



# Your January Benefits Check-In

Brought to you by: 

A new year is a great opportunity to reset routines, including how you use your benefits. You don't need to know every detail of your plan - just a few smart habits can make a meaningful difference.

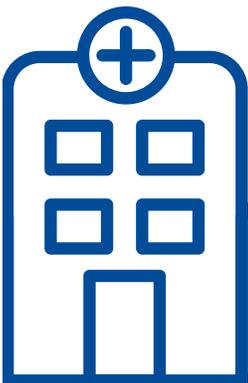


## Start With Preventive Care

**Preventive care helps you stay healthy and catch issues early.**

- Annual physicals and wellness visits
- Recommended screenings
- Preventive services covered by your plan

**Why it matters:** Preventive care is often covered at low or no cost and can help avoid bigger health issues later.



## Know Where to Go for Care

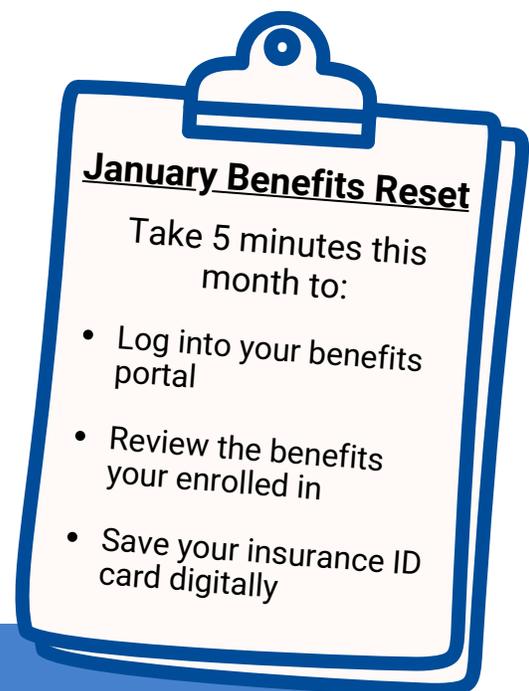
**Choosing the right type of care can save time and money.**

- Primary care for routine needs
- Urgent care for minor injuries or illnesses
- Telehealth for quick, convenient care
- Emergency care for serious situations

**Why it matters:** Using the right care option can significantly reduce out-of-pocket costs.

### Questions about your benefits or coverage?

Contact your Human Resources or your plan administrator.



### January Benefits Reset

Take 5 minutes this month to:

- Log into your benefits portal
- Review the benefits you enrolled in
- Save your insurance ID card digitally