Stress Less and have more FUN!

Today’s lifestyles are hard. You may work, run a household, parent and care for family members. Who even has time for themselves or friends? Many people feel physically, mentally and emotionally drained. Now imagine waking up feeling refreshed, renewed and ready to go. It’s not a dream — it’s possible. Here are three ideas that may help you:

1. **Be kind to yourself.** Do you feel guilty about what you can’t get done or worry about letting people down? Guilt is non-productive and uses up energy. Instead of getting stuck on what you can’t get done, focus on what you are accomplishing and who you are pleasing (including you!)

2. **Focus on what’s really important to you.** What matters most to you? Do you love animals, care deeply about education or the needs of less fortunate people? Use a bit of your time to volunteer for organizations that address your concerns and passions. This can fulfill and energize you.

3. **Carve out time for fun.** Many adults are fun-deprived. We have so much on our minds that it’s easy to lose sight of how important fun is to feeling upbeat and alive.

Use these tips to boost your mood, create energy and inject more fun into your life. It’s well worth it.

*Brought to you by Resources for Living 1-877-398-5816, Option 1 for EAP*

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**Congratulations to our Summer Private Sweepstakes Winners!**

**US City Challenges**
- Enmarie De Witt, Westminster Christian School
- Erik Guadalupe, Florida Institute of Technology
- Glenn Wilkes, Rollins College
- Heidi D’Ambrosio, Saint Leo University
- Kamryn Sherman, Jacksonville Country Day School
- Lydia King (Spouse), Rollins College
- Matthew Giuliano, Florida Institute of Technology

**Rally Survey**
- Althea Harvey, Nova Southeastern University
- Amanda Ross, Saint Leo University
- Andrea Keener, Barry University
- Diana Russo, Nova Southeastern University
- Erin Fox, Florida Institute of Technology
- Holly Smith, Saint Leo University
- Mark Morgan, Saint Leo University
- Matthew Lewis, The Bolles School
- Patricia Tome, Rollins College
- Ryan Clements, Tampa Preparatory School

**Rally Mission Check-Ins**
- Anthony Meoli, Nova Southeastern University
- Debra Dixon, Nova Southeastern University
- Kevin Dilbert, Nova Southeastern University
- Lorilynn Nevarez, Nova Southeastern University
- Michael Reiter, Nova Southeastern University
- Nicole Baum, Saint Leo University
- Nikki Chasteen, Nova Southeastern University
- Renae Pink, Saint Leo University
- Rick Tyler, Nova Southeastern University
- Sheila Brown, Rollins College
- Vincente Berdayes, Barry University
- William Hamilton, Saint Leo University

Remember to stay engaged in Rally by entering City Walk Challenges, Missions and completing the survey for more chances to win cool prizes and earn coins!
WELCOME BACK
As the year starts off with a bang, we want to remind you of some of the great resources ICUBA has for you and your family!

ICUBA Benefits Administration
1-866-377-5102
(8 AM-8 PM, M-F)
ICUBA Benefits Administration is always here to help! Give us a call to check your FSA/HRA account balance (24/7 with the automated system) or between 8:00AM - 8:00PM for a live agent. We can answer almost everything when it comes to your benefits, or at least point you in the right direction!

BCBS Essential Advocate
1-888-521-2583 (24/7)
BCBS Care Coordinators, Health Advocates and Registered Nurses are ready to help with your medical benefit questions! Equipped with professionals to assist with medical problems or concerns, schedule doctors appointments, find a provider in your area and even a 24-hour nurse hotline, the BCBS Essential Advocate is here to assist anytime, day or night! This number can be found on the back of your BCBS ID card under Customer Service.

OptumRx HealthCare Advisor
1-855-811-2213
(8 AM-11 PM, Mon-Thurs and 8 AM-8 PM, Fri)
The OptumRx Health Care Advisor team is your one-stop resource for personalized pharmacy support and guidance. The team at OptumRx is trained in ICUBA’s prescription drug benefits and can answer any questions you may have regarding the ICUBA pharmacy tiers, formulary questions, treatment options, preferred vs. non-preferred medications, and more! (After hour calls are directed to the general customer service line.)

ICUBAcares Pharmacist Advocate Program
1-877-286-3967
(9 AM-5 PM, M-F)
Our ICUBAcares Pharmacist Advocate can serve as a liaison between doctors, pharmacy and the insurance company—taking you out of the middle. Whether you have a question for a pharmacist on a medication you are taking or considering or want assistance with a prior authorization from your provider, ICUBAcares is ready to help.

Please note for Rally: The ICUBAcares team can review your prescriptions and determine if you are a candidate for a qualified medication change for a $50 Rally incentive. If you qualify, the team will assist with your transition to a medication less costly to the plan and reward once complete.

Resources for Living EAP
1-877-398-5816 , Option 1 (24/7)
The EAP is a confidential resource that can help you deal with problems that seem overwhelming or regular day to day items! No issue is too large or too small. You don’t have to be enrolled in an ICUBA medical plan to use this benefit. All employees (and everyone who lives with you in your home) can take advantage of this resource, which includes six free counseling sessions per issue per plan year.

Teladoc
1-800-TELADOC (835-2362) (24/7)
Teladoc gives you access 24 hours, 7 days a week to a U.S. board-certified doctor through the convenience of phone, video or mobile app visits. A Teladoc doctor is just a call or click away. Make sure you establish a Teladoc account—now available SSO through MyHealthToolkit.