

2023 Time Stamp – New Employee Benefits Orientation Recording

00	Introduction
1:29	Making the Most of Your Employee Benefits
2:08	Employee Initial Responsibilities
5:07	Medical Premium Payments
9:18	Aetna Plans
13:37	Accolade Advocacy Services
14:49	Kaiser Permanente Plan
18:21	Dental Plan Options
25:09	VSP Plan Options
31:03	Employee Well-Being Programs
36:15	Hinge Health
37:47	Reach Well-Being Program
38:36	Flexible Spending Accounts
44:21	Long-Term Disability Insurance
46:13	Group Term Life Insurance
51:25	Accidental Death and Dismemberment Insurance
53:13	Ongoing Employee Responsibilities
55:42	Things to Remember