

April 2021

Take charge of your well-being

In this issue, read about all of the ways that your well-being is in your hands. Form a team and join a step challenge, be an advocate for yourself with ConsumerMedical, nominate an employee for volunteerism, sign up for a financial well-being checkup and more.

FINANCIAL Well-being



Do you need a financial well-being checkup?

Make sure you're taking the steps you need to reach your financial goals. Sign up for a complimentary one-on-one consultation with Fidelity today! [Learn more.](#)

When should you claim Social Security?

If you anticipate Social Security will be your primary source of income in retirement, learn when and how to claim your benefit.

- Delaying claiming Social Security may result in a larger lifetime benefit
- Married couples may have other considerations when deciding how and when to claim Social Security

Learn more from [Ready to claim Social Security](#) on Fidelity NetBenefits® or attend Fidelity's [Learn the Basics of How and When to Claim Social Security](#) workshop on April 21.

PHYSICAL Well-being



Advocate for your health with ConsumerMedical

Facing a serious medical condition or considering surgery? You don't need to make decisions alone. We partner with ConsumerMedical so you can find the best doctors to fit your needs. [Learn more.](#)

Anthem Health Guides can help you navigate your health care needs

Connect with an Anthem Health Guide for one-call resolution and support with bill discrepancies, health care costs and coordinating care. [Learn more.](#)

SOCIAL Well-being



Join an ERG today!

Ever want to expand your community and meet people across the company? Now is the time to join an Employee Resource Group (ERG) for networking, community outreach, professional and personal development and recruiting. [Learn more.](#)

Make your daily steps count toward the *Engage Trailblazers Team Challenge*

Gather a team of your coworkers, get active and move your way to the top of the *Engage Trailblazers Team Challenge* to win Visa gift cards! Enrollment begins April 19 and the Challenge runs from May 3 to May 31, 2021. [Learn more.](#)

Nominate a difference maker for charitable grants

The new Difference Maker Awards celebrates employee commitment to making a difference through volunteerism. Nominate an individual or group for their chance to win a \$10,000 charitable grant. Nomination applications will be received between April 1 and April 30, 2021. [Learn more.](#)



Access special needs support for your child

If your child is facing learning, emotional, developmental or behavioral challenges you have resources to help them succeed both at home and at school. [Learn more.](#)



Well-said: Employee testimonial

Geoffrey contacted ConsumerMedical to learn about effective alternative treatments to his medical condition. He worked with a dedicated Nurse Ally who sent him information and videos on his diagnosis, as well as surgical and non-surgical treatment options. His Nurse Ally also provided a customized list of questions to ask his doctor and a list of the top specialists in his area. Here is what he had to say:

“Thanks for sending the list of doctors with all the supporting information. I plan on talking with my doctor about his thoughts before scheduling an appointment. Thanks also for all the other documents with sample questions, which will really help drive the conversation.

My well-being webinars

Participate in upcoming well-being webinars designed to help you thrive financially, physically, socially and emotionally. [Click here](#) for a complete list of webinars and details on how to register.

For more information, visit [My Well-being](#) on the [Total Rewards Gateway](#).