

**From:** [HR-Benefit Services](#)  
**To:** [PAR Contacts](#)  
**Subject:** August 2020 Wellness Newsletter and Benefit Services Information  
**Date:** Friday, August 7, 2020 4:21:00 PM

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**Please distribute** -----

The [August Newsletter](#) is available on the [Wellness webpage](#).

### **Open Enrollment Dates!**

Open Enrollment for the 2021 plan year will be October 5-30, 2020!

- There are no plan design changes to the City's health plans for 2021 – all plan options are remaining the same.
- Premium rates and rate sheets will be released in mid-September and published on the Benefit Services webpage.
- Due to COVID-19, we will not host in-person benefit fairs this year. Most of our carriers have implemented travel restrictions for their employees through the end of the year.
- We will offer virtual solutions to provide information from our carriers to employees and retirees and host online Q&A sessions.

### **Why is Open Enrollment Important?**

- It is your one time during the year to make changes to your benefit choices without a required qualifying life event!
- If you are enrolled in a Flexible Spending Account or Dependent Care Assistance, you **MUST** re-enroll during Open Enrollment if you want to continue these benefits in 2021!

Look for more information about Open Enrollment in September!



### **Upcoming SAFE Credit Union Webinars**

#### **First Time Home Buying**

August 13, 2020

9 a.m.

[Register](#)

#### **Living Trusts and Estate Planning**

August 20, 2020

6 p.m.

## [Register](#)

August 25, 2020

12 p.m.

## [Register](#)

### **Understanding, Building and Maintaining Good Credit**

August 11, 2020

9 a.m.

## [Register](#)

### **Managing Your Finances During Challenging Times**

August 12, 2020

5:30 p.m.

## [Register](#)

### **Mindfulness and Money**

August 19, 2020

9 a.m.

## [Register](#)

### **Navigating Your Debt During Uncertain Times**

August 20, 2020

9 a.m.

## [Register](#)

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### **Medical Carrier Health and Wellness Links**

[Kaiser Permanente](#)

[Sutter Health Plus](#)

[Western Health Advantage](#)

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### **Benefit Services Resources**

- [Benefit Services team member department assignments](#) – inquiries are encouraged via email or MS Teams since we are primarily working remotely
- [Benefit Services FAQ](#)
- [When You're Ready to Retire Guide](#)

- Deferred compensation plan options when separating from City service
- [Employee Benefits Handbook](#)

Best,

[Benefit Services Division](#)

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