

# Join us for Open Enrollment

We have won and maintained great medical benefits at Swedish that allow us to take care of ourselves and our families. To get the most from our benefits we need to understand them and use them! That is what makes Open Enrollment so important!

Our Benefits and Well-Being Committee is holding in-person drop-ins and virtual walk-throughs on zoom to assist with open enrollment so that as many of us as possible get the information we need about our great medical benefits.



“We want to help everyone understand all the benefits that’s out there. It’s important to know what you’re signing up for, what your options are, and what is going to be best for you and your family. If you have questions, we’ll be there to guide you. This is going to be a good tool for everyone.” Margie McInnis, Lead Sterile Processing Tech, Sterile Processing, First Hill

**new room locations!**

**Open enrollment runs October 27, 2021, through November 12, 2021.**

Wednesday, October 27	
12:00pm - 1:00pm	Presentation over Zoom <a href="https://us02web.zoom.us/j/88117499529">https://us02web.zoom.us/j/88117499529</a> Meeting ID: 8817499529
Thursday, October 28	
12:00pm - 1:00pm	<b>Ballard - 5 North Computer Lab</b>
6:00pm - 8:00pm	<b>Ballard - 5 North Computer Lab</b>
Friday, October 29	
12:00pm - 1:00pm	<b>First Hill, Glaser Auditorium</b>
6:00pm - 8:00pm	First Hill, Medical Pavilion, 2nd Floor Classroom A + B (bring your badge!)
12:00pm - 1:00pm	Cherry Hill, SECC Room F
6:00pm - 8:00pm	Cherry Hill, SECC Room F
Wednesday, November 3	
5:00pm - 6:00pm	Presentation over Zoom <a href="https://us02web.zoom.us/j/88117499529">https://us02web.zoom.us/j/88117499529</a> Meeting ID: 8817499529
Friday, November 5	
12:00pm - 1:00pm	<b>Issaquah, Tech Training Room (computer lab)</b>
6:00pm - 8:00pm	<b>Issaquah, Tech Training Room (computer lab)</b>
12:00pm - 1:00pm	<b>Redmond, Break Room (with Workstations on Wheels)</b>
Wednesday, November 10	
5:00pm - 6:00pm	Presentation over Zoom <a href="https://us02web.zoom.us/j/88117499529">https://us02web.zoom.us/j/88117499529</a> Meeting ID: 8817499529
Thursday, November 11	
12:00pm - 1:00pm	Mill Creek, 2nd Floor Conference Room (with Workstations on Wheels)
12:00pm - 1:00pm	Edmonds, 4th Floor Computer Classroom
6:00pm - 8:00pm	Edmonds, 4th Floor Computer Classroom

Scan this QR code to access the Zoom meeting at the scheduled time



## We have a free behavioral health benefit called Lyra!



“Lyra is a great new benefit that gives us nearly immediate access to mental health support. The alternative has been the traditional behavioral health benefits and the process of being put on a wait list which is further out now due to COVID. This is made worse by a shortage of therapists who are willing to take payment from insurance. But now, with Lyra we have access to same day or next day outpatient mental health treatment—25 free visits per issue, per family member, per year! Given that we’re in a pandemic this is something we really need. Incorporating telehealth makes these appointments more accessible. And there’s options for which therapist you see, if you need to see a therapist that shares your personal identity. You can benefit from therapy, mental health coaching, self-guided resources, and more.

I strongly encourage everyone to get onto Lyra by going to [caregiver.lyrahealth.com](https://caregiver.lyrahealth.com), or emailing [care@lyrahealth.com](mailto:care@lyrahealth.com), or call (844) 311-6223 and see how it works and spread the word to your coworkers about this great new benefit!” – **Ana Eusse, Social Worker, Emergency Department, First Hill**



## Your 2021 Choose Well Requirements

Here are the limited requirements for Choose Well this year:

1. Health Check Survey (formerly called Health Risk Assessment)
2. Flu Vaccination
3. Primary Care Provider – or Behavioral Health visit attestation

Or you can meet this year’s requirement by reaching **40,000 points** with any activities you choose. We value everyone who is participating in their own way!

The deadline is **Friday, November 12, 2021.**

Over the last year we have worked hard in the Benefits and Well-being committee to reshape our Choose Well program, especially concerning things like:

- Lowering the points to meet the goals
- Making it easy to track your points
- Giving you more control over the ways you can obtain points

Unfortunately, we were given a choice between:

1. Keeping the same points structure with no changes, or
2. Accept the program that management offered, which would still hold the goal at 40,000 points but would reduce the value of activities that we find important. For example, the health check, flu shot, and dr. visit would all have reduced points:
  - Health Check: proposed reduction from 13,200 points to 4,000 points
  - Flu shot: proposed reduction from 6,800 points to 1,000 points
  - PCP visit: proposed reduction from 15,000 points to 1,000 points per visit

“There are multiple activities you can still do to earn the points needed for the 2022 health incentive. Some examples are flu shot, completing the health check, or an in-person/virtual/telephone health care or behavioral health visit. For the 2022 health incentive only the caregiver needs to obtain points. However, to reach additional health incentives your spouse/partner’s participation is required. The deadline is November 12 so keep going!” - **Jane Wakamatsu, Biller, Family Medicine Clinic, Cherry Hill**



We chose to continue to keep it as we bargained in our contract for now and not accept the program that management offered. We expect management to listen to front-line workers about our Wellness needs in the future and are still determined to make these changes in the future.