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BenefitsWise

"Better Benefits Through Collaboration"

Laughter is the Best Medicine!

Have you ever paid attention to your mood after you have just had a good laugh?

Maybe you were feeling tense or down and suddenly you see or hear something that makes you laugh. It’s been said that laughter is the best medicine. Laughter can positively affect your overall mood and brighten your spirits. Finding time to laugh (and things to laugh at) can draw people together and create a common thread, turn a potentially negative moment into a positive one and lighten anger’s heavy load. Maintaining a sense of humor can also help us get through stressful situations and allow us to feel more relaxed.

You can decide to find humor almost anywhere. When you've rushed out the door trying to make that appointment only to end up stuck in traffic, laugh at the absurdity of it instead of flaring up. Seek out humor and build it into your day with bouts of laughter. Just like regular exercise, ample sleep, and a nourishing diet, your good health can profit from it.

Find out more reasons why laughter is good for you with myStrength’s [Humor Is Good for You and Your Health](#) activity.

For more information visit www.MyStrength.com

If you haven't already created a MyStrength account, the access code is [ICUBA](#)

MyStrength is a partner of Aetna Resources for Living



TELADOC

Teladoc gives you access 24 hours a day, 7 days a week with a U.S. board-certified doctor through the convenience of phone, video or mobile app visits. It’s super quick and easy and ICUBA members only pay a low **\$5 copay** per consultation. Set up your account today so when you need care, a Teladoc doctor is just a call or a click away.

If you have not already registered, please visit www.icubabenefits.org and single sign-on to BCBS MyHealthToolkit. From here, you can click right into Teladoc. (Dependents can visit www.teladoc.com directly to register and schedule an appointment.)

1-800-Teladoc
(1-800-835-2362)



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 My Health Toolkit, Rally, OptumRx Prescription Drug Portal, Resources for Living EAP, Surgery Plus, Aetna Navigator and the ICUBA MasterCard!

JUNE IS MEN'S HEALTH MONTH

awareness | prevention | education | family



01

Eat Healthy. Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.



02

Get Moving. Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.



03

Make Prevention a Priority. Many health conditions can be prevented or detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

100%
Women are 100% more likely than men to visit the doctor for annual exams and preventive services.

1 IN 2
1 in 2 men are diagnosed with cancer in their lifetime compared to 1 in 3 women.

1994

On May 31, 1994 President Clinton signed the bill establishing National Men's Health Week.

"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue."
Congressman Bill Richardson (May 1994)

In 2000 there were fewer than 80 men for every 100 women by the time they reach age 65 - 74.

80

ONLINE RESOURCES

Men's Health Month
menshealthmonth.org

Men's Health Network
menshealthnetwork.org

Get It Checked
getitchecked.com

Talking About Men's Health Blog
talkingaboutmentshealth.com

Women Against Prostate Cancer
womenagainstoprostatecancer.org

For more information visit: www.iabhp.com/national-wellness-observance-calendar

Use it or Lose it!

The time is now — Use it or lose it! Remember to review your Health Care Spending Account (HCFSAs) and/or your Dependent Care Spending Account (DCFSAs) balance(s). If you did not spend all your flexible spending dollars during the last plan year which ended in March 31, 2019 there is still time. ICUBA participants are granted a 2 ½ month extension to use your funds. You have until June 15, 2019 to incur eligible medical and dependent care expenses towards your 2018-2019 account(s). You have until June 30, 2019 to submit a reimbursement request for eligible expenses incurred.

To review your HCFSAs and/or your DCFSAs balance(s) please visit your account online at ICUBAbenefits.org.

While you're there you can also check out a complete list of eligible expenses and requirements for the HCFSAs, DCFSAs and Health Reimbursement Account (HRA).

If applicable—your HRA dollars are safe! Please keep in mind, unlike the FSA, HRA funds roll over year to year as long as you're on an HRA eligible medical plan.



If you need to submit a reimbursement request you may do so at <http://ICUBAbenefits.org>. All reimbursement requests must be accompanied by an itemized receipt that includes the provider's name, date of service, amount owed, a description of the services rendered and the patient's name. If you have questions, please contact ICUBA Benefits Administration at 1-866-377-5102 or via email fsa@csllc.com.



Celebrating our 17th Year of Service to Florida Private Education Employees

BENEFITS FOR EDUCATED CONSUMERS: A NEWSLETTER TO HELP YOU MAKE INFORMED CHOICES