



RALLY Around Your Health And Earn Up To \$200 in Wellness Incentives!

The Genesys Rally Incentive Program is a great way to keep you informed of the critical numbers impacting your health – and to offer rewards for your participation in healthy behaviors! You can use the rewards to earn gift cards that can be used at numerous merchants and restaurants, as well as earn discounts from FitBit, Under Armour and other companies. The Genesys Rally Incentive Program is open to all employees, spouses and domestic partners enrolled in a Genesys HDHP, PPO or Kaiser Plan.

Get Started Today

Register your account online at <https://health.werally.com/client/genesys/register/>. Once logged in, you'll find more details on the Genesys Rally Incentive Program, a user-friendly digital experience that supports your engagement throughout your health journey. Complete healthy behaviors and be rewarded!

You and your covered spouse or domestic partner can each earn up to **\$200** in 2020 from the Genesys Rally Incentive Program by completing the following activities:

\$25: Complete Health Survey

\$75: Complete Biometric Health Screening

\$50: Complete 3 Rally Missions

\$75: Complete Health Coaching

\$20/month: Physical Activity Check-in

Simplifying Your Healthcare Experience with Quantum Health (HDHP and PPO Participants)

Healthcare can be a very complex ecosystem, and the reality is that we all are not always well-equipped to navigate it alone. Sometimes we can be overwhelmed and frustrated with our own health or the health of a family member. When we try to navigate on our own, it often is not a good experience, and may be confusing, costly, and inefficient.

Your Care Coordinators are the experts and provide the tools necessary to help you tackle the challenges you encounter through your journey. Quantum Health believes that no one should have to go through the healthcare experience alone, so they partner with you all along the way, providing expertise and empathy. At Quantum Health, these healthcare experts are called Warriors™ and can assist you with things like:

- Finding in-network providers;
- Helping you manage chronic conditions such as heart disease or diabetes;
- Talking about your diagnosis or treatment plans;
- Answering claims, complex medical billing and benefits questions;
- Ensuring you receive high-quality, safe and cost-effective care, and more.

Receive personalized guidance today by calling 1-877-498-3041 8:30 A.M. - 10:00 P.M., EST or visit genesyshealthplan.com.

Have you Delayed Necessary Care Due to the COVID-19 Pandemic?

Preventive care for you and your covered dependents such as annual physicals, dental screenings, mammograms and immunizations are covered at 100%. Preventive appointments can help prevent or diagnose serious health conditions early and help you stay healthy. And remember, you can now use your Health Savings Account (HSA) or Flexible Savings Account (FSA) funds to buy certain over-the-counter medical items without a prescription. Visit <https://learn.healthequity.com/qme/> to learn more.

If you need assistance finding an in-network provider, you can contact:

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

Dependent Care Flexible Spending Account Changes Allowed

Due to the effect of COVID-19 on childcare, employees who have a Dependent Care FSA can now change, decrease or stop deductions to their account going forward.

To update your Dependent Care FSA:

1. Visit <https://genesys.benefitsnow.com>
2. Enter a Qualified Life Event (QLE) with the current date
3. For the life event reason, select “change in day care rates”

No supporting documentation is required at this time. If you have questions, please contact the Benefits team at benefits.team@genesys.com.

Your Prescription Benefits

For HDHP or PPO plans, genesyshealthplan.com is a fast, easy and secure way to get the information you need to make the most of your pharmacy benefit. Set up your account online and compare medication prices, locate a network pharmacy and view real-time benefits and claims history. If you use home delivery, you can skip the pharmacy line, get 3-month supplies, track orders, and refill home delivery prescriptions. Download the Optum Rx mobile app today on the [App Store](#) or [Google Play](#).

If you are enrolled in the Kaiser plan, you can contact Kaiser directly at 1-800-464-4000 or online at kp.org to learn about the available prescription drug benefit.

Financial Education Workshop Series

Beat the Summer Heat and Learn! Join Fidelity for a complimentary workshop to:

- Learn about a variety of topics, whether you're just starting to save, balancing financial goals, or nearing retirement
- Attend one event or several—events are offered daily and easy to attend from any computer
- Virtual education presenters are available to chat and answer your questions live
- Can't make the event? View on-demand workshops at your convenience

Register Now: <https://netbenefits.fidelity.com/NBLogin/?option=LiveWeb>



Visualize a beautiful life. Achieve it with BrightPlan.

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**, online at <https://www.brightplan.com/enroll?code=onegenesys> where you'll learn more about debt and budgeting.

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

WELLNESS CORNER: Walk Your Way To Health

Walking is one of the best and easiest ways to exercise and stay healthy. Ten thousand steps per day (approximately 5 miles) of moderately brisk walking strengthens the cardiovascular system, reduces the risk of heart attack, improves mood, stabilizes blood sugar, improves balance and coordination, and maintains healthy weight. Other than a good pair of supportive tennis shoes, no additional equipment is required. Here are tips for you to walk your way to health in July.

- Stretch before and after your walk. Stretching improves blood flow, range of motion and reduces risk of injury.
- Walk in the morning or early evening to avoid the summer heat.
- Protect your skin from the summer sun by using sunscreen. Skin cancer is one of the most common cancers and one of the most preventable. Sunscreens with broad-spectrum protection (both UVA and UVB rays) and with an SPF of 30 or higher are recommended. Annual preventive visits to a dermatologist are also recommended. If you need assistance in finding a provider, contact your MyQHealth Care Coordinators (HDHP or PPO Participants) at **1-877-498-3041** or Kaiser (Kaiser Participants) at **1-800-464-4000**.

- Stay hydrated before, during and after your walk. Proper hydration reduces your body temperature, supports heart health and helps muscles work efficiently.
- Walking is a great time to focus on your mental health. Listening to your favorite music or podcast can help improve mood, memory and cognition while you walk. (But remain alert to passing cars, stops signs and potential hazards).
- Take the family (and family pup) so health benefits can be experienced by all.
- For a change of scenery, take a hike! To locate hiking trails near you, visit <https://www.americantrails.org/>.

Your Optum Employee Assistance Program (EAP) is here for you and your family. Call 1-866-248-4094 for confidential, 365/7/24 access to qualified counselors that can assist with a range of family and financial matters.

Visit www.liveandworkwell.com (access code: genesyste) to learn more.