

GET OFF TO A HEALTHY START!



Open Enrollment is coming. Here's what you can do to take advantage of your Cook County medical benefits now and prepare for changes ahead.

THINK HEALTHY

Make the most of annual medical benefits. Schedule your physical. Get an eye exam. Go in for a dental check-up. Check in with your doctor and take advantage of all your benefits to keep your health in check.

SPEND WISELY

If you're enrolled in a health care or dependent care Flexible Spending Account, use your benefits. All the money must be used by December 31, 2009. A Health Care FSA can be used to pay many medical, dental and vision care expenses.

PLAN AHEAD

Prepare to review your health care options, benefit choices and costs. Watch for announcements to help you gather information, plan for changes and make the right choices for you and your family.

Your
County
Benefits
Connection

REFLECT

On Your Health Choices

Cook County Open Enrollment is October 1-31, 2010

2011 is just around the corner. It's time to review how well your current benefit choices are working. Take advantage of annual benefits that you haven't yet used. Get familiar with your options.

Determine what coverages you need to adjust.

Make sure dependent information is correct.



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SPEND WISELY

If you're enrolled in a health care or dependent care Flexible Spending Account, use your benefits. All of the funds in your account must be used by December 31, 2010 or you will forfeit this money. A Health Care FSA can be used to pay many medical, dental and vision care expenses.

PLAN AHEAD

Go to cookcountyrisk.com and review your current coverages and costs. Start planning now to make the right choices in October for you and your family.

Watch your mail for more information.



Your
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Benefits
Connection

Have I completed wellness incentives to reduce my premium?

Is my dependent information current and accurate?

When can I enroll or make changes for 2014?

Do I understand changes in the BE WELL program?

Have I used my FSA or HSA benefits?



True Value
ANNUAL ENROLLMENT
2014

Are you thinking smart about 2014 benefits enrollment?

2014 Annual Enrollment is here!
October 21 – November 11, 2013.

It's time to make decisions about your 2014 benefits. Read the annual enrollment materials. Learn about the new health care law. Get familiar with changes in our BE WELL program. Review your options, confirm your choices are correct and gather information to enroll online.

To enroll or make changes:

Use Benefits Central via Associatesonline.
Annual enrollment ends November 11, 2013.

Resources to help you prepare:

UnitedHealthcare: www.myuhc.com
Associatesonline: [Associatesonline>Benefits & Pay>Annual Enrollment 2014](#)
True Value Benefits email: benefitsinfo@truevalue.com
Be Well: healthyroads.com/tbewell

More questions? Ask your local HR rep.

True Value Build a Better You

IMPORTANT ANNUAL ENROLLMENT DATES

October 7, 2013

Annual enrollment materials coming!

October 21, 2013

2014 annual enrollment starts.

November 11, 2013

Deadline to complete wellness activities.
Annual enrollment ends.

January 1, 2014

Changes made during annual enrollment are effective.

BUY WELL USE WELL BE WELL