

Open Enrollment - Wellness Notice

From : Benefits Announcement <DoNotReply-20051801@philasd.org>
Subject : Open Enrollment - Wellness Notice
To : everyone@philasd.org

Thu, May 28, 2020 09:58 AM

Dear Colleagues,

While the Benefits Open Enrollment window runs through June 30, in order for changes to your medical enrollment to be effective on July 1, we must receive your application by midnight Sunday, May 31. Changes to your medical enrollment received during the month of June will be effective on August 1. All wage continuation cancellations will be processed effective July 1. Enrollments in wage continuation will be effective at the start of the new school year. Remember, Open Enrollment is your opportunity to make certain changes to your benefits like enrolling or cancelling Wage Continuation coverage, or adding or removing a dependent child or spouse. Everything you need to know is available on the Open Enrollment website [here](#).

Today, we want to highlight a few of the Wellness Programs that are available to you.

Nutritional Counseling

The School District of Philadelphia's Independence Blue Cross plan provides employees up to 6 visits per year with a registered dietitian — **at no cost**. Nutrition coaching can help you lose weight, boost immune health, gain energy, sleep better and manage stress! We've partnered with CHARGE to offer convenient telehealth nutrition visits from the ease of your phone or computer. **CHARGE is offering all faculty and staff a complimentary initial visit** regardless of your insurance plan. Signing up is easy! [Click here to get started today](#) or enter <https://calendly.com/charge-virtual-nutrition/virtual-nutrition-visit-psd?month=2020-05> into your browser.

Freedom From Smoking

The American Lung Association's [Freedom From Smoking](#) program is offered to employees **at no cost**. This is a proven way to quit smoking, even if you've tried before and went back to smoking. Email EmployeeWellness@philasd.org from your School District of Philadelphia email address for information on enrolling.

Self Care - Headspace App

Pure Edge is a personal wellness organization dedicated to providing strategies to help educators and students achieve success through focus by supporting health and wellness, and developing social, emotional, and academic learning skills. Register at go.headspace.com/pureedge/ for [Headspace for Educators](#) using your School District email address for the no cost app.

Employee Assistance Program Call: 833.812.5180 / TTY: 800.697.0353

All employees and their families have access to support through the [ComPsych Guidance Resources](#). There is no cost to you and all information is confidential. The program includes:

- Unlimited, immediate, live telephonic access to master's level counselors 24 hours a day, seven days a week.

- Local in-person or [virtual](#) EAP assessment referral counseling and treatment, up to five sessions, per issue per employee/family member per year.
- Work Life Services.
- FamilySource: unlimited customizes research, tailored educational materials and pre-screened referrals for childcare, adoption, eldercare, pet care and personal convenience services.
- Financial Services: Unlimited phone visits with ComPsych staff CPAs and CFPs.

Baby BluePrints® Maternity Program

If you're an expectant mother, you want to ensure you have the healthiest pregnancy and delivery possible. Baby BluePrints is Independence Blue Cross' comprehensive, free maternity program that supports pregnant members from the first trimester through delivery to home and continues with the 24/7 availability and phone support of Registered Nurse Health Coaches.

When you enroll in Baby BluePrints, a Health Coach will assess your pregnancy, screen for depression, and answer your questions about taking care of yourself and your baby at this special time. High-risk pregnancies will be referred to a Registered Nurse Health Coach specially trained in maternity care for additional assessment and follow up. Available to Keystone and Personal Choice Subscribers. **Enroll by calling 1-800-598-BABY (1-800-598-2229).**

Visit our Wellness website at www.philasd.org/benefits/wellness/ for more information on all the programs listed above.

Please remember that although our office is closed to walk-in customer service, we are available to help with questions or concerns. Email us at openenrollment@philasd.org. If you are unable to email us, you can leave a message at (215) 400-4630 and we will return your call.

Sincerely,

The School District of Philadelphia
Office of Benefits and Retirement