

# CLICK THOSE BUTTONS AND MAKE THOSE ELECTIONS!

## Open Enrollment Is Just around the Corner

This year, it is essential that you take part in Open Enrollment. Instead of our typical passive enrollment, 2024's Open Enrollment will be **active**. This means you will need to **actively** elect all your benefit options in Workday due to our benefits administrator change. Last year's benefit selections **will not roll over**. You must **actively** enroll to have benefits in 2024.

In addition, employees will need to enter all covered dependents and beneficiaries, as this information will not be transferred to Workday. Make sure you have dependent/beneficiary info handy, such as SSN, date of birth, full legal name and address if their address is not the same as yours.

Open Enrollment will run from **Monday, November 6 to the following Friday, November 17**.

## Enrolling

To enroll, head over to Workday and click the "Benefits" app on the home page. Then complete the following steps:

### Making Elections:

1. Select "Benefits."
2. Work through the prompts to select or waive your coverage.
3. Submit your changes.

### Adding Dependents:

1. Select "Dependents."
2. Click "Add" to add a dependent.
3. Save your changes.

**Note:** You will need the SSN, date of birth, and full legal name of every dependent you are enrolling, so be sure to have it on hand.

### Adding Beneficiaries

1. Select "Beneficiaries."
2. Click "Add" to add a beneficiary.
3. Submit your changes.

## Get Yourself Ready

To prepare yourself for Open Enrollment, there are a few things you should know, and even some steps you can take to make your enrollment easier:

- All elections will be made on Workday. You can enroll on Workday from **November 6 to November 17** from the Genesys Okta page.
- All your 2024 plan details and their costs will be sent to you in early November, before Open Enrollment starts. We recommend comparing them to your current plans so you can make the best decisions for your situation.
- You can obtain a copy of your current elections by logging on to [genesys.benefitsnow.com](https://genesys.benefitsnow.com). Then click on "Benefit Summary", select "Review your coverage", then "CLICK HERE TO PRINT THIS PAGE". Then simply print your current elections for your records. You can reference this while enrolling in Workday if you would like to enroll in the same plans.
- New medical cards for all UMR plans will be mailed to home addresses in late December for the 2024 plan year.
- **Don't forget!** Your 2023 FSA reimbursement requests must be submitted by March 31, 2024 to HealthEquity/WageWorks.



## Need to Update Your Fidelity Beneficiaries?

Scan the QR code to jump straight to the **Fidelity beneficiary page** or access it through the Okta page.





## Kaiser Permanente Resources

For employees enrolled in a Kaiser Permanente medical plan, we'd like to take a moment to remind you about all the great resources available to you. These resources can be accessed online at any time.

### Travel Tips

If you're preparing for a big trip, or you just love to travel, Kaiser has put together travel tips to ensure your trip is safe and satisfying. Visit [kp.org/travel](https://kp.org/travel) for a wealth of travel tips and knowledge.

### Keep a Finger on the Pulse

Kaiser offers monthly articles about various health topics. You can keep up to date on your health knowledge at [kaiserpermanente.org/thrive/monthly-health-topics](https://kaiserpermanente.org/thrive/monthly-health-topics).

### Health Talks

For a more involved approach, Kaiser hosts live health talks so you can ask questions on the topics that interest you. For a list of topics and dates, visit [kaiserpermanente.org/care-near-you/northern-california/santaclara/health-resources/kp-health-talks](https://kaiserpermanente.org/care-near-you/northern-california/santaclara/health-resources/kp-health-talks).

### Wellness Apps

If you didn't already know, Kaiser members get access to helpful mental health apps at no cost! Calm, Ginger, and myStrength can be used to help you build your resilience.

To download, visit [kaiserpermanente.org/health-wellness/mental-health/tools-resources/digital](https://kaiserpermanente.org/health-wellness/mental-health/tools-resources/digital).

### Reach Well-Being

Kaiser offers an entire well-being library of resources for your use. By visiting [kp.org/livehealthy](https://kp.org/livehealthy), you can access tools, programs and classes, guides, and articles.

## Lyra Health Resources

October is Depression Education and Awareness Month. To show our support, we've teamed up with Lyra to bring you the [member guide to understanding depression](#), which can also be found on [Lyra Connect](#). The best way to combat poor mental health is through awareness. The member guide includes information on recognizing signs of depression and understanding less obvious aspects of the condition. Lyra is also offering the following for October:

- **Finding Balance in the Present:** A helpful meditation now available on Lyra Essentials.
- **Lyra Learn Gatherings:** Take a peek at the schedule to find time to join structured, small-group discussions facilitated by Lyra's mental health experts on timely topics.
- **Mental Health 101:** Utilize the new eLearning course by signing in to Lyra Learn.





## Final Elements Financial Workshop

The last Elements Financial Workshop will cover Planning for Retirement on November 14, from 12:00pm to 12:45pm. To register and view the other workshops available to you, visit [elements.org/genesys](https://elements.org/genesys).



## Fidelity Financial Workshops

Whether you're new to the realm of personal finance, or you're a knowledgeable user who is looking to learn about the current market trends, or even nearing retirement and looking to make the most of it, Fidelity offers you workshops that cover a wide variety of topics to help you prepare for any future financial decisions you want to make. There is no limit to how many you can attend, and they're offered to you at no cost.

Fidelity has workshops every day of the week (M – F) so you're certain to find some that fit your schedule.

Here is a small sample of topics and dates that may pique your interest:

Date:	Topic:
October 9	Investing for Beginners
October 18	Create a Budget and Build Emergency Savings
October 24	Retirement Basics
November 2	Your College Savings Options
November 13	Personal Security Insights—Strategies to Help Safeguard Your Wealth and Family
November 24	Invest Confidently for Your Future
December 7	Five Money Musts
December 14	Managing My Money: Budget, Emergency Savings, and Debt Basics
December 18	Fundamentals of Retirement Income Planning

For the full list of this quarter's workshops, visit [netbenefits.fidelity.com/livewebmeetings](https://netbenefits.fidelity.com/livewebmeetings). 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.

## VSP Vision Resources

When you enroll in a VSP Vision plan, you get more than just vision coverage. Your plan has a number of additional benefits you can take advantage of such as:

- **VSP LightCare** – Get blue light glasses or sunglasses with your frame and lens benefit.
- **VSP EasyOptions** – EasyOptions lets you pick which kind of coverage works best for you and your family.
- **VSP Promotions** – On specific brands, you can get an extra \$40 in coverage.
- **Eyeconic** – By shopping through [eyeconic.com](https://eyeconic.com) you can get easy access to your VSP benefits and free shipping too!

Keep an eye out for more details on these great perks!

## Making Use of Your VSP Plan

VSP providers are always at your fingertips. If you ever need to find a doctor, simply go to [vsp.com](https://vsp.com) and navigate to the "Find a Doctor" tab.



# GOOD FOOD THAT'S GOOD FOR YOU



## Mango Raspberry Smoothie Recipe

**Prep Time: 5 minutes | Servings: 1**

This mango smoothie has the perfect blend of fruit to give you a healthy sweet treat, but one surprise ingredient is responsible for making this drink creamy and delectable with no dairy needed. Serve this up by itself or enjoy it with a light meal.

### Ingredients

- ½ cup water
- ¼ medium avocado
- 1 tablespoon lemon juice
- ¾ cup frozen mango
- ¼ cup frozen raspberries
- 1 tablespoon agave (optional)

### Directions

1. Add water, lemon juice, mango, raspberries, and agave to your blender.
2. Add avocado to make your drink creamy and blend until it's perfectly smooth.
3. Pour in a glass or tumbler and enjoy!

Recipe from: [eatingwell.com](https://www.eatingwell.com)

## Questions? We're Here for You

Benefits

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Payroll

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