

Benefits Events Calendar

Webinars are open to all City employees. **If there is no registration information, registration is not required.** Questions? Contact the Benefits Unit at Benefits.Unit@seattle.gov or 206-615-1340. If you have questions about the Deferred Compensation presentations; DeferredCompQuestions@seattle.gov or 206-447-1924.

January 2025			
Date	Event	Time	Location/Registration
1/7/25 Tuesday	Nearing Retirement – Deferred Comp	12:00 pm - 12:45 pm	Register here
1/9/25 Thursday	After the Holidays – Managing That Debt	12:00 pm - 1:00 pm	Register here
1/15/25 Wednesday	Introduction to Deferred Comp	12:00 pm - 12:45 pm	Register here
1/15/25 Wednesday	Supporting Employee Well-Being as a Manager	11:30 am - 12:30 pm	Register here
1/16/25 Thursday	Start Strong, Stay Committed: Wellness That Goes Beyond Resolutions	10:00 am – 11:00 am	Register here
1/27/25 Monday	Understanding Recent Benefits Law and How it Impacts You	10:00 am – 11:00 am	Register here
1/27/25 Monday	How to Access Care and Connect With Your Care Team – Presented by Kaiser	12:00 pm - 1:00 pm	Register here
1/28/25 Tuesday	Finding Care Through Your Accolade Benefit	11:00 am - 12:00 pm	Register here
1/28/25 Tuesday	Getting the Most out of Your Health Benefits	12:30 pm - 1:30 pm	Register here
1/29/25 Wednesday	Financial – Insurance Basics	12:30 pm - 1:30 pm	Register here
1/29/25 Wednesday	How to Prepare for a Doctor's Office Visit	11:00 am - 12:00 pm	Register here

Additional webinars on the next page.

Date	Event	Time	Location/Registration
1/30/25 Thursday	Benefits Simplified – Presented by Aetna	12:00 pm - 1:00 pm	Register here
1/30/25 Thursday	Know Your City Benefits Resources	1:30 pm - 2:00 pm	Register here
1/30/25 Thursday	Understanding Your Deferred Comp Statement	12:00 pm - 12:30 pm	Register here
1/31/25 Friday	Healthcare Demystified: A Comprehensive Guide to Medical Benefits and Wellbeing	11:00 am - 12:00 pm	Register here