



QUARTERLY HEALTH UPDATE



Annual Enrollment 2026: Maximize Access to Arizona Care Network

Intel's Connected Care Arizona High Deductible Health Plan (HDHP) and Primary Care Plus (PCP) plans are designed to improve your personal health care experience while focusing on prevention and proactive management of existing conditions.

To maximize your benefits, consider these tips:

- Understand the difference between in-network and out-of-network benefits within the HDHP and PCP plans
- Distinguish between routine visits and annual wellness
- Search for preventative medications that are covered at
- Learn how to access in-network benefits while traveling
- Utilize your [Member Portal](#)
- Consult the Connected Care Concierge for personalized guidance

By incorporating these strategies, you can make informed decisions about your health insurance coverage and optimize your healthcare experience. Annual Enrollment is your yearly chance to evaluate your health insurance coverage.

[Find a PCP Near You](#)

Annual Enrollment is Here!

Intel's Annual Enrollment is now open; make your 2026 benefit elections between October 13th and 31st for coverage that is effective Jan. 1, 2026.

Take advantage of the Virtual Roadshow's comprehensive resources to make confident, informed decisions about your benefits choices for you and your family.

[AZ Virtual Roadshow](#)

Navigating Your Connected Care Benefits & Resources

Connected Care Website: The Connected Care website offers convenient online access to a variety of health management tools. We recommend updating or setting up your account using your personal email to ensure continued access. Create an account and easily find a healthcare provider, print or request ID cards, view claims, track deductible and out-of-pocket balances, and explore other helpful resources—accessible with just a click.

[Connected Care Website](#)

The Connected Care ACN microsite offers a wealth of health management information and resources: Family planning, care coordination and advocacy, maps and listings for in-network specialty providers, wellness guides for men, women, children, and much more.

[Care Management Resources](#)

Test and Share Valuable Feedback for ACN's new Care Scorecard App

As a Connected Care member, you can be among the first Intel employees to test and share valuable user feedback of Arizona Care Network's new Care Scorecard website/iOS/Android app (coming in 2026).

The Care Scorecard is designed to help you track important health activities, including doctor visits, preventative screenings, vaccinations, lab tests, and much more:

- Track recommended health screenings and potentially earn rewards for completions.
- Request Arizona care Network to help you schedule a health checkup.
- Search for a Connected Care in-network provider.
- Access care tips and resources that are important to you and your dependents.
- Compare your health progress to other Intel Connected Care members.



As a Beta tester, you will create an account to test out the Care Scorecard's features, ease of use, functionality, and overall look. **Note:** Please allow approximately 15-30 minutes for testing Care Scorecard features and functionality.

[Register for Beta Testing](#)

Accessing the Care You May Need

Flu and COVID Vaccinations

Flu season is around the corner, and this year's **booster vaccine** is available at in-network retail pharmacies (Fry's, Safeway, Walgreens, Target, Walmart) or through some in-network primary care providers for employees and eligible dependents. Check with your provider to confirm in-office availability.



The Health For Life Centers also administers no-cost flu vaccinations for both employees and eligible dependents.

[Health For Life Centers](#)

Take Care of Your Teeth

We already know the importance strong, healthy teeth and gums have on our daily life and enjoyment of food. But proper oral hygiene can reduce your risk of diabetes, cardiovascular disease, pregnancy complications, some cancers, Alzheimer's, and more. Annual dental checkups are an included Connected Care benefit, and available through intel's Onsite Dental at both **Ocotillo** and **Chandler** campuses.

[Onsite Dental](#)

Help Your Bones and Joints

Cooler weather ahead can increase potential aches and pains associated with back pain, arthritis in the neck, hands, and fingers, or even osteoporosis in women. Bone and Joint Health Week (Oct. 12-20) is a perfect opportunity to be mindful of long hours sitting at a computer, that take its toll on your neck, shoulders, hips, legs, feet and vision. Intel's Ergo+

Concierge and the Health For Life centers at Chandler (**CH-3**) and Ocotillo (**OC-2**) are valuable resources for all employees that can improve your posture, reduce injury risks, and even improve productivity.

[Reduce Pain Sitting at Your Desk](#)

Health and Wellness Highlights

Intel's Communities of Care

Whether you're looking to take your health, career, or both, to the next level, Intel supports your personal and professional journey at every turn. Take advantage of world-renowned job educational and advancement opportunities, plus local, online community groups for sharing invaluable resources and support:

- **Education Modules:** All the information you need about your U.S. benefits—at your fingertips..
- **My Health Benefits:** Take advantage of numerous supplemental and ancillary healthcare benefits available to you and your family: exercise and nutrition classes, workplace ergonomics, on-site dental and vision, and much more.
- **Care Management Page:** Resources to help you access the right care at the right time. explore the support available through your health plan and other dedicated programs.
- **Employee Resource Groups (ERG):** There's a place for everyone at Intel. ERGs across a wide spectrum of communities bring Intel employees together through diversity, inclusion, and peer support.
- **Viva Engage:** Stay in the loop with the latest updates from your team and the broader Intel community. Use Viva Engage to manage messages, join conversations, and collaborate with your network.
- **Intel U.S. Health and Wellness Guide:** This guide outlines all the health benefits available to Intel employees in the U.S. It's a helpful resource for understanding how to make the most of your coverage and prioritize wellness year-round.

[Access My Benefits](#)

Start a Get Moving Challenge

Cooler weather means outdoor sports and recreation activities are in peak season. Whether it's only you, or with friends or family, getting fresh air and limited sunlight exposure can boost both your physical and mental health. It can be simple: Make a regular visit to a nearby park or lake, walk/run around your neighborhood, join a city's park and recreational department's casual sports league. As always, Intel fitness centers are also available 24 hours per day at Ocotillo and Chandler campuses, including individualized training and group exercise classes.



[Intel Vitality Program](#)

Mental Health Matters

Our daily lives are influenced by many factors—emotions, work, news, family, and finances can all take a toll. While self-care is crucial, knowing where to start or how to prioritize yourself can be challenging.

As an Intel employee, you and your eligible dependents have access to several resources designed to support your emotional well-being:

- **Modern Health** is a digital wellness platform that makes it simple for you and your eligible dependents with personalized support. Services include on-on-one coaching, therapy, guided meditations, digital courses, community sessions, and daily wellness tips. Everything is available in one secure and easy-to-use mobile app.
- **RethinkCare** gives your family 24/7 access to tools and resources to help you and your care team in understanding, teaching, and better communicating with your child. RethinkCare specializes in helping care for children with learning, social, or behavioral challenges.
- **Intel Wellness Resources** include medical and dental coverage, access to fitness centers, and mental health support. In addition, Intel provides wellness seminars and personal development opportunities to enhance overall well-being.
- **Employee Assistance Program (EAP)**: Free, confidential support for personal and work-related concerns that may affect your well-being or job performance. Learn more at [goto/EAP](#).

Refresh Your Best Self

The symbiotic relationship between physical and mental health in men is more closely related than ever. Regular exercise along with a diet full of fruits, vegetables, nuts, and fish is a great way to reach your peak physical performance daily. In addition to exercise, diet and regular doctor visits, our celebration of World Mental health Day (Oct. 10) is a great springboard to prioritize your mental and emotional well-being. Take advantage of Intel resources such as [goto/EAP](#) and [goto/Modernhealth](#) to help reset and revitalize your best self.

[Men's Health Screening Checklist](#)

In-Network Mental health Listings

Arizona Care Network created a directory of in-network behavioral health providers across the entire Valley, arranged alphabetically within three geographies (East Valley, Central Valley, West Valley). The listings (PDF) also denote providers that accept telehealth and virtual appointments. This directory, updated quarterly, is available on the Connected Care ACN [website](#) within the **Resource Library** section.

[Connected Care ACN](#)

Online Member Portal

The Connected Care Member Portal offers convenient online access to various health management tools. Create an account and easily find a healthcare provider, print or request ID cards, view claims, track deductible and out-of-pocket balances, and access additional helpful resources-accessible with just a click.

Visit the Connected Care ACN Website

Check our website for monthly updates and resources to help keep you healthy! Intel's Connected Care Arizona is designed to improve your personal healthcare experience while focusing on prevention and proactive management of existing conditions.

[Visit Our Website](#)



Questions about coverage? The Connected Care Arizona Concierge Center can help.
Call **800-974-4517** (Monday – Friday, 8:00am – 6:00pm Arizona Time)
or visit connectedcarehealth.com for more information.

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