

## OPEN ENROLLMENT 2021-2022

### What is Open Enrollment?

Open Enrollment is the one time a year a Team Member is able to make any changes to their benefit plans. Please click on the link: <https://employees.sunhealth.org/benefits>



### When is Open Enrollment?

Open Enrollment is **Wednesday, May 12th through Wednesday, May 26th**. Benefits go in to effect July 1, 2021.

### Will there be any changes to my benefits?

Yes. There will be some minor changes that will apply to next fiscal year's insurance plan. Stay tuned for additional information from Human Resources SOON!

### If I want the same benefits, can I just skip Open Enrollment?

Not this year. This year is not a passive enrollment. All benefit eligible team members who wish to continue their benefits for the new plan year (7/1/21-6/30/22) will need to login to Kronos and elect or waive their benefits for next year. **If Team Members do not choose benefits for next fiscal year, their current benefits will terminate effective June 30, 2021.**

### How do I submit my benefits during Open Enrollment?

Team Members will be provided with instructions on how to submit their Open Enrollment benefits through Kronos.

### What is an Open Enrollment Lab?

Open Enrollment Labs are scheduled times where you can come and meet with a member of the HR team to help you with questions about benefits. If you would like to reserve a spot during one of the scheduled labs, please reach out to your HR representative.

## OPEN ENROLLMENT LABS



### Grandview Terrace

- May 12th from 3:30pm-5:30pm @ HC Community Ed Room (English & Spanish)
- May 19th from 11am-1pm @ HC Community Ed Room (English & Spanish)
- May 21st from 8:30am-10:30am @ Grand Room (English & Spanish)



### The Colonnade

- May 13th from 8:30am-10:30am @ Trevi Conference Room (English & Spanish)
- May 18th from 2pm-4pm @ Sorrento Room
- May 25th from 7am-9am @ Sorrento Room



### La Loma Village

- May 12th from 11am-1pm @ Art Studio (English & Spanish)
- May 19th from noon-2pm @ Art Studio
- May 24th from 8:30am-10:30am @ Art Studio



### Sun Health Administration

- May 13th from noon-2pm @ Administration Office-Grandview Conference Room
- May 24th from 1pm-3pm @ Mountain View Suite 130 Conference Room



### May National Awareness Day

- 05/02—Brother & Sister Day
- 05/05—World Hand Hygiene Day  
Cinco de Mayo Day
- 05/06—National Nurses Appreciation Day
- 05/07—Day of Prayer
- 05/07—No Sock Day
- 05/09—Mother's Day
- 05/12—National Receptionist Day
- 05/15—Armed Forces Day
- 05/16—Wear Purple for Peace Day
- 05/18—Visit Your Relatives Day
- 05/20—Pick Strawberry Day
- 05/21—Waiters and Waitresses Day
- 05/25—Wine Day
- 05/28—No Fry Friday (WEAR SUNSCREEN!)
- 05/31—Memorial Day



## 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	Description
May	Leilani/Stephanie	Open Enrollment	All you need to know about Open Enrollment
June	Fire Department	Heat & Water Safety	Heat & Water Safety is the key for a safe summer for you and me.

## May Awareness Month – ARTHRITIS

What is arthritis? It is an inflammation of the joints; it can affect one joint or many. “Arthur”, as I call it, is not picky about which joints and usually develops in adults over the age of 65. But don’t think you are out of the woods yet, arthritis can affect children, teens, and younger adults!

There are over 100 different types of arthritis, with different causes and treatment. The most common type is osteoarthritis (OA) and rheumatoid arthritis (RA). It is also more common in women than men and carrying around extra weight can also cause early onset and additional problems.

Symptoms of “Arthur” can be joint pain, stiffness, swelling, and decrease range of motion in your arms, legs, fingers, and toes. These are the most common symptoms but there are others, like fatigue, loss of appetite, and in some cases anemia and constant low-grade fever.

Seeing your primary care physician is a good first step to getting diagnosed and treatment. In some cases, you can choose to see a rheumatologist, this is a board certified doctor who specializes in the diagnosis and treatment of arthritis and other joint and muscle diseases. Simple blood tests and range of motion test are used to pinpoint the type of arthritis and in many cases physical therapy and medication can provide relief.

You can do some things to help yourself as you age. Maintaining a healthy weight and eating a healthy diet, which include fresh fruits and vegetables that provide you with natural antioxidants. You should also avoid too many fried and processed foods. Exercise and staying active are also key but knowing your own body and seeking advice from you doctor are very important.

