












# September 2024 Wellness Calendar



**CLEARWATER**  
WELL@WORK

SUN	MON	TUE	WED	THU	FRI	SAT
1. <b>Benefit Tip:</b> Start thinking about your 2025 Benefits, open enrollment starts this month!	2. 	3. <b>Benefit Tip:</b> Take a look at your dental insurance and make sure changes don't need to be changed for 2025	4. <b>Suicide Awareness for Managers</b> 2pm www.Cigna.com/ EAPWebcasts		6. The top 3 departments will receive a prize. <b>NOTE:</b> Only those that complete the gatekeepers will receive the reward this year	7. Schedule your screenings before time runs out on October 31st!
8. <b>Benefit Tip:</b> Online Benefit Enrollment can be completed at <a href="https://app.mybentek.com/clearwater/">https://app.mybentek.com/clearwater/</a>	9. <b>Benefit Changes</b> will be available starting Friday, September 20th 	10. 	11. <b>Pickleball @ The Long Center</b> 6pm-8pm 	12. 	13.	14.
15. <b>Benefit Tip:</b> Can't make it to the employee health center? Check out MDLive through Cigna	16. MDLive is 24/7 online appointments with a provider and can be accessed at MyCigna.com	17. <b>TOMORROW:</b> Age is Just a Number 50 and Beyond 2pm www.Cigna.com/ EAPWebcasts	18. <b>Pickleball @ The Long Center</b> 6pm-8pm 	19. <b>OPEN ENROLLMENT BEGINS</b> 	20. <b>2024 Health Fair</b> Ross Norton Recreation Center 9am-1:30pm	21. <b>**ADD LINK TO OPEN ENROLLMENT SCHEDULE</b>
22. <b>Benefit Tip:</b> If you have questions regarding claims, billing or need benefit assistance contact the Gehring Group 800.244.3696	23. <b>Benefit Tip:</b> Interested in Vision Insurance? Contact Humana 877.398.2980	24. <b>Interested in supplemental insurance?</b> Reach out to your Aflac agent at 727.514.7977	25. <b>Pickleball @ The Long Center</b> 6pm-8pm 	26. <b>National Key Lime Pie Day</b>	27. 	28. <b>Benefit Tip:</b> All employees have access to Cigna EAP services
Open Enrollment- check the open enrollment schedule if you need assistance selecting benefits or making						
29. 	30. <b>October is the last month to complete your 2024 MotivateMe Incentives</b>					
Open Enrollment- check the open enrollment schedule if you need assistance selecting benefits or making						

**Stop by the health center for mental health resources or make an appointment to speak to one of our providers. Health Center: 727-298-1788**