifting weights.
- **Choose healthy eating patterns:** Download and peruse a copy of the **Dietary Guidelines for Americans** or visit **choosemyplate.gov**, to learn how to shift to healthier choices. Everyone has a role in helping to create and support healthy eating patterns in multiple settings, from home to school to work to communities.