



Manage Your Health Online Anytime (Kaiser Participants)

At kp.org, it's simple to manage your health care information. Sign on to kp.org to view lab test results, refill most prescriptions, schedule routine appointments, check your plan's benefits and more. Register today at kp.org/registernow from your computer to get started. You'll need your Kaiser Permanente ID card to register.

Be on Your Way to Feeling Better With OC24health (HDHP and PPO Participants)

Visit with a doctor remotely at your convenience using your smartphone, tablet or computer 24/7/365 with OC24health. With a network of board-certified doctors to assist with a range of medical conditions – such as allergies, flu, fever, rash, respiratory problems and more – OC24health is a useful alternative to a doctor's office or urgent care facility. Visit OC24health.com or call **1-855-617-2116** to create your account today.

Shop Smart With Healthcare Bluebook (HDHP and PPO Participants)

When prices for the same in-network procedure vary by 600%, chances are you are paying way more than necessary. Healthcare Bluebook's online health care shopping solution makes it simple to find high-quality, cost-effective facilities and physicians. It's never been easier to save! Get started today by downloading the mobile app at the [App Store](https://www.apple.com/app-store) or [Google Play](https://www.google.com/googleplay).

2021 Benefits Enrollment Begins Soon! Benefits enrollment for 2021 is around the corner. Mark your calendars for Open Enrollment: **November 9 – November 25**. Be on the lookout for more information coming soon!

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.

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>



GIVEAWAY

Boost your wellness
for a chance to win



BrightPlan Summer 2020 Giveaway

If you haven't heard already, **BrightPlan** is our Genesys financial wellness benefit. This summer BrightPlan is hosting a Summer Wellness Giveaway. Between now and August 28, BrightPlan is giving away a \$100 Amazon gift card and a copy of Making Money Simple by Co-Chief Investment Officer, Peter Lazaroff, to one employee who increases their Financial Wellness Score to 250 (or higher).

We encourage all Genesys employees to participate. Entering the giveaway is simple:

1. Download the BrightPlan app and use your company activation code: **onegenesys** to enroll in BrightPlan
2. Follow the steps to unlock your Financial Wellness Score
3. Boost your score to 250 (or higher) by following your personalized advice and recommended next steps

Already have a Financial Wellness Score of 250+? Great work! **Sign in to BrightPlan** to check your Financial Wellness Score and you'll automatically be entered into the giveaway*.

*Giveaway terms and conditions: The BrightPlan giveaway is open to all active US Genesys employees. Entrants must 1. have a Financial Wellness Score of 250 or higher on August 28, 2020 in order to qualify and 2. if the entrant has a Financial Wellness Score of 250 or higher as of August 28, 2020 he/she will be entered to win by logging into BrightPlan during the giveaway period (July 20, 2020 - August 28, 2020).

Giveaway entry period: The giveaway begins on July 20, 2020 at 12:00 am ET and ends on August 28, 2020 at 11:59 pm ET ("Entry Period"). To be eligible for the giveaway, the entrant ("You") must increase Financial Wellness Score to 250 or higher or if your score is 250+ prior to the giveaway start date, you must sign in to BrightPlan a minimum of one time within the specified Entry Period. Winner will be chosen at random and will receive a \$100 Amazon Gift Card and a copy of Making Money Simple.

Want to learn more? Register for a BrightPlan LIVE Webinar.

All webinars are hosted at 12:00 p.m., PT. Upcoming and past webinars can be viewed online at <https://www.brightplan.com/finance-fridays>.

Friday, August 14

5 Financial #'s you need to know

REGISTER NOW

Friday, August 21

How to create your debt payoff plan

REGISTER NOW

Friday, August 28

Ask Advisors Anything

REGISTER NOW

WELLNESS CORNER: Tips to Stay at The Top Of Your Game

Whether you're an athlete or not, your body needs the right mix of nutrition and exercise to be healthy. Here are tips to improve your performance and keep you at the top of your game.

- **Focus on a balanced diet of carbohydrates, vegetables and protein.** Be sure to include protein with each meal and snack to maintain muscle function and keep hunger at bay.
- Incorporate a variety of exercises into your routine including High-Intensity Interval Training (HIIT) workouts. HIIT workouts enable your body to continue to burn calories hours after your workout.
- Intense exercise can quickly leave you dehydrated. Drink water before, during and after to aid in recovery.
- Stretch after your workout when your muscles are warm. Stretching keeps your muscles flexible and reduces risk of injury.
- If you're starting your fitness journey, aim for one to two exercise sessions per week and alternate activities and intensity levels. View the CDC's physical activity recommendations [here](#).