



# BENEFITS BUZZ...

November 2024



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## CONTACT US

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## NATIONAL DIABETES AWARENESS MONTH

Diabetes is a significant health concern affecting millions. Its impact goes beyond just physical health; it can lead to emotional challenges, such as anxiety or depression, and social issues, like stigma or isolation. Financially, managing diabetes can be burdensome due to medication costs, regular check-ups, and potential complications.

### Understanding Diabetes

Learn about the significance of understanding diabetes and why it's essential to be informed about it courtesy of United Healthcare



Our employee health plans offer several tools and resources to help manage diabetes effectively. These include:

**Diabetes Management Programs:** Comprehensive programs that provide education on diabetes care, blood sugar monitoring, nutrition, and exercise. These programs often include support from certified diabetes educators and healthcare professionals.

Make sure to take full advantage of these benefits by regularly consulting with healthcare professionals in your specific health plan, utilizing available wellness resources, and staying on top of your diabetes management. If you're not sure how to access these tools, reach out to your plan's customer support for guidance!



# JOIN THE CLUB



[Click Here](#)

Diet and exercise are crucial components of managing diabetes, and a fitness membership can be a fantastic resource to support overall health and wellness.

Consider taking advantage of a discounted membership at

The Club at City Center, located at 1200 Clay St #100. The club offers a variety of fitness classes, equipment, and resources tailored to help you achieve

your health and fitness goals. Regular exercise can help manage blood sugar levels, improve insulin sensitivity, and reduce stress, all of which are important in managing diabetes.

## 2025 Deferred Compensation Contribution Limits

Contribution	2025 Annual Limit	Contribution Change Form/Instructions
Normal Contribution	\$23,500	<a href="#">Normal Contribution Changes</a>
Age 50 Catch-Up	\$7,500	<a href="#">Age 50 Catch-up Form</a>
Pre-Retirement Catch-Up	\$23,500	<a href="#">Pre-Retirement Catch-up Form</a>

# OPEN ENROLLMENT CHECKLIST

As we transition into 2025 following the close of open enrollment, it's important to finalize a few key steps to ensure a smooth and seamless experience with your health plan for the new year.

Here's a checklist to help you wrap things up:



## **Review Your Plan Details**

Confirm your benefits: Double-check the benefits you've selected for 2025. This includes health, dental, vision, and any additional coverage options like life insurance.

Verify coverage changes: Ensure you understand any plan changes, such as provider networks, coverage limits, and new plan features (e.g., new wellness programs or services for managing chronic conditions like diabetes).



## **Update Personal Information**

Confirm that your address, phone number, and email are up to date, ensuring you receive all communications from your insurer.



## **Update Your Primary Care Physician (PCP)**

If you've changed doctors or need to select a new primary care physician (PCP) for 2025, be sure to make the update through your insurer to ensure that you receive the right care and avoid any delays.



### **Confirm Coverage for Specific Needs**

Review your medications and make sure they're covered under your plan for 2025. If there are any changes to your prescription formulary, contact your insurer or pharmacy to understand how it affects your coverage.

If you see specialists, ensure that they are still in-network or that your plan offers sufficient out-of-network benefits if necessary.

Be aware of preventive care services covered under your plan (e.g., screenings, vaccinations) to make sure you stay on top of your health needs in the new year.



### **Review and Set Health Goals**

**Diabetes management:** If you have diabetes or any chronic conditions, set goals with your healthcare provider for 2025, and make sure you're utilizing all the resources available through your health plan, like disease management programs or telehealth services.

**Wellness and prevention:** Take advantage of wellness programs, and consider scheduling routine check-ups or screenings early in the year to stay proactive about your health.