



Keep an Eye on Your Vision

The Importance of Annual Eye Exams

It's easy to forget to have an eye exam, but regular eye exams at every age and life stage can help preserve your vision and prevent disease. Annual eye exams can even detect other serious health conditions such as diabetes, high blood pressure and even certain cancers. To learn more about your vision benefits, view the chart below.

Plan	Website	To locate an in-network provider:
VSP Vision plan	https://mygenesysbenefits.com/benefits/benefits-vision-coverage/	https://www.vsp.com/eye-doctor
HMSA PPO plan (Hawaii Residents Only)	www.hmsa.com	https://hmsa.com/search/providers/
Kaiser HMO plan*	kp.org	kp.org
UMR Medical plans*	genesyshealthplan.com	genesyshealthplan.com

* Limited vision benefits. Refer to your plan documents for more information.

For VSP members, click here for more information on WellVision Exams. VSP also offers the VSP Diabetic Eyecare Plus Program™, which allows you to receive additional follow-up medical eye care services from your VSP doctor, who knows your eyes best. If you have diabetic eye disease, glaucoma or age-related muscular degeneration, you can take advantage of additional services. Click here to learn more about this program.

Read on for tips to help you keep your vision strong.

1. **Get an eye exam:** See the eye doctor once a year, especially if your job involves looking at a screen all day.
2. **Minimize exterior lighting:** If you can, avoid working under fluorescent lights or use blinds to minimize harsh excess lighting that can cause eye strain. And don't forget to adjust

your computer monitor. Lowering brightness, adjusting text size, and reducing your display's color temperature can minimize eye strain and fatigue.

3. **Exercise your eyes:** Every 20 minutes, focus on something other than your screen and gaze for 15 seconds to give your eyes a much-needed break. Download the free Eyecare 20 20 mobile app for timed reminders to look away from your screen throughout the day. App Store Google Play
4. **Blink often:** People tend to blink one-third less often than they regularly do when looking at a computer screen, which may cause dryness and irritation. Practice taking slow blinks to moisten and rehydrate your eyes.

Genesys and BrightPlan

At Genesys, we believe that financial wellness is an important part of your total well-being. We want to remind you about BrightPlan, a free financial benefit that supports you with tools to manage your financial life and invest in your future.

BrightPlan helps you master your money with:

- A sophisticated financial planning application to bring all of your finances together
- Advice on existing investments (401(k), etc.)
- Unlimited meetings with a Financial Advisor
- An automated Smart Budget and Spending Analysis
- Financial education tailored to your Genesys benefits

Set up your account today by

visiting www.brightplan.com/onegenesys or download the BrightPlan app and use activation code: **onegenesys**. *Available to all US employees.

Upcoming BrightPlan Webinars

Tuesday, April 27: Tax Minimization Strategies with Multiple Income Streams

Time: 10:00 am - 10:45 am PST

Registration link: <https://web.brightplan.com/tax-minimization-strategies-with-multiple-income-streams>

Description: Another tax year is almost in the books. Do you ever wonder if you could pay less? Strategically managing income during your earning and retirement years could help. Because the IRS taxes various types of earnings differently, timing when you receive earnings from salary, equity compensation, real estate, social security, or capital gains can make a big difference. Join this session to see how tax projections could help you plan your income proactively by projecting your future tax burden.

Friday, May 7: Finance Fridays - The Top 5 Ways to Relieve Financial Stress

Time: 10:00 am - 10:30 am PST

Registration link: <https://web.brightplan.com/finance-fridays-the-top-5-ways-to-relieve-financial-stress>

Description: We all want to make smart money choices, but it can be hard to figure out the next right step to take. Join us to learn 5 specific ways to relieve financial stress, and how the BrightPlan Financial Wellness Coach™ can guide you step by step to cash confidence.

Friday, May 14: Finance Fridays - Getting Ready to Buy a Home

Time: 10:00 am - 10:30 am PST

Registration link: <https://web.brightplan.com/finance-fridays-getting-ready-to-buy-a-home>

Description: Buying a home is one of the biggest financial decisions many of us make. Being prepared financially can make a huge difference in your total cost of homeownership. Whether you want to buy a home in three months or three years, join to learn how to prepare financially to buy a home and ways to build a team of professionals to guide you to your next front door.

Friday, May 21: Get Started with BrightPlan

Time: 10:00 am - 10:30 am PST

Registration link: <https://web.brightplan.com/get-started-with-brightplan-webinar-5-21>

Description: More people than ever are using BrightPlan to boost their financial wellness. Ready to get started? Your company provides you with access to BrightPlan so you can get solid financial advice in your best interest. We're hosting a 30-minute webinar to get you started. Join us to learn how easy it can be to keep track of your money, set financial goals, and chat with a financial advisor. You'll leave with a retirement goal, advice on how to invest your 401(k), and next steps to improve your financial wellness.

Preparing for the COVID-19 Vaccine



News about COVID-19 is changing rapidly. As vaccines become more available, here's some helpful information and resources to keep in mind.

How to Prepare for the COVID-19 Vaccine

When it's time to receive your COVID-19 vaccination, you'll pay \$0 to receive FDA-authorized COVID-19 vaccines at any location. Here are a few ways you can make sure you're prepared for your vaccination:

- Ensure your records (birthday, health history, current conditions, etc.) with your primary care physician (PCP) are accurate and updated.
- Call your pharmacy, grocery store and other common local vaccine locations to see if they're offering waitlists.
- Visit the Federal Retail Pharmacy Program website for information on the partnership.
- Check with your local health department or use this VaccineFinder to find vaccine locations if you believe you're currently eligible.
- **For Kaiser HMO Plan:** Visit kp.org or click here for more information.
- **For HMSA PPO Plan (Hawaii residents only):** Visit hawaiiicovid19.com/vaccine for vaccine availability.

For more information on each vaccine, visit: [Pfizer](#) [Moderna](#) [Johnson & Johnson](#)

What to Expect After the COVID-19 Vaccine

- Depending on the FDA-approved vaccine you receive, you might need one dose or two doses (scheduled several weeks apart). Your vaccine administrator will confirm this for you.
- At your first appointment, you'll get a vaccine card showing your second dose date, if necessary. Keep this card in a safe place (take a photo of it, too), as it will serve as your proof of vaccination.
- Speak to your doctor about potential side effects and any questions or concerns about receiving the vaccine. Even once you're vaccinated, you should continue to practice safety precautions. Wear a face mask and maintain social distancing in public, wash your hands often and avoid touching your face.
- Click here for more information on what to expect when you get your vaccine.

Wellness Corner

How to Create a Healthy Workspace

Many of us have experienced a change in where and how we work. Read on to learn how to improve your health and workspace from wherever you may be working.

- **Adjust your workspace.** Sit at the right height, feet flat on the floor. Your keyboard should be at elbow height and forearms parallel to the floor. Monitors should be placed an arm's length away with the top of the monitor at or below eye level, and your chair should support your lower back. If possible, avoid working on a couch or soft chairs. For more ways to optimize your workspace, visit this link.
- **Get moving.** Schedule time in your day to stretch or take a walk. Studies show that spending time outdoors improves mood, reduces stress and symptoms of depression and increases sleep duration. For tips on safe stretching and improving flexibility, visit this link, or use a free app like **Stretch Reminder** from Google Play or **StretchMinder** from the App Store for reminders and stretching tips.
- **Embrace natural light.** Getting natural light during the day is ideal, so sit near a window. Natural light boosts vitamin D, reduces eyestrain and depression, and even improves sleep.
- **Go green.** Studies show that even one plant in your workspace can reduce stress, increase attentiveness, improve air quality and spark creativity.

Medical (UMR with UHC
Choice Plus)

Medical (Kaiser
Network)

Medical (Hawaii)