

From: [HR-Benefit Services](#)
To: [PAR Contacts](#)
Subject: September 2020 Wellness Newsletter and Benefit Services Information
Date: Tuesday, September 1, 2020 1:33:42 PM

Please distribute -----

The [September 2020 Newsletter](#) (with expanded content) is available on the [Wellness webpage](#).

Western Health Advantage is [offering free virtual community fit classes](#) in September and October.

Open Enrollment Dates!

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

- There are no plan design changes to the City's health plans for 2021 – all plan options remain the same as 2020.
- 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 electronic solutions to provide information from our carriers to employees and retirees and offer one-on-one scheduled assistance with a Benefit Services team member.

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!
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Flu Shots from City Medical Carriers

As a reminder, if you are enrolled on a City medical plan, you (and any dependents on your plan) can get the seasonal flu shot for free from your medical carrier.

Kaiser is working on releasing information about drive-up and walk-up flu shot clinics for members. Call Kaiser at 1-800-573-5811 for flu updates or visit [their cold and flu webpage](#). Sutter Health Plus members can use one of Sutter's [Walk-In Care locations](#) to get a flu shot. Call ahead to make sure flu shots are available at this time.

Western Health Advantage members should visit [WHA's website](#) for more information.

Nationwide Webinars for October 2020

Nationwide is hosting additional [free webinars](#) during the month of October. Space is limited and [registration](#) is required.

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](#)

[Benefit Services Division](#)

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