



It's beginning to look a lot like fitness!	1
Using Rally coins on Cyber Monday!	1

Welcome Back—Benefit Contact Reminder	2
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BenefitsWise

"BETTER BENEFITS THROUGH COLLABORATION"

It's beginning to look a lot like FITNESS

Is fitness on your wish list this holiday season? You can give yourself a gift that lasts a lifetime. It's as easy as using your fitness discounts. Simply log on to your Resources for Living portal today at :

<https://www.resourcesforliving.com>

Username: ICUBA

Password: 8773985816

You'll find great savings to help you meet your fitness goals from Thanksgiving through New Year's and beyond including discounted rates at over 9,000 gyms nationwide, a variety of membership types and options, and discounts on fitness products.

Participating gyms and programs include:

- 24 Hour Fitness
- LA Fitness
- Anytime Fitness®
- Zumba® Fitness
- Nutrisystem® and more

You can use your fitness discounts today to help you stay on track with your exercise goals this holiday season. Your fitness discounts make it easy.

*Brought to you by
Resources for Living
1-877-398-5816,
Option 1 for EAP!*



<https://www.resourcesforliving.com>

Shop for extra discounts using Rally Coins on Cyber Monday

Monday, November 26 —
Cyber Monday Flash Sale!

Engaged registered Rally users can access the Rally Marketplace through the Rewards section and cash in on these limited time offers for only 100 coins! Simply log into Rally on Cyber Monday through the mobile app or the single sign on from ICUBAbenefits.org and MyHealthToolkit!

The Rally Marketplace Cyber Monday will be featuring promotions including:

- \$25 off select items at FitBit**
 - \$35 off on a North Face Apex Jacket**
 - 45% off Sam's Club Memberships**
 - 25% off at 23andMe**
- (for only 100 coins each!)*

Do you have the Rally Mobile App?



Available for
Apple and Android!



Remember to visit our website—<http://ICUBAbenefits.org>

This user friendly site is your one stop shop for all things benefits! Visit our single sign-on section located below the scrolling banner and gain access to ICUBA's Brand Partners including BCBS MyHealthToolkit and Rally, OptumRx Prescription Drug Portal, Resources for Living EAP and Aetna Navigator and of course, the ICUBA MasterCard!

26

Important Reminder: Over Age Dependent Terminations occur at the end of the calendar year



Under the Patient Protection and Affordable Care Act (PPACA), a dependent child(ren), regardless of financial, academic, residential, marital or employment status is eligible for benefits under your medical plan. Under the ICUBA Medical Plan, coverage for an overage dependent terminates on the last day of the calendar year in which your child turns 26 years of age. If your dependent turned 26 during the 2018 calendar year, he/she will be terminated from the ICUBA plan effective December 31, 2018. Your child(ren) will be given the option to elect COBRA (for up to 36 months) or they may look for a replacement exchange policy at <http://GetInsured.com/ICUBA>.

Please note: Disabled dependent child(ren) may be eligible for coverage after age 26 with appropriate documentation.

If you have additional questions, please contact ICUBA Benefits Administration at 1-866-377-5102 (Monday-Friday, 8am to 8pm).

When vacation plans can't wait, you've got Teladoc!

Don't let an illness ruin your special plans. With Teladoc, you can take a doctor with you no matter where your travels take you.* Our licensed doctors are available by phone or video 24/7. Whether you or a covered dependent is away from home or they can't get a doctor's appointment, a Teladoc doctor is always available for non-emergency illnesses, even on Thanksgiving, Christmas, and New Year's

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Teladoc.com or SSO from MyHealthToolkit
Don't forget to download the mobile app!

*Not available internationally



Try these Holiday Stress Busters



Try a five-minute body scan—Begin with your feet. Notice how your toes feel in your shoes. Slowly move your awareness up through your body, checking in with each part. Your legs. Your arms. Your torso. Become aware of your posture. Lift your head up high. Tuning in to your body helps you take better care of yourself.¹



Make exercise a part of your routine—Research shows that people who are physically active usually feel less depressed and anxious. The recommended goal is 30 to 40 minutes of moderately intense exercise at least three times a week.²



Jot it down—Writing in a journal can be very therapeutic. It can also help you track how you're feeling and notice patterns in behavior. Try writing one thing a day that you're grateful for. Doing so will help you focus on the positive and keep things in perspective.



Take a whiff of lavender—Lavender is best known for its sedative powers and has been used as a remedy for insomnia, anxiety and pain for hundreds of years. If you can find fresh lavender, fold it into a piece of scrap cloth to make a sachet. Stash it in a pocket or purse and inhale the scent when you're feeling overwhelmed.



Take a time-out from technology—When all else fails, try taking a break from technology. Studies show that regular breaks from your devices can have a calming effect. You can also benefit from decreased stress and tension, deeper relaxation and more energy.



Melt away holiday stress—Just remember: the more you use these stress busters, the better they work. And most are fast, easy and available to you anytime and anywhere.

¹ Aetna. "Tune in to Your Body." Accessed September 2017.

² American Association of Retired Persons. "Exercising When You're Caring for Someone Else." Accessed September 2017.

