



# benefits4me

Catch up on your benefits in the time it takes to finish your morning cup of coffee

Q1 2025 News

## January 2025

### what's happening

#### Kick Off the New Year on the Right Foot

Welcome back, and Happy New Year to you and your family! We hope you've had time to refresh, recharge, and reflect on what matters most. With a new year comes a new opportunity to set your goals and create a plan to help you meet them. Now is the perfect time to review the benefits we offer – **including the new programs and resources that took effect on January 1** – and assess how they can help you achieve your health, family, career, and financial goals for 2025.

#### How To: Support Your Health in 2025

Whether you want to focus on your overall wellness, lose weight, or help manage a chronic condition, we've got the resources you need.

##### Prioritize Preventive Care

The first step toward prioritizing your health is preventive care– that's why staying on top of your preventive care appointments is so important. When you prioritize your health, you're also showing care for your loved ones by making sure you're healthy and ready for the future. All preventive care appointments are free if you are enrolled in a Company medical plan. Additionally, **Sharecare** allows you to earn incentives for simply completing preventive screenings throughout the year:

- Annual Primary Care well-being exam (\$100 reward)
- Dental, vision exam, OR cancer screening (\$50 reward)
- Biometric screening through Quest or with your doctor (\$100 reward; \$50 reward for your spouse or domestic partner who is enrolled in a Company medical plan)
- COVID-19, flu, or other age-appropriate vaccination (\$25 reward)

You can log in to your account or register a new account at [benefits4me.sharecare.com](https://benefits4me.sharecare.com), and log your preventive care to start earning rewards today.

(Sharecare is not available to employees within Versum Union, but please review the [Benefits4MeInfo.com](https://benefits4meinfo.com) site for other benefits you are currently eligible for.)

##### Kickstart Your Weight-Loss Journey

As of January 1, we are excited to partner with **Wondr** to bring you weight-loss support. If you are enrolled in a Company medical plan, Wondr comes at no cost to you or your dependents who are ages 18 and over. With **Wondr**, you will learn how to change your behavior to better support diet, exercise, sleep, stress, and more through video lessons.

A weight-loss journey takes time and effort—and success isn't always a straight line. But you don't need to go at it alone! Wondr provides support every step of the way through WondrLink, an online community of coaches and participants, to help you stay accountable. [Click here](#) to see all the resources available through Wondr and to kick-start your weight-loss journey today.

##### Manage Your Conditions

We are proud to offer these resources to help you manage conditions, at no additional cost:

- **Diabetes Support** through **Virta** – Virta is a new type of diabetes and weight-loss care specialist that uses nutrition and technology to reverse your condition. There's no calorie counting or pushing your body to the limit at the gym – only small and meaningful changes to what you eat. When you enroll in a Company medical plan, you can apply to find out if you qualify. [Click here](#) to get started.
- **Menopause Support** through **Maven** – if you are enrolled in a Company medical plan, you have access to Maven menopause resources. [Click here](#) to learn more.

#### How To: Support Your Family in 2025

##### Find Caregiver Solutions

The Company cares about your and your loved ones' well-being. That's why, as of January 1, we are partnering with Wellthy to offer several family care solutions to make your life easier. When you connect with **Wellthy**, you'll be paired with a Care Coordinator who helps you find the resources you need when you need them. Everyone's care needs are different, which is why Wellthy provides personalized concierge services that include subsidized backup care support, leave of absence support, and more. [Get started with Wellthy](#) today.

##### Consider Your Family Planning Needs

We know that family planning needs vary from person to person, so we offer multiple resources to get help. We've worked hard to ensure our family planning benefits are inclusive and can support all our employees, no matter where they might be in life or what situations they may face.

- **Maven**—In addition to menopause support, Maven offers comprehensive fertility, pregnancy, and newborn care. If you are enrolled in a Company medical plan, you have access to video appointments with providers, adoption and surrogacy coaches, OB-GYNs, and more. When you start using Maven, you'll match with a care expert to help you navigate the resources you need to start or expand your family. Learn more by joining one of the Maven overview sessions – see [the webinars page](#) to register.
- **Inflection**—Inflection offers a variety of educational courses and guides to support you through life's most crucial moments of change or transition. Courses cover topics like adoption, egg freezing, LGBTQ+ family planning, and more. [Register for free](#) today and use confirmation code **Benefits4me**.

Visit [Benefits4MeInfo](https://benefits4meinfo.com) for information on all your fertility health needs.

#### How To: Support Your Career in 2025

##### Lean on Your Education Assistance Benefits

We love to see you continue to grow professionally and want to help you every step of the way. With our **Education Assistance Program**, we'll reimburse you for tuition and books for approved courses up to \$10,000 annually. For more information, visit [hr4you.edassist.com](https://hr4you.edassist.com).

#### How To: Support Your Financial Wellbeing in 2025

##### Pick Your Financial Path

What are your financial goals for this year? Whether you want to buy a new house, learn more about investing, go to college or send a loved one to college, manage debt, or something else, our benefits are here for you. [Click here](#) to jumpstart your financial journey by reviewing and choosing which resources apply to your situation.

Here are just a few examples of the programs our partners provide to help you at any point during the year:

- **Fidelity**—Get help managing debt and cash, defining short-term money goals, building your emergency fund, protecting your financial security, and more. Go to [NetBenefits.com](https://netbenefits.com) and click on Financial Wellness. There, you'll find specific tools on topics like life events, high-interest debt, emergency savings, tax prep, charitable giving, and more.
- **Allstate**—When you enroll in any of our Voluntary Benefits, you'll receive a cash payout to help with expenses when you are in an accident or are critically ill. Visit [Benefits4MeInfo](https://benefits4meinfo.com) to learn more.
- **Purchasing Power**—The Company offers this program to allow you to make big, interest-free purchases now and pay for them over time. [Click here](#) to learn more.
- **Kashable** – Get the money you need now with a low-cost loan. [Click here](#) to get started.

Visit the [financial wellness page](#) to see everything available to you. 2025 is your year to feel confident and comfortable with your finances!

### keep in mind

#### Start Earning Again with Sharecare!

Ring in the new year with the new Sharecare Wellness Program! New beginnings and the road to healthier habits start now, and we're excited to help you set and reach your fitness goals.

(Sharecare is not available to employees within Versum Union, but please review the [Benefits4MeInfo.com](https://benefits4meinfo.com) site for other benefits you are currently eligible for.)

#### New to Sharecare? Register Today to Start Earning

Here's how to get started:

- Visit [benefits4me.sharecare.com](https://benefits4me.sharecare.com).
- Download the Sharecare app. Existing Sharecare users, simply log in.
- Select Achieve > Rewards > Benefits4Me Well-Being Program.
- Start earning rewards!

#### Complete the January Level Up Steps Challenge

Walk at least 7,000 steps daily for 21 days between January 1 and January 31 to earn a \$25 reward.

Visit [benefits4me.sharecare.com](https://benefits4me.sharecare.com) to get started. Don't forget—you must complete your RealAge Test before you can receive rewards for Sharecare challenges.

#### Attend Sharecare's January Webinars

Join the Sharecare Health Promotion Specialists for new well-being program activities. Log your attendance and earn \$25 toward your Q1 incentive!

Join a session via Teams during the following dates/times:

- [January 15, 12 p.m. ET](#)
- [January 21, 2 p.m. ET](#)
- [January 27, 4 p.m. ET](#)

### did you know?

#### Our Benefits4Me Info Website Looks a Little Different

We've heard you– navigating our comprehensive benefits can be tricky at times. We continue to work hard to make it as easy as possible to navigate the [Benefits4MeInfo](https://benefits4meinfo.com) website so you can spend less time on the computer and more time taking care of yourself.

We've adjusted the layout of our website to make it easier for you to find the information you need when you need it. Take some time to check out our new menu layout on [Benefits4MeInfo](https://benefits4meinfo.com) – when you hover over a category at the top, you'll see all the related resources right in front of you. And, if you're ever stumped about where to find something, use the comprehensive search tool in the pink bar across the top of the page.

We are proud of the benefits we offer you and your family, and we'll continue to work to make navigating them as simple as possible! Keep submitting your feedback and look for additional upgrades coming soon.

### Visit [Benefits4MeInfo.com](https://benefits4meinfo.com) for everything you need to know about your benefits!

*This email is an overview of certain Benefits4Me Programs. More details about what's covered by the company's plans are provided by plan documents, summary plan descriptions (SPDs), and Summary of Benefits and Coverage (SBCs), which take precedence over the plan versions provided here. Employees covered by a collective bargaining agreement will be governed by the terms set forth by the most recent union contract. The Company reserves the right to make benefit changes at any time throughout the year.*