QUARTERLY HEALTH UPDATE

Annual Enrollment is Here:
Keep 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
- Distinguish between routine visits and annual wellness exams
- Search for preventative medications that are covered at **100 percent**
- 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.

This Annual Enrollment, choose the Intel Connected Care Arizona Care Network HDHP or PCP to cover your family's health care needs. Find additional resources and learn more at the **Connected Care website**.

FIND A PCP NEAR YOU

Annual Enrollment is Here!

Intel's Annual Enrollment is now open; make your 2025 benefits elections between **Oct. 14** and **Nov. 1**. Elections are effective January 1, 2025.

Annual Enrollment is your opportunity to enroll in new benefit programs or make changes to existing ones.

*Visit the **virtual roadshow** to learn more about your benefits options.*

Make your benefits elections today:

- Inside VPN: Access ***My Health Benefits***
- Outside VPN: Go to ***http://www.intel.com/go/myben***
    - First-time users need to register with the Company Key: **Intel**

Access the Care You Need

COVID and Flu Vaccinations: are available at in-network retail pharmacies or in-network primary care providers for employees and eligible dependents.

Also, the Health For Life Centers will stock and administer the flu vaccinations for both employees and eligible dependents at their convenience.

HEALTH FOR LIFE CENTERS

Get Moving Challenge: The days and nights are beginning to cool down again, and that means there are plenty of opportunities to be outdoors and get some exercise along the way.

No half-marathon runs, daily gym treks, or high intensity weightlifting sessions required, but doing so could **add years to your life**. Intel has 24-hour exercise facilities on both campuses, daily group exercise classes, and more.

INTEL VITALITY PROGRAM

Smile and Say 'Cheese': Many of the same healthy foods for your body are also good for your teeth and gums, but did you know **dark chocolate, garlic, and cheese** are also on that list? Annual dental checkups are an included Connected Care benefit, and Intel's Onsite Dental at both **Ocotillo** and **Chandler** are ready to keep those pearly whites, well, white.

ONSITE DENTAL

Navigating Your Connected Care Benefits & Resources

If you're leaving Intel soon, don't forget to update your email address to maintain access to your electronic medical record, scheduling portal, member communications, and other important tools.

Visit the Upgraded ACN Website: To further improve your Connected Care AZ experience, Arizona Care Network's updated website is a vital hub for information and resources toward maximizing your benefits. You can find in-network providers, facilities, hospitals, and urgent care locations. Learn about Care Coordination services, contact the Concierge support team, access physical/mental health resources, and more. Bookmark the site for easy 24/7 access.

CONNECTED CARE ACN WEBSITE

Connected Care Website: The Connected Care website 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.

CONNECTED CARE WEBSITE

Health and Wellness Highlights

October is Breast Cancer Awareness Month: Breast cancer screenings **save lives**, and new guidelines recommend that most women have an annual mammogram beginning at age 40 (previously age 50) to greatly reduce the risk of mortality.

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LEARN MORE ABOUT SCREENINGS

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November is Diabetes Awareness Month: The American Heart Association **estimates** nearly 40 million adults and 350,000 children in the U.S. live with Diabetes. As we remain mindful of risk factors (diet, exercise, smoking, lifestyle, family history), its impact on a person's **mental and emotional health** can take a toll.

As an Intel employee, you have access to **Livongo**, a combination of expert support and health management strategies to not only help you live with Diabetes, but thrive both physically and mentally.

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LIVONGO WEBSITE

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Men's Health Checklist: Just as women have a variety of important regular milestones to cross in staying healthy, the same is true for men. From **prostate cancer screenings**, to your mental health, and everything in between, regular visits with your doctor can help cross off your health checklist so you can focus more on your bucket list.

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MEN'S HEALTH CHECKLIST

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Help Your Bones and Joints: Arthritis, back pain, and osteoporosis in women all take a front seat during Bone and Joint Health Week (Oct. 12-20)**.** Long hours sitting and staring at a computer can take a toll on your eyes, neck, shoulders, hips, legs, and feet.
Intel's Ergo+ Concierge and Wellnomics programs are free, valuable resources for all employees that can improve your posture, reduce injury risks, and even improve productivity.

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REDUCE PAIN AT YOUR DESK

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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**: Access one-on-one coaching, guided meditations, community sessions, therapy, and more through this digital platform, all in a single, secure app. For more information, **visit goto/ModernHealth**.
- **Headspace:** Utilize science-backed meditation and mindfulness tools to build life-changing habits that enhance your mental health and promote a healthier, happier you. For more information, **visit goto/Headspace**.
- **Sleepio:** This online sleep improvement program using cognitive and behavioral techniques to overcome the cause of sleep problems. For more information, **visit goto/sleepio**
- **Employee Assistance Program (EAP):** Get support for personal and work-related challenges that may impact your job performance, health, and emotional well-being. For more information, **visit goto/EAP.**

Resource Library

As a Connected Care member, you have access to a wealth of education and available resources to keep you healthy in 2024. Learn more about your available benefits, how to contact Connected Care with any questions or support you may have, and much more. Be sure to bookmark these resource websites for easy access:

RESOURCE LIBRARY

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.

LEARN MORE

Visit Our 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