

CHOICECOMPNEWS

IDEX US BENEFITS HR NEWSLETTER

From the desk of...

Greetings:

April 22 is Earth Day! To celebrate, we want to strive to protect our environment for future generations, specifically by reducing our plastic consumption. As we promote a culture of overall wellbeing at IDEX we must consider how the health of the environment directly contributes to our personal health. Our Lake Forest and Chicago offices have already made plans to celebrate Earth Day — read on to learn how! If your office is doing anything special to recognize Earth Day, let us know! We'd love to see how your employees come together to keep our earth healthy.

Thank you for taking the time to read this newsletter. We hope you find it valuable and beneficial. Please let us know if there's anything you'd like to see featured in a future issue.

Shrara

EARTH DAY CELEBRATIONS

The Lake Forest and Chicago offices plan to distribute biodegradable flower pots to employees to celebrate Earth Day. Biodegradable pots are a great alternative to traditional plastic pots as we seek to reduce plastic consumption. Let us know what your office is doing for Earth Day!



SELECT ACCOUNT NAME CHANGE

As of April 2, SelectAccount has changed its name to Further! Employees do not need to do anything, as the name change does not affect their accounts. Those who have accounts with Further have been notified by the vendor.



INTERACTIVE HEALTH WEBSITE ENHANCEMENTS

Interactive Health has enhanced their website to include extra tools that help members connect to their health on a regular basis. Additional enhancements include wearable device and health app integration, access to chat with a health coach and personalized action steps.

Employees will be notified of these changes by email. We are excited about these new tools and hope employees take advantage of them to achieve their wellness goals!



THE CLIP N' POST HEALTHY RECIPE CORNER



Earth Day Popcorn Cups!

Instructions

Try this fun recipe and craft all in one at home. Take blue cups (make sure they're recyclable!) and glue green pieces of paper in the shape of continents to the outside. Make your favorite popcorn and split it into two batches.

To make the colored popcorn, put sugar and water in a small pan. Boil at 238 degrees to make a simple syrup and add green or blue food coloring near the end. Pour the syrup over the popcorn slowly and then mix it all up!



Important Benefits Contact Numbers to Remember...

IDEX Benefits Service Center	877-896-0683
Service Center Fax Number	847-554-1728
Health Advocate	866-695-8622
Healthcare Bluebook	800-341-0504
EAP	855-775-4357
Interactive Health (Wellness Program)	800-840-6100
MDLive	888-632-2738