

Healthy Updates from HR

Spring 2021

Welcome to the first spring edition of *Healthy Updates from HR*. We hope you will find the information and links below helpful. Even if you're not enrolled in Tryon Medical Partners benefits, be sure to check out the BlueCross BlueShield updates and the Employee Assistance Program link. Here you'll find ideas for local hikes, healthy lifestyles, mental health, community health along with much more.

Wellbeing Incentives

For those enrolled in our medical plans, Tryon Medical Partners rewards team partners for taking steps to achieve better health. The program components include:

- Completing a yearly wellness physical. Please be sure to complete the TMP Physical Verification Form which can be found on the Staff Portal.
- Completing an online wellness assessment by logging in to your [BlueConnect](#) account. If you don't have an existing account with BlueConnect, instructions for creating your login can be found [here](#).

Health Savings Accounts

If you participate in our Health Saving Account medical plan, please note the HSA contribution limits for 2021 are \$3,600 for individuals and \$7,200 for family coverage. If you are age 55 or older, you can contribute an additional catch-contribution of \$1,000 per year.

- Make sure to review your HSA to ensure you take full advantage of the IRS contribution limits and regularly review to make certain you don't overcontribute.
- Money in your HSA is yours to keep – whether you change health plans or change employers. You can invest your HSA just like a 401(k) and access liquid funds anytime. Reach out to a Health Equity advisor for additional information. They can be reached at 877-713-7682 and are available 24 hours a day, 7 days a week.
- For a list of the many ways you can use your HSA, visit <https://learn.healthequity.com/qme/>

Vision / Community Eye Care

- Eyeconic has replaced Coastal.com. Members who prefer to shop online can get 20% off glasses and 10% off contacts by using the code CECMEMBERS when you shop online at www.Eyeconic.com
- Out of Network Benefits: Effective 2021, CEC members can submit out-of-network claims for stores such as Sunglass Hut, Oakley, Ray-Ban and others that sell non-prescription eyewear.

- Good vision helps you perform well—at home and at work. As we all experience more screen time, digital eye strain is a very real problem. **CEC is the only carrier that allows members to use their eyewear allowance for blue-light blocking glasses.**

Nationwide – Pet Insurance

Tryon Medical Partners is pleased to announce we now offer [***Pet Protection from Nationwide***](#), providing coverage options for your furry, feathered and reptilian family members. Nationwide offers pet insurance plans that meet every budget. For more information or to enroll, visit the website [here](#).

You can enroll or cancel this coverage at any time.

Employee Assistance Program

EAP is a company-sponsored benefit that offers the support and resources you need to address personal or work-related challenges concerns. It is confidential and free to you and your household family members. To access your EAP and work-life services call 800-633-3353 or visit:

[MYgroup.com](#) ► click on My Portal Login ► Work-Life ► Username: tryon Password: guest

BCBS Updates

[5 Places to Find Spring in North Carolina](#): There are plenty of benefits to spending time outside, particularly during the pandemic. Spending time in nature can lower blood pressure, boost concentration, and improve your mood and self-esteem. Be sure to check out the five recommended outdoor areas in North Carolina, with one being right here in Charlotte!

For additional tips on staying healthy, visit the [Point of Blue](#) monthly newsletter from BlueCross.