



Video Library - Employee Focused

| | | |
|---------------------------------------|--|--|
| Exploring Medical PPO | Benefits 101: What is an HSA? | Virtual Primary Care: The New Doctor's Office? |
| Benefits of Health Insurance | HSA - Maximizing your HSA Benefits | TeleDoc Primary 360 |
| Dental - Oral Health = Overall Health | Long term disability | What is an HRA? |
| Benefits 101: Vision Insurance | Short Term disability | In Network and Out of Network Benefits |
| Exploring Life Insurance | FSA at Year-End | Pet Insurance |
| Exploring Disability Insurance | Medical Savings accounts (HSA/HRA/FSA) | 5 Tips to Save Money on Health Care |
| Benefits 101: What is an EAP? | Exploring Telehealth Services | How to Make the Most Out of Open Enrollment |



Video Library - Employee Focused

| | | |
|---|---|--|
| Top Benefit Trends for 2023 | Exploring Benefits Lingo | Exploring Mental Health Benefits |
| Benefits Education 101 for Employees | Understanding Your EOB | ABC's of Medicare |
| Open Enrollment: Looking Backward to Plan Forward | How to Protect Yourself - COVID 19 | The Benefits of Starting a 401k plan |
| Discount Drug Programs | Benefits Easy: Medical Savings Account | Emergency vs. Urgent Care Employee Communication |
| | Retirement Savings Tips: Stop Worrying & Start Saving | |



Video Library - Health & Wellness

| | | |
|--|---|----------------------------------|
| An Ounce of Prevention Is Worth a Pound of Cure | Exploring Heart Health | How to Stay on Track on Vacation |
| Volunteering and Its Surprising Mental Health Benefits | Tips for Managing the Holiday Blues | Important Tips for Men's Health |
| Financial Fitness for the New Year | Mental Health is Wealth, So Start Saving Up Now | Nutrition Tips for Kids |
| What You Need to Know About Diabetes | Show Your Heart Some Love | Nutrition Tips for Busy Families |
| 'Tis the Season for Holiday Wellness | Healthy Teeth, Healthy Mouth, Healthy You | The Importance of Sleep |



Video Library - Health & Wellness

| | | |
|---|-------------------------------|----------------------------------|
| Eat Your Way to a Happy Heart | Vaping in the Workplace | CBD: Fact or Fiction? |
| Stay Sane During Home Isolation | Urgent Care vs Emergency Room | Spring Clean Your Life |
| Tips for Keeping your New Year's Resolution | Opioid Addiction in America | Tips to a Successful Annual Exam |
| Price Shop Healthcare | Think Before You Click | |



Video Library - Employer Focused

| | | |
|---|---|---|
| Up and Away: Healthcare Costs are Taking Off | What Employees Want: Praise & Recognition | Effective Leadership Begins with You |
| What Employees Want: Hybrid Work and Flexibility | What Employees Want: Well-Being Programs | The Power of Praise |
| Effective Communication in the Workplace | Tools for the Remote Workplace | Holiday Company Parties |
| The Perks of Holiday Parties: How They're Still an Asset to Your Company | Intro to Self- Funding | Year-Round Benefits Engagement |
| | How to Use Early Open Enrollment for Employee Retention | |