



Reminder: FSA Claims Deadline is 3/31/21

Did you incur eligible Health Care and Dependent Care FSA purchases in 2020? Be sure to submit eligible 2020 FSA claims for reimbursement by the March 31, 2021 deadline! Any funds not claimed for a 2020 reimbursement will roll over; however, they will only be available for use on 2021 claims after this deadline. Download the HealthEquity mobile app at <https://www.wageworks.com/employees/employee-benefits-account-management/wageworks-ez-receipts-mobile-app/> to upload receipts, submit claims and reimburse yourself for 2020 out-of-pocket expenses.

For Information on the COVID-19 Vaccine

For UMR HDHP and PPO Plans

COVID-19 vaccine availability is changing quickly. The COVID-19 [Vaccine Resource Locator](#) will help you navigate local vaccination planning and find resources to take steps toward vaccination. This ZIP code-based tool finds online, public vaccine resources available through state and local health departments and national retail pharmacies.

As COVID-19 vaccines are an essential step in slowing the spread of the disease, it will take time to make enough vaccines for everyone. Due to the initial limited supply, the [Centers for Disease Control and Prevention](#) and [state and local health departments](#) are coordinating who should get vaccinated first and where vaccines are available, which varies locally.

For Kaiser HMO Plan

Visit kp.org or [click here](#) for more information.

For HMSA PPO Plan (Hawaii residents only)

Visit hawaiicovid19.com/vaccine for vaccine availability.

Save the Date Meal Planning Made Easy Webinar

Please join Marathon Health's Hannah Parker, RD (Registered Dietitian) for an upcoming webcast on April 6th, 2021 from 3:00 to 4:00 EDT. The topic is "**Meal Planning Made Easy**". Meal planning can help you to save money and time in the kitchen while also promoting healthy eating habits. Learn how to map out your meals each week to achieve a balanced diet. Hannah will cover:

- How to plan meals in four easy steps
- Techniques to save time and prepare healthy meals that are budget friendly
- Identify resources to simplify the meal planning process

Please register for the webcast at the following link: [Meal Planning Made Easy Webcast](#)

Use Your Benefits Savings Tools to Reduce Your Health Care Costs in 2021

Navigating affordable health care can be complicated and time-consuming. Save money by comparing costs and finding quality providers using these helpful benefit tools.

For UMR HDHP and PPO Plans

- **Genesys Care Coordinators.** Care Coordinators are your one-stop resource to make your health care work for your benefit. They can help you reduce unnecessary out-of-pocket costs, manage chronic conditions, help with claim resolutions, find in-network providers and more. They can also assist with scheduling preventive care such as mammograms, colonoscopies, immunizations and wellness exams, which are available at no cost based on your age and gender. Visit genesyshealthplan.com or call **1-877-498-3041** to learn more.
- **Healthcare Bluebook (HCBB).** It's hard to know the Fair Price™ to pay for medical services. That's why HCBB enables you to search and compare prices for your medical procedures. By using HCBB to choose high-quality facilities you can save on your medical costs. Visit genesyshealthplan.com to access HCBB's Fair Price™ search tool.

For Kaiser HMO Plan








- Call Kaiser directly at **1-800-464-4000** or visit kp.org for information about providers, virtual visits, prescriptions and healthy living resources.

For HMSA PPO Plan (Hawaii residents only)

- Visit www.hmsa.com or call 1-800-776-4672 for more information.

Easily Manage Your Benefits

With These Mobile Apps

<p>Healthcare Bluebook Mobile Code: Genesys</p>  <p><u>App Store</u> <u>Google Play</u></p>	<p>Genesys Care Coordinators</p>  <p><u>App Store</u> <u>Google Play</u></p>	<p>HealthEquity HSA/FSA</p>  <p><u>App Store</u> <u>Google Play</u></p>
<p>OptumRx</p>  <p><u>App Store</u> <u>Google Play</u></p>		<p>Optum EAP</p>  <p><u>App Store</u> <u>Google Play</u></p>
<p>VSP</p>  <p><u>App Store</u> <u>Google Play</u></p>	<p>Fidelity 401(k)</p>  <p><u>App Store</u> <u>Google Play</u></p>	<p>Kaiser Permanente</p>  <p><u>App Store</u> <u>Google Play</u></p>

Ready to Quit Smoking?

There Are Resources to Help

For UMR HDHP and PPO Plans

Plan participants are eligible to enroll in the **free** Tobacco Cessation Program through Quantum Health. During this program, you'll work one-on-one with a coach dedicated to help you quit smoking successfully. Call **1-877-498-3041** or enroll online at genesyshealthplan.com to get started today.

For Kaiser HMO Plan

Get one-on-one guidance and support from a dedicated wellness coach. Call Kaiser to make an appointment at **1-866-862-4295** or visit kp.org/coaching for information about partnering with a wellness coach.

For HMSA PPO Plan (Hawaii residents only)

Partner with Quitline to get the support you need to quit for good. Visit <https://hmsa.com/well-being/stop-smoking/> or call **1-808-948-6079** for more information.



March is National Nutrition Month

Like many of us, healthy eating may not be at the top of the to-do list. We're social distancing and staying home more than ever before. As a result, it's easy to reach for comfort food and fall into unhealthy eating habits.

However, even now, eating healthy should be an essential part of improving and maintaining your health. A nourishing, balanced diet reduces the risk of chronic disease, improves immunity and mental health, helps manage healthy body weight, and supports aging. Here are tips to make the most of your nutritional habits.

- **Eat a variety of foods.** Eating a wide variety of fruits, vegetables, complex carbohydrates, healthy fats and lean protein helps you get the nutrients you need. Fruits and vegetables are also low in calories, will naturally fill you up and help you cut back on unhealthy foods. However, moderation is key. Don't forget to allow yourself the occasional treat to avoid overindulgence.
- **Read food labels.** By checking nutrition labels, you can stay on track with your daily targets and avoid certain ingredients. Check serving sizes, sugar and sodium levels, and avoid unhealthy saturated fats. Prepackaged foods can also contain hidden amounts of sugar, salt and fat, so it's best to avoid them.
- **Hydrate.** Staying hydrated improves energy and brain function, supports weight loss, lowers blood pressure, reduces sugar cravings and more. While the amount of water needed each day varies from person to person, studies show that switching from high-calorie beverages to water helps you make better food choices and may result in weight loss. Infuse your water with flavor by adding your favorite combinations of fruits and herbs.
 - Give it a try with these yummy, infused water combinations:
 - orange + ginger
 - watermelon + mint
 - pineapple + basil
 - cucumber + lime
- **Plan.** Eating healthy can be easy with a little planning. **Use a grocery list** to ensure you're sticking to healthy options and avoiding processed foods. Prepare more of your own meals by creating new recipes to keep boredom at bay. Take time to **meal prep** by creating healthy snacks in advance and pre-portioning meals.

Are you making every bite count? Take this quiz to find out and get personalized resources to **Start Simple with MyPlate.**