

## 2025 Time Stamp New Employee Benefits Orientation Recording

00:00	Introduction
02:34	Making the Most of Your Employee Benefits
03:09	Employee Initial Responsibilities
05:39	Medical Premium Payments
10:01	Aetna Plans
14:12	Accolade Advocacy Services
15:20	Kaiser Permanente Plan
19:17	Dental Plan Options
26:33	VSP Plan Options
31:42	Health Plan Wrap Up
32:58	Employee Wellness Programs
38:25	Hinge Health
40:06	2 <sup>nd</sup> .MD
41:10	Reach Well-Being Program
41:53	Flexible Spending Accounts
47:45	Long-Term Disability Insurance
49:47	Group Term Life Insurance
55:16	Accidental Death and Dismemberment Insurance
57:05	Ongoing Employee Responsibilities
59:15	Things To Remember