

Welcome to your new digital benefits bulletin designed specifically for employees of Catholic Dioceses and organizations that offer healthcare benefits through the Reta Trust. **Benefits You** provides just-in-time, up-to-date and to-the-point information along the path to Open Enrollment and throughout the plan year. These info briefs will help provide you with what you need to know, when you need to know it and what you need to do to make wise decisions in choosing and using your healthcare benefits and programs.

Your Headline Benefit Brief for December 9, 2021

Reta Wellness program will change effective January 1, 2021.

Suggested action steps you may want to take before year end.

Actually, Reta has historically made annual changes to benefits and programs including the wellness program. That's because every year Reta evaluates all benefits and other healthcare and wellness programs to make sure our carriers, providers and partners are providing the highest quality of services and outcomes for the best possible costs for our Reta Catholic employers. This helps your employer control cost increases for healthcare for you and other covered employees who are covered through Reta.

Reta does this evaluation through careful analysis of cost and quality effectiveness based on how many people elect to use the benefits or programs, competitive pricing of comparable services in the marketplace and by listening to your employer and other employers under the Reta Trust umbrella. We refer to these Catholic employers as Trustors. Through this process we continue to look for better ways to serve you.

One of the changes we will make for 2021 is with the Reta Wellness program. [\[Read more\]](#)

Action Steps You Need to Consider Before 2020 Year End

- + Take full advantage of your Reta Wellness program through the end of the year
- + December deadline for biometrics testing for rewards
- + Ways to save your personal data from WebMD if you so choose
- + If you haven't already, redeem your Fitbit devices with WebMD rewards
- + Look for information coming your way on the new Wellbeing program

[\[Read more\]](#)

BENEFITS CENTRAL HOTLINE

For questions and more information call **877.303.7382**.
Reta benefits experts are available Monday through Friday
from 8:30 am to 8 pm EST.

RBC YOUR PERSONAL BENEFITS WEBSITE

You're just two clicks away from your personalized benefits portal. Go to www.retatrust.org, sign on and click on over to your own RBC site. It's your one-stop place to go for your up-to-date benefits and much more. So check it out. After all, it's all about you.

Reta Wellness program will change effective January 1, 2021

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After a careful review of other wellness plan options, the Reta Board of Trustees has chosen not to renew the contract with WebMD on January 1, 2021 in favor of choosing wellness programs that are integrated with Reta medical plan carriers. The Reta Board of Trustees is made up of *Trustors* who have been elected by their peers to represent the best interest of all Trustors, including your employer.

The new Reta Wellness programs to be introduced in 2021 offer incentives to members based on improved clinical health outcomes which have proven to increase employee engagement, healthier and more productive employees and lower claims costs. The new options will also save Catholic employers significant premium dollars which is an important consideration for both you and your employer during these difficult times.

Suggested action steps you may want to take before December 31, 2020

+ Take full advantage of your Reta Wellness Program through the end of the year

If you or your covered spouse are currently participating in the Reta Wellness program through WebMD, keep it up. Step it up. And continue to earn rewards for the rest of 2020. If you are not participating, get started. It's not too late to get healthier and collect rewards as you make progress. You still will be eligible for rewards that you earn in 2020 that will be paid in January of 2021. Also, if you qualify for partial rewards you will receive them automatically. No action required. To qualify, members must earn at least \$200 toward the *Engaging in Your Health* reward to receive a partial reward after the 2020 program concludes.

+ December deadline for biometrics testing for rewards

Yes, there is a deadline for biometrics testing. You must complete a biometric screening or preventive exam before December 13, 2020 to earn credit for rewards.

+ Ways to save your personal data from WebMD if you so choose

As of January 1, 2021, you will no longer be able to view your tracked goals or health information on your current WebMD site. However, you may take a few screenshots from your most used pages to keep for your records. Or, you can transfer certain information to WebMD's public website by first logging in to *Reta Enroll* and clicking the WebMD quick link. Then click the three-dot icon at the top right. In the *General Information* section of your settings, you will see a section for "WebMD.com PHR Access" and a link to set up your Health Record Access at WebMD.com. Click on that link to follow the steps toward transferring your *Health Record*.

+ If you haven't already, how to redeem your Fitbit devices with WebMD rewards

Members who qualify have until January 31, 2021 to redeem their Fitbit devices with earned WebMD rewards. After that date, all device codes will expire and will no longer be available for redemption. To order your device, please log into www.fitbit.com/welcome/retatrust2020 and enter your unique promo code which is the letters RETA, your birth year and the last four digits of your social security number. For those members who complete the HQ Plus Reward by December 31, 2020, your codes will become active on January 4, 2021. If you have Fitbit-related questions, call 844-534-8248.

+ Don't miss out. Look for information coming your way on the new Wellbeing program

Begin the new year with a healthy start and take advantage of the *Reta Wellbeing* program coming your way from January to July, 2021. And that will bring you right up to the starting date of the new *Reta Wellness* programs that begin on July 1, 2021. The interim *Wellbeing* program for the first half of the new year will promote and emphasize the importance of preventative medicine, virtual mental healthcare visits and Covid19 counseling and education for members through Reta's current healthcare carriers. And the *Reta Weight Watchers* (WW) program will also continue uninterrupted from January 1 to July 1, 2021. For more information on WW visit www.weightwatchers.com/us/wwhs and enter Employer ID: 14573524.

More Reta wellness information you should know

+ New personal coaching programs for 2021-22 will replace current program

Reta will be offering a new wellness program beginning July 1, 2021 that will include various personal coaching options. You may continue to complete additional coaching sessions through the current wellness program through December 2020. You can expect an announcement early in 2021 with details on the new wellness programs.

Who to contact if you have other questions or need more information

If you have questions or need assistance, WebMD customer service representatives are available to help through December 31, 2020. Please call 866-302-6343 before the end of 2020 should you need assistance. After December 31, 2020, please call the Reta Benefits Hotline at 877-303-7382 for additional questions.