

## OPEN ENROLLMENT COMING SOON

It's that season again, Open Enrollment! The one-time opportunity during the year in which you are able to make any changes to your benefits. Open Enrollment will be begin **Wednesday, May 12th through Wednesday, May 26th**. Open Enrollment sessions are currently being scheduled and all details will be shared on the May newsletter, Employee Portal and updates through text messages.

**2021  
Open  
Enrollment**



This would be a GREAT time to start thinking if your current benefits are working for you OR if you need to adjust your HSA/FSA amounts and so much more. Contact your benefits department if you have any questions or concerns about your benefits! Stay tuned to hear more about when Open Enrollment starts.

### Benefit Team Contact Information

- Leilani Anderson, Director of Total Compensation  
Email: [Leilani.Anderson@sunhealth.org](mailto:Leilani.Anderson@sunhealth.org) Phone: 623-77-2604
- Stephanie Hannon, Benefit Coordinator  
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Contact us



## AETNA INSURANCE & COVID-19 TESTING UPDATE

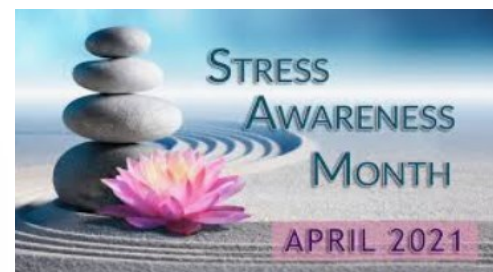
For team members who are currently insured through Sun Health's Aetna health insurance and are required to be routinely tested are receiving an Explanation of Benefits (EOB's). An EOB is an overview of the billed charges by the provider, the approved contracted rate of payment between provider, insurance and member responsibility. It has come to our attention some team members are receiving an EOB with a member responsibility, be aware that unless you receive a bill directly from the provider you are not responsible for any payment. If you receive a bill for the required routine testing at Sun Health please reach out to Leilani Anderson, Director of Total Compensation at [Leilani.Anderson@sunhealth.org](mailto:Leilani.Anderson@sunhealth.org) or Stephanie Hannon, Benefit Coordinator at [Stephanie.Hannon@sunhealth.org](mailto:Stephanie.Hannon@sunhealth.org).



## REFERRAL & SIGN-ON BONUSES

Did you know that Sun Health offers referral bonuses for referring candidates for open positions in which they are hired? We also offer sign-on bonuses for hard to fill positions. Please speak to your Human Resources representative for more information or contact Jeff Miller at [Jeff.Miller@sunhealth.org](mailto:Jeff.Miller@sunhealth.org).

**BONUS**



### April Means....

A balanced equilibrium. It's a time for growth and moving forward in new and positive way. With psychic energy in abundance, it is the ideal month to start meditating for the purpose of healthier living and raising consciousness.

### April National Awareness Day

04/01—April Fool's Day  
04/02—World Autism Day  
04/02—Good Friday  
04/04—Easter  
04/10 —National Sibling's Day  
04/11— National Pet Day  
04/12—Walk on Your Wild side Day  
04/14—National Pecan Day  
04/15—That Sucks Day  
04/17—Husband Appreciation Day  
04/21—Administrative Professional Day  
04/22— Earth Day



### April Birthstone

• Diamond •



The most coveted gemstone to date, **diamonds** are a symbol of eternal love. They're thought to provide those who wear them with better relationships, balance, clarity, abundance, and an increase in inner strength.

## 15 MINUTES TO WEDNESDAY WELLNESS



During the second Wednesday of each month the Wellbeing Champions will host a virtual Lunch & Learn. Team Members are encouraged to join us while enjoying their lunch and learning ways to live a healthier more vibrant life! Each L&L is scheduled for 15 minutes from 12-12:15pm. Below you will find the lunch and learn schedule. If you have any questions please reach out to your Wellbeing Champion.

Please visit the Employee Portal> Wellbeing Tab> Lunch & Learns for more details.

Month	Presenter	Topic
April	Teri	Easy Peasy Ways to Save Money
May	Stephanie/Leilani	Open Enrollment
June	Fire Department	Heat & Water Safety

## APRIL AWARENESS MONTH- STRESS

Stress is everywhere and April was set aside as Nation Stress Awareness Month. Experiencing stress in and of itself is not harmful, but when stress is prolonged, extreme, or constant, it can lead to health issues, both physical and mental. Stress can raise your blood pressure, heart rate, and cortisol levels, leading to fatigue, digestive health issues, and even poor cardiovascular health. Stress can also be a trigger for unhealthy life choices like drinking, smoking, eating unhealthy foods, and lazing the days away. Here are some ways to combat and fight **stress**:

- Stay Positive—Dig down deep and try to as often as you can to think on things that are kind, loving and comforting. Maybe find a way to praise someone... even if it's to your pet...LOL!
- Meditate—Take time to take deep breaths, take a walk, do what you can to clear your mind. Be aware of your surroundings, people you are around and practice being mindful.
- Make Healthy Choices—You don't always have to go to the gym and beat-up a beanbag, you can go for a walk or 2... or 3.... Or 4! Try to stay away from those tempting foods that are not healthy for you. Also, give your body time to recover from the stress, try to get adequate rest!
- Detox from Social Media—Unplug from the world for a minute or two and focus on you! Focus on the “present” that you have been blessed with and to be in that moment!
- Practice Stress Relievers—Routinely! Try everyday to do something to get your mind away from your current situation...Daily!

