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BenefitsWise

"Better Benefits Through Collaboration"



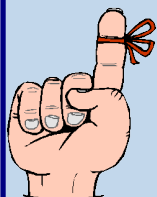
Don't Fall Into This New Year's Resolution Trap

Historically, one of the top New Year's resolutions is to lose weight. Unfortunately, many people look to fad diets and weight loss products to achieve their goals quickly. While fad diets may prove effective initially, research shows that many people don't find long-term success with these types of diets. Instead of setting a goal to lose weight fast this New Year's, set a goal to lead a healthier lifestyle. Common lifestyle New Year's resolutions include the following:

- **Exercise regularly** — Aim to get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, and to do strength training exercises of major muscle groups at least twice a week.
- **Maintain a well-balanced, healthy diet** — Try to eat a variety of fruits, vegetables, whole grains, protein-rich foods and healthy fats. Make it a goal to incorporate more fruits and veggies into your diet.
- **Increase the amount of sleep you get** — One of the best ways to become healthier is to get enough sleep. Try to get at least seven hours of sleep, the expert recommended amount per night.

According to U.S. News & World Report, 80% of New Year's resolutions fail. Regardless of what you choose as your New Year's resolution, make sure it is a "SMART" goal—one that is specific, measurable, attainable, realistic and timely—to increase the odds that you will stick to it.

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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, SurgeryPlus+, Aetna Navigator and of course, the ICUBA MasterCard!

Benefit Tax Form

IRS Form 1095 is used to report medical insurance coverage to the IRS. The Form 1095 is provided to the IRS and to employees covered or eligible for coverage under the ICUBA medical plan for one or more months of 2019. This form will report to you, the employee, whether you and your covered dependents, if applicable, were covered under the ICUBA medical plan.

Please note: You will **NOT** need this form to file your taxes! Please keep the form in a safe place for reference. All active employees may reference this tax form in your employee file at ICUBAbenefits.org.



(The form will be available mid-February!)

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For more information call 1-800-835-2362, visit Teladoc.com or SSO from ICUBAbenefits.org via the BCBS My Health Toolkit link! Remember to establish an account prior to seeking treatment and download the mobile app!



Quick Ways to Boost Your Energy!

Americans are tired — seriously. Three out of four of us reported feeling tired many days of the week, according to a survey of more than 1,000 people. And while healthy habits — like staying active, eating well, and getting enough sleep — are the most meaningful ways to boost your energy, it is possible to feel perky and refreshed in a matter of minutes.

- **Down a glass of water**
- **Smell Peppermint**
- **Take the stairs**
- **Sip a cup of Joe**
- **Upgrade your snack**
- **Embrace nature**



This article was written by Kate Rockwood. For the full article visit RallyHealth.com.