

Make the Most of Tax Season

Here's your chance to take your financial well-being to the next level. With the filing deadline right around the corner, now is the perfect time to take a look at your finances and get things in order. As you gather your documents and file your taxes, make sure to check out all the benefits available to save you time and money, as well as get you saving!

Expecting a Tax Refund? Here Are 4 Ideas for How to Use It

Even a small refund can feel like a windfall. With just a few simple actions, this money can be enjoyed now and in the future.

- 1. Instead of a date night, have a debt (reducing) night.**
Find your highest-interest debt and pay off a chunk of it. Paying down a high-interest credit card or loan can have a more positive impact on your finances than paying down one with a lower interest.
- 2. Save for a rainy day.**
Set up an emergency fund to help pay for unexpected expenses. Or enroll in supplemental benefits such as Critical Illness, Hospital Indemnity, Accident, or Voluntary Term-Life insurance*.
- 3. Take care of your future self.**
Add funds to your 401(k) or open a traditional or Roth IRA to help you save for retirement at www.401k.com. You may even reduce your taxable income by contributing to your HSA, tax-free! Visit genesys.benefitsnow.com to get saving.
- 4. Help others.**
Consider giving to a charity that's meaningful to you. Need some ideas? Search our Genesys Benevity site at <https://genesys.benevity.org/dashboard> to find organizations that are making an impact. Even a small donation can go a long way.

Start Early, Save More with Your 401(k)

It's never too late to start saving for your future. Setting aside even a little bit today can make a big difference in the long run. Genesys offers a 401(k) retirement plan, through Fidelity, to all employees. Take full advantage of the match Genesys provides to help your contributions make an even greater impact and give you a head start to financial well-being. Manage your account to reach your savings goals at www.401k.com.

Make a positive impact while securing your future. Consider socially responsible investments (ESG funds) as an investment option. Learn how to find them [here](#).



Are You Getting the Full Genesys Retirement Match?

Genesys matches half of your 401(k) contributions up to the first **\$4,000** annually. That's free money just for preparing for the future!

**To enroll in Critical Illness, Hospital Indemnity, or Accident insurance, visit genesys.benefitsnow.com. For Term-Life insurance, contact New York Life Group Benefit Solutions (formerly Cigna) at 1-800-828-3485 or visit www.nylgbsBenefitsGuide.com/genesys to get started. Note that Evidence of Insurability is required if enrolling mid-year.*



Get on the Path to Financial Well-Being with Financial Workshops & Webinars

As a Genesys employee, you have two great options to access financial resources and education.

BrightPlan

BrightPlan financial webinars can help you improve your finances. With BrightPlan's webinars, you'll learn more about relevant financial topics and make progress toward your goals. For the full list of this quarter's topics and times, check out the

[BrightPlan Webinar Schedule](#).

Fidelity

Fidelity offers financial planning workshops to help you plan for retirement, manage your portfolio and prepare for the unexpected. To learn more about the workshops planned for the second quarter, visit the [Fidelity Live Web Workshop Schedule](#).



Be Your Best Self with the Help of a Coach or Therapist

If you're feeling stuck, missing the tools to communicate with those around you, want to improve your relationships, or wish to feel better overall, Lyra Health has services that can help. Lyra Health offers you and your family members the support you need for mental and emotional health at no cost to you. As a Genesys employee, you have access to:

- Up to 12 sessions for you, your partner, and your dependents at no cost
- Personalized matches and recommendations for top coaches and therapists
- Meetings with a coach via live video or messaging
- Sessions with a therapist via live video, phone, or in person

Take the leap to improve your mental and emotional health by visiting genesys.lyrahealth.com/



Healthcare Mobile Apps Make Life Easier

Forgot your member ID card at home? Need to check an appointment time? Both Kaiser Permanente and UMR offer apps with useful features to make your life easier and your benefits more accessible.

To get the all the benefits of the Kaiser app, register for an account at www.kp.org and download the KP app. Log in using your kp.org credentials to access your digital membership card and so much more.

If you're covered under UMR, you can find the MyQHealth-Care Coordinators app in the app store and visit www.genesyshealthplan.com to register and access your benefits.

Stress Keeping You up at Night? Practice Good Sleep Hygiene

Sleep hygiene refers to healthy sleep habits that stack up to help improve your ability to fall and stay asleep. Try these 5 simple steps to a good night's sleep:

1. Find time to exercise. Moving more during the day will help you sleep better at night.
2. Follow a relaxing pre-bed routine. Try a free meditation or yoga app to help you get started.
3. Remove electronics from your sleeping area. We know, this may be a tough one, but lights and noise can interrupt your sleep.
4. Avoid big meals, caffeine, and alcohol before bed. You'll fall asleep faster and wake up refreshed.
5. Be consistent with your bedtime and wake up time. Yes, even on the weekends.

By implementing good sleep hygiene, you can not only improve your physical health, but also have more energy to take on the day.



GOOD FOOD THAT'S GOOD FOR YOU



Stuffed Bell Peppers

An easy dinner all wrapped up in one little package, these peppers are easy to make and tasty to eat! This recipe makes enough for six and is surprisingly filling, making it the perfect comfort food. For more great recipes, visit [Kaiser's recipe blog](#).

Directions

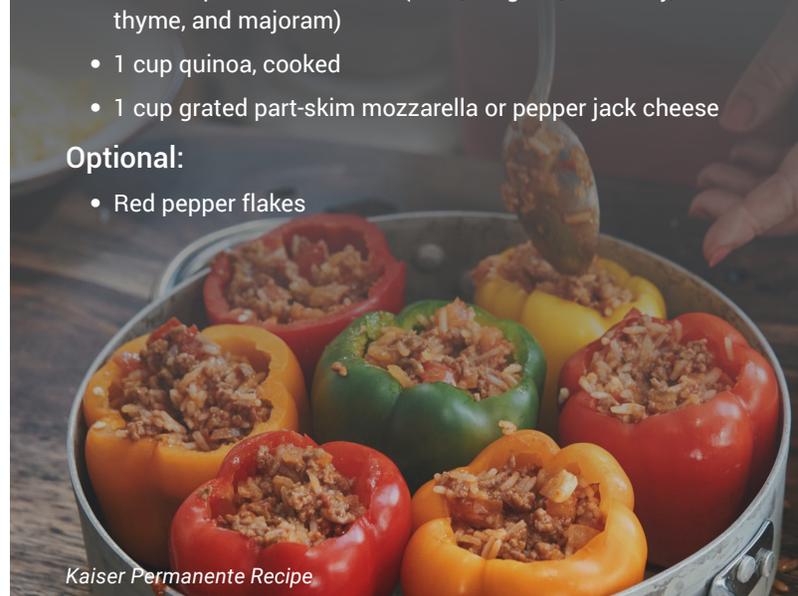
1. Preheat the oven to 350° F.
2. Cut the tops off of the peppers and scoop out the seeds and membranes. Finely chop the tops (minus the stem) and add to the filling. Place the peppers in a baking dish that holds them upright.
3. Heat 2 tablespoons of olive oil in a large skillet on medium-high heat. Add the ground turkey and season with salt and pepper to taste. Break up large chunks as you cook it, making sure the meat is cooked through and beginning to brown, about 8-10 minutes. Drain the excess fat.
4. Using the same skillet, heat 1 tablespoon of olive oil. Add the onion and chopped bell pepper tops and cook until they begin to soften, about 3-4 minutes. Add the garlic, sun-dried tomatoes, red pepper flakes, cumin, and Italian herbs, then stir in the ground turkey and cooked quinoa. Lastly, mix in half the grated cheese.
5. Fill the peppers with the turkey mixture, and sprinkle each with the remaining cheese. Pour a small amount of water into the bottom of the baking dish and drizzle the peppers with 1 tablespoon of olive oil. Cover with foil and bake for 30 minutes. Uncover and bake until the peppers are soft and the cheese is melted and lightly browned, about 10 to 15 minutes more.
6. Serve hot and enjoy!

Ingredients

- 6 bell peppers, any color you prefer
- 4 tablespoons olive oil, divided
- 1 pound of lean ground turkey
- Salt and pepper to taste
- 1 onion, finely diced
- 2 garlic cloves, chopped
- 3 tablespoons of sun-dried tomatoes, chopped
- 1/2 teaspoon cumin
- 1/2 teaspoon Italian herbs (basil, oregano, rosemary, thyme, and majoram)
- 1 cup quinoa, cooked
- 1 cup grated part-skim mozzarella or pepper jack cheese

Optional:

- Red pepper flakes



Kaiser Permanente Recipe

Questions? We're Here for You

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