

## Benefits Orientation Time Stamp Map

### Introduction

**Making the Most of your Benefits – 1:59**

**Initial Employee Responsibilities – 2:43**

### Medical Plans

- 2021 Medical Premium Payments – 5:55
- Medical Plan Options – 8:20
- Aetna In-Network Services – 10:33
- Aetna Out-of-Network Services – 12:53
- Aetna Prescription Drug Coverage – 14:06
- Kaiser Permanente Plans – 16:14
- Kaiser Permanente Prescription Drug Coverage – 18:23
- Hinge Health Program – 20:26
- Accolade – Advocacy Service – 21:50
- More Information – Medical Plan – 23:16

**Employee Well-Being Programs – 24:33**

**REACH – Well-Being Program – 29:18**

### Dental Plan

- Dental Plan Options – 30:26
- 2021 Dental Premium Payments – 32:54
- Dental Plan Options – Side by Side Comparison – 33:31
- Dental Plan Options – Side by Comparison Continued – 35:37

### Vision Plan

- VSP Plan Options – 38:18
- 2021 Vision Premium Payments – 39:09
- VSP Plan Options – In-Network Services – 40:11
- VSP Plan Options – In-Network Services Continued – 41:22
- VSP Plan Options – Out-of-Network Services – 42:57

**Health Care Flexible Spending Account – 43:45**

**Day Care Assistance Program FSA – 47:43**

**Optional Insurances – 49:03**

- Long-Term Disability Insurance – 49:55
- Basic Group Term Life Insurance – 51:56
- Supplemental Group Term Life Insurance – 55:00
- Accidental Death & Dismemberment Insurance – 57:31

**Ongoing Employee Responsibilities – 59:09**

**Things to Remember – 1:01:38**