



BENEFIT NEWS

2023/2024 PLAN YEAR

October 2023

Thanks to everyone participating in the annual open enrollment in August. New benefits are effective October 1, 2023.

UMR

Health insurance benefits will remain the same for the 2023/2024 plan year, therefore only new enrollees will be mailed new id cards. Remember, you can access UMR id cards from your Health Joy app. The app is available for Android, iPhone and iPad.



A UnitedHealthcare Company

HEALTH JOY



If you have not downloaded this app, you are missing out on valuable benefits! New effective 10/1/23:

Teladoc—Connect with US board-certified physicians to treat minor illnesses 24/7 365 days a year from the comfort of your home at no cost to you. Teladoc can treat sinus problems, respiratory infections allergies, flu symptoms, rashes, and many other illnesses at no cost, saving you money and a trip to Urgent Care.

We are also excited to announce the addition of the virtual primary care program. This feature offers whole-person care for employees, anywhere, with preventative screenings, chronic conditions diagnosis, mental health and acute care at no cost to the employee! Members can use this feature to fulfill the Vitality biometric wellness screening requirement.

FEDlogic

We are excited to introduce this new benefit effective October 1, 2023. FEDlogic is an independent resource to help navigate and maximize federal and state benefits. FEDlogics can assist in finding entitlements available to you and/or family members, such as:

- Retirement
- Disability
- Medicare/Medicaid
- Survivor's Benefits
- Children's Benefits
- Major Illness (such as cancer, ALS and end stage renal disease (ESRD))

Seminars on these benefits are available on the last Wednesday of every month at 1 pm central standard time. Scan with QR code with your phone to view session and pre-register.



LOFTON LIFESTYLE HEALTH IS NOT A TEMPORARY ASSIGNMENT WELLNESS PROGRAM



Employees enrolled in one of the three major medical plans offered by Lofton qualify for the Vitality program. Vitality has provided Lofton employees with necessary tools to achieve and maintain a healthier lifestyle. Participating employees are also eligible for a 30% discount on health insurance premiums. You can register by going to www.powerofvitality.com. Once registered if you complete the following three steps by December 31, 2023, you will earn the 30% discount:

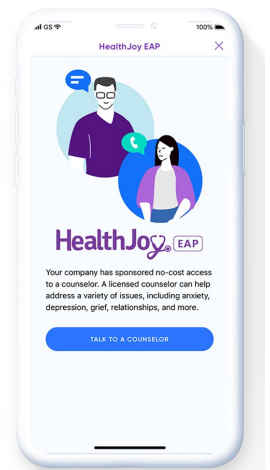
- Vitality Health Review—Online health questions.
- Vitality Check (Biometric Screening). Form for PCP to complete.
- Earn 2500 points (Achieve silver status).



EMPLOYEE ASSISTANCE PROGRAM

At some point in our lives, we can all use some help. HealthJoy EAP is a confidential resource that helps you deal with life's challenges and the demands that come with balancing home and work. The EAP can also provide expert financial planning, free legal assistance, consultations for dependent care, pet care, home improvement and more!

We are happy to announce that Lofton has made the employee assistance program (EAP) available to all employees at no cost. Health Joy users can access the program via the app. All other employees can call 888-731-3327 or go to Eap.healthjoy.com and enter company name "Lofton" to get started.



Still have questions? Contact Mary Dixon, Benefits Coordinator at benefits@Lofton.jobs or 225-924-0200.

Visit us online @ Lofton.jobs