

## BENEFITS BLAST EMAIL: January National Awareness Month

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**January National Month** observations include Glaucoma Awareness Month, National Radon Action Month, and National Drug and Alcohol Facts Week, just to name a few.

*Glaucoma is an eye disease that can damage your optic nerve. Glaucoma is usually, but not always, the result of abnormally high pressure inside your eye. See your doctor immediately if you experience any of the following symptoms:*

- *Severe eye pain, redness in your eye*
- *Nausea, vomiting*
- *Sudden vision disturbances or blurred vision*
- *Seeing colored rings around lights*

### Reminders/announcements:

- **Employees who experience a qualified life event change** including loss of health coverage by a dependent, change in marital status or birth of a child are eligible for a Special Enrollment Period that allows changes to the health plan outside of open enrollment. A new election is allowed within 30 days of experiencing a life event and must be submitted through the Plansource online enrollment system. **Employees wishing to add newborn or adopted children to the health insurance plan have 30 days from the birth or adoption to make the election.**
- **Flexible Benefits Plan Participants:** Run-Out Period to turn in expenses after the end of the plan year is 2 months. The Run-Out Period ends on **February 28** each year.
- **Teladoc Reminder:** Teladoc gives you access 24 hours, 7 days a week to a U.S. board-certified doctor through the convenience of phone, video or mobile app visits. Set up your account today so when you need care now, a Teladoc doctor is just a call or click away.

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