

Spring into the Season

Take inspiration from the new life blooming all around you and make some changes to help you grow! Your Genesys benefits can help you make the leap to better health and feel supported the whole way.



Rally Together for Better Health

Improving your health can benefit you in more ways than one! Employees who are enrolled in a Kaiser or UMR medical plan can take part in the Genesys Rally Incentive Program to earn gift cards and prizes for completing challenges.

Here's a list of the challenges you can conquer and the rewards that follow:

Take the Health Survey

Earn **\$25 plus Rally Coins** for taking the survey and getting your baseline set up.

Complete Three Missions

Get **\$50 plus Rally Coins** upon completion of three missions. Your missions are based on your health survey results.

Talk with a Health Coach or Complete a Wellness Coaching Program

Receive **\$75 plus Rally Coins** plus a **personalized action plan** to improve your health!

Get a Biometric Screening

Earn **\$75 plus Rally Coins** by participating in a confidential screening.

Physical Activity Check-In

Get **\$20 plus Rally Coins** each month you track at least 12 days of physical activities such as walking, running, or working out at a local gym or in your home.

Note: Up to \$200 can be earned per eligible participant, annually.

To get started, earn rewards, spend your Rally Coins, and track your progress on your health journey, visit health.werally.com/client/genesys/register and sign up for an account!

If you have any questions, you can reach out to Rally by calling **1-877-722-7693**.

Spouses and Domestic Partners Can Take Part Too!

If your spouse or domestic partner is covered under your Genesys medical plan, they can take part in the program as well and earn up to \$200 for themselves!



Aflac Incentive

Employees enrolled in an Aflac plan can also take part in wellness check-ups and annual physicals to earn their own incentive as long as their plan offers one.

To get started toward earning your incentive, log in to the **Aflac system** and complete the notification process for your annual checkups.





Grow Your Financial Knowledge

Genesys has paired up with BrightPlan and Elements Financial to offer you live workshops and webinars so you can expand your financial know-how and learn to make smarter financial decisions.

BrightPlan

Most Fridays this quarter, BrightPlan will be hosting webinars you can attend. The webinars offered are:

April 21	Get Started with BrightPlan
April 28	Finance Friday: How to Talk to Your Kids About Money
May 11	Finance Friday: The Rider and the Elephant: A Visual Metaphor for Better Financial Decision Making
May 19	Get Started with BrightPlan
May 26	Finance Friday: Ways We Can All Be More Mindful with Money
June 9	Finance Friday: Attacking Debt with BrightPlan
June 16	Get Started with BrightPlan
June 23	Finance Friday: How to Complete a Mid-Year Financial Check In

For more information and to register for the webinars, check out the [Quarter Two Webinar Schedule](#).

Elements Financial

The Elements Financial workshops offer a chance to get hands-on experience with highly relevant topics such as:

May 16	Top Financial Mistakes
July 12	Beginner's Guide to Homebuying
September 19	Family Dynamics & Your Finances
November 14	Planning for Retirement

Keep up to date on Elements Financial events and workshops by checking out www.elements.org/genesys/events regularly. Make sure to sign up for the workshops beforehand to ensure you get a spot.

Fidelity

You can expand your financial knowledge any day of the week with Fidelity. They have a wide range of topics from investing basics for beginners, all the way to navigating the ins and outs of the market for more experienced investors.

With over 50 webinars and workshops hosted, as well as special 30-minute workshops, you're sure to find something for you. Take a look at the [Fidelity calendar](#) for a complete list. Some highlights include:

April 21, 2023	Investing for Beginners
April 25, 2023	Identify and Prioritize Your Savings Goals
May 11, 2023	Five Money Musts
May 23, 2023	Retirement Basics (Saving for the Future You)
June 15, 2023	Create a Budget and Build Emergency Savings
June 27, 2023	Invest Confidently for Your Future

Registration is easy. Just visit the [calendar](#) and click on the topic that interests you. You'll be led right to the sign-up form.



Maximize Your Retirement

Here at Genesys, we support our employees in taking action to ensure their financial future is strong. As such, we are always looking for new ways to make it easier for you to save for your retirement, and recently we added a new option to the 401(k) plan.

If you receive bonuses or commissions as part of your compensation, you can now choose to make a separate deferral election for them than the election you made for your base salary. This provides the opportunity for you to decide how much you want to save from each pool of compensation.

Note: You will need to make the election to opt in so that funds can be pulled from your next bonus or commission payment. To make your election change, visit the Fidelity portal at [401k.com](https://www.fidelity.com).

Get Help with Your Retirement

Our carrier, Fidelity, is hosting one-on-one sessions on June 20th and 21st to help you maximize your retirement and get your questions answered.

To register, please [click here](#).

The Key to Keeping Healthy

While your medical, dental, and vision plans are separate benefits, they all play an essential role in your overall health. Because the human body is so interconnected, your dentist or vision doctor could be one of the first people to recognize that something is wrong with your health. This is why, on top of getting your regular preventive care through your medical provider, you should also make time for your regular dental cleanings and an annual eye exam.

Your Benefits Make a Difference

Early treatment is linked to better health outcomes and a better quality of life. That's why all Genesys medical and dental plans cover preventive care in-network, at no cost to you. If you've been waiting for a good time to schedule your preventive care appointments, this is it!



What Is Covered under Preventive Care?

Examples of preventive care services include:

- Annual check-ups
- Immunizations
- Recommended screenings
- Dental cleanings and x-rays

GOOD FOOD THAT'S GOOD FOR YOU



Loaded Vegetable Lo Mein

Cook up an easy, quick recipe that's sure to delight! In under 30 minutes, you and your family can enjoy a warm, nutritious meal together.

Ingredients

- ¼ cup low-sodium soy sauce
- 2 teaspoons of honey
- 1 teaspoon of sesame oil
- A pinch of cayenne pepper
- 1 tablespoon of cooking oil
- 3 cloves of garlic, minced
- Fresh ginger root, peeled and minced, to taste
- 2 cups of mushrooms, sliced
- 2 bell peppers, thinly sliced
- 1 carrot, sliced into matchsticks
- ¾ cup snow peas
- 2 green onions, sliced
- 2 handfuls of leafy greens (bok choy, spinach, kale, or mustard greens)
- 1 pound of lo mein noodles
- Optional: Chopped peanuts, to sprinkle on top

Directions

1. In a small bowl, whisk together the soy sauce, honey, sesame oil, and cayenne pepper, and set aside.
2. Heat the oil in the large skillet or wok over medium-high heat. Add in the garlic and ginger. Cook about one minute, stirring often, until fragrant. Add in the mushrooms, bell peppers, and carrot sticks.
3. Once the peppers begin to soften, add in the snow peas, green onions, and leafy greens. Cook until the greens begin to wilt, then add in the lo mein noodles. Pour the soy sauce mixture over the noodles and stir fry until the noodles have absorbed the sauce and the vegetables are all cooked.
4. Serve hot and enjoy!

Recipe from **Host the Toast**

Questions? We're Here for You

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