# 2019 Benefit Fair Schedule

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Delta</td>
<td>Oct. 1</td>
<td>9:00 a.m. to 10:30 a.m.</td>
<td>Classroom</td>
</tr>
<tr>
<td>Fillmore</td>
<td>Oct. 1</td>
<td>1:00 p.m. to 2:30 p.m.</td>
<td>Classroom</td>
</tr>
<tr>
<td>Primary Children’s</td>
<td>Oct. 2</td>
<td>7:00 a.m. to 1:00 p.m.</td>
<td>Mount Nebo &amp; Twin Peaks</td>
</tr>
<tr>
<td>Supply Chain Center</td>
<td>Oct. 3</td>
<td>9:00 a.m. to Noon</td>
<td>Auditoriums A &amp; B</td>
</tr>
<tr>
<td>TOSH</td>
<td>Oct. 3</td>
<td>1:30 p.m. to 3:00 p.m.</td>
<td>Auditorium</td>
</tr>
<tr>
<td>Park City</td>
<td>Oct. 4</td>
<td>9:00 a.m. to Noon</td>
<td>Cafeteria Dining Room</td>
</tr>
<tr>
<td>Heber</td>
<td>Oct. 4</td>
<td>1:30 p.m. to 3:30 p.m.</td>
<td>Education Center</td>
</tr>
<tr>
<td>Intermountain Medical Center</td>
<td>Oct. 7</td>
<td>8:00 a.m. to 4:30 p.m.</td>
<td>Duty Auditoriums</td>
</tr>
<tr>
<td>Dixie</td>
<td>Oct. 8</td>
<td>10:00 a.m. to 3:00 p.m.</td>
<td>Red Mountain Room</td>
</tr>
<tr>
<td>Cedar City</td>
<td>Oct. 9</td>
<td>8:30 a.m. to 11:00 a.m.</td>
<td>Northfield Conference Room</td>
</tr>
<tr>
<td>Garfield</td>
<td>Oct. 9</td>
<td>2:00 p.m. to 3:30 p.m.</td>
<td>Cafeteria</td>
</tr>
<tr>
<td>Sevier</td>
<td>Oct. 10</td>
<td>8:30 a.m. to 11:30 a.m.</td>
<td>Education Room</td>
</tr>
<tr>
<td>Sanpete</td>
<td>Oct. 10</td>
<td>2:30 p.m. to 4:30 p.m.</td>
<td>West Conference Room</td>
</tr>
<tr>
<td>Homecare &amp; Hospice</td>
<td>Oct. 11</td>
<td>11:00 a.m. to 2:00 p.m.</td>
<td>Speedway Cafe</td>
</tr>
<tr>
<td>Salt Lake Clinic</td>
<td>Oct. 14</td>
<td>11:00 a.m. to 1:00 p.m.</td>
<td>Lounge Area</td>
</tr>
<tr>
<td>American Fork</td>
<td>Oct. 15</td>
<td>8:00 a.m. to 1:00 p.m.</td>
<td>Education Center</td>
</tr>
<tr>
<td>Orem</td>
<td>Oct. 15</td>
<td>2:30 p.m. to 4:30 p.m.</td>
<td>Education Center, Classrooms 1 &amp; 2</td>
</tr>
<tr>
<td>LDS Hospital</td>
<td>Oct. 16</td>
<td>7:00 a.m. to 12:30 p.m.</td>
<td>Auditoriums, Classrooms D,E,F</td>
</tr>
<tr>
<td>Bear River</td>
<td>Oct. 17</td>
<td>11:30 a.m. to 1:30 p.m.</td>
<td>Main Conference Room</td>
</tr>
<tr>
<td>SelectHealth (Green St.)</td>
<td>Oct. 18</td>
<td>8:00 a.m. to 12:30 p.m.</td>
<td>Auditoriums A &amp; B</td>
</tr>
<tr>
<td>Employee Service Center</td>
<td>Oct. 18</td>
<td>2:00 p.m. to 3:30 p.m.</td>
<td>Commons Area</td>
</tr>
<tr>
<td>Riverton</td>
<td>Oct. 21</td>
<td>7:00 a.m. to 1:00 p.m.</td>
<td>Riverton, Herriman &amp; Copperton Classrooms</td>
</tr>
<tr>
<td>Logan</td>
<td>Oct. 22</td>
<td>8:00 a.m. to 1:00 p.m.</td>
<td>Classrooms 1-4</td>
</tr>
<tr>
<td>Cassia</td>
<td>Oct. 23</td>
<td>7:30 a.m. to 1:00 p.m.</td>
<td>Evergreen Room</td>
</tr>
<tr>
<td>Central Office (Key Bank)</td>
<td>Oct. 24</td>
<td>9:00 a.m. to 1:00 p.m.</td>
<td>Capitol View Rooms A &amp; B</td>
</tr>
<tr>
<td>McKay-Dee</td>
<td>Oct. 25</td>
<td>9:00 a.m. to 4:00 p.m.</td>
<td>Green Auditorium</td>
</tr>
<tr>
<td>Alta View</td>
<td>Oct. 29</td>
<td>8:00 a.m. to 1:00 p.m.</td>
<td>Building 3, Lobby</td>
</tr>
<tr>
<td>Utah Valley</td>
<td>Oct. 30</td>
<td>7:00 a.m. to 2:00 p.m.</td>
<td>Classrooms 1-3</td>
</tr>
<tr>
<td>Layton</td>
<td>Oct. 31</td>
<td>8:30 a.m. to Noon</td>
<td>Davis &amp; Mountain Conference Rooms</td>
</tr>
<tr>
<td>SelectHealth (Franklin Campus)</td>
<td>Nov. 1</td>
<td>8:30 a.m. to Noon</td>
<td>4th Floor Auditorium</td>
</tr>
<tr>
<td>Parkway</td>
<td>Nov. 1</td>
<td>2:00 p.m. to 4:30 p.m.</td>
<td>Dining Area</td>
</tr>
</tbody>
</table>

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**2019 Benefit Fair Schedule**

**Location**
- Delta
- Fillmore
- Primary Children’s
- Supply Chain Center
- TOSH
- Park City
- Heber
- Intermountain Medical Center
- Dixie
- Cedar City
- Garfield
- Sevier
- Sanpete
- Homecare & Hospice
- Salt Lake Clinic
- American Fork
- Orem
- LDS Hospital
- Bear River
- SelectHealth (Green St.)
- Employee Service Center
- Riverton
- Logan
- Cassia
- Central Office (Key Bank)
- McKay-Dee
- Alta View
- Utah Valley
- Layton
- SelectHealth (Franklin Campus)
- Parkway

**Date**
- Oct. 1
- Oct. 18
- Oct. 2
- Oct. 8
- Oct. 9
- Oct. 10
- Oct. 11
- Oct. 14
- Oct. 15
- Oct. 16
- Oct. 17
- Oct. 18
- Oct. 21
- Oct. 22
- Oct. 23
- Oct. 24
- Oct. 25
- Oct. 29
- Oct. 30
- Oct. 31
- Nov. 1
- Nov. 10

**Time**
- 8:30 a.m. to 11:00 a.m.
- 9:00 a.m. to Noon
- 10:00 a.m. to 3:00 p.m.
- 7:00 a.m. to 1:00 p.m.
- 9:00 a.m. to Noon
- 2:00 p.m. to Noon
- 2:30 p.m. to 4:30 p.m.
- 11:00 a.m. to 1:00 p.m.
- 8:00 a.m. to 12:30 p.m.
- 7:00 a.m. to 12:30 p.m.
- 11:00 a.m. to 1:00 p.m.
- 9:00 a.m. to 4:30 p.m.
- 7:00 a.m. to 2:00 p.m.
- 8:00 a.m. to 12:30 p.m.
- 2:00 p.m. to 3:00 p.m.
- 8:00 a.m. to 1:00 p.m.
- 8:00 a.m. to 2:00 p.m.
- 8:00 a.m. to 12:30 p.m.
- 8:30 a.m. to Noon
- 2:00 p.m. to 4:30 p.m.
- 9:00 a.m. to 4:00 p.m.
- 9:00 a.m. to 1:00 p.m.
- 7:00 a.m. to 1:00 p.m.
- 7:30 a.m. to 1:00 p.m.
- 7:00 a.m. to 2:00 p.m.
- 8:30 a.m. to 11:00 a.m.
- 9:00 a.m. to Noon

**Room**
- Classroom
- Auditoriums A & B
- Auditorium
- Cafeteria Dining Room
- Education Center
- Duty Auditoriums
- Red Mountain Room
- Northfield Conference Room
- Education Center
- Classrooms 1 & 2
- Auditoriums, Classrooms D,E,F
- Main Conference Room
- Auditoriums A & B
- Commons Area
- Riverton, Herriman & Copperton Classrooms
- Classrooms 1-4
- Evergreen Room
- Capitol View Rooms A & B
- Green Auditorium
- Building 3, Lobby
- Classrooms 1-3
- Davis & Mountain Conference Rooms
- 4th Floor Auditorium
- Dining Area

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**ANNUAL ENROLLMENT:** NOVEMBER 1 - NOVEMBER 15, 2019

**Annual Enrollment Quick Guide**

- **Plan**
  - Dental & Vision Insurance
  - Life Insurance

- **Not enrolled/would like to enroll**
  - If you would like to enroll in dental and/or vision, call Ask HR at 1.833.442.7547 to request an enrollment form. Coverage will be effective January 1, 2020.
  - You don't have to do anything if your coverage will remain the same through 2020.

- **Want to keep it**
  - Mail us a letter (before November 15, 2019) that includes:
    - your name (printed clearly),
    - type of coverage,
    - your signature.
  - Coverage will end December 31, 2019.

- **Want to cancel**
  - Mail us a letter (before November 15, 2019) that includes:
    - your name (printed clearly),
    - type of coverage,
    - your signature.

**Intermountain Retirement Program**

5245 South College Drive
Murray, UT 84123

**BENEFIT CHANGES FOR 2020:**

- **Dental Insurance:** You will see an increase in your monthly premium.
- **Vision Plan:** There are no monthly premium changes to this benefit.
- **ARAG Legal Insurance:** New option for 2020!

Refer to the inside of this newsletter for details.

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**What's inside this Fall 2019 issue:**

- Dental insurance premiums
- Vision plan premiums
- New legal plan for retirees
- LiVe Well moment by Terri Flint
- Stop by a benefit fair

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**RETIREE ANNUAL 2020 ENROLLMENT**

Take a moment to see what’s new for next year

Retiree Annual Enrollment is an important time to understand your benefit choices and choose options that work best for you and your family in 2020.

Review the enclosed materials to assist you with your benefit choices. Benefits changes must be made between November 1 and November 15, 2019.

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**IF YOU HAVE QUESTIONS, you’ll have a chance to talk with our Benefits and Retirement team at the upcoming benefit fairs. See page 4 for a schedule.**

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**What's inside this Fall 2019 issue:**

- Dental insurance premiums
- Vision plan premiums
- New legal plan for retirees
- LiVe Well moment by Terri Flint
- Stop by a benefit fair
Vision Plan
Our vision plan—which we added as a benefit option two years ago—is a supplement to your existing dental coverage. You must enroll in dental in order to be eligible to enroll in the vision plan.

Monthly vision plan premiums will remain the same for 2020. See the table to the right for details.

How to enroll
If you would like to enroll in our new vision plan, call Ask HR at 1.833.442.7547 to request an enrollment form.vision cancellations are always effective December 31 of the current year. You can only cancel or enroll in vision insurance during the annual enrollment period held from November 1-15, 2019.

How to love winter with HYGGE
LiVe Well Moment by Terri Flint
While most of us love the changing seasons here in the West, winter may be the season that challenges us the most with shorter days, longer nights and cold, colder temperatures.

This winter let’s learn from the Danish how to make it a season of hygge. Hygge (pronounced “hoo-ga”) is translated to encompass everything that creates a feeling of cozy contentment and well-being. The hygge lifestyle is one of the reasons Denmark, despite its harsh winters, is always at the top of the world’s happiest countries.

Think of hygge as comfy clothes, candles, comfort food, soft, warm blankets and pleasurable conversations with friends and family. It’s approaching winter as a unique season that brings its share of pleasure and enjoyment.

Here are five actions I’m taking to have a hygge winter:
1. Prepare to be warm. I laugh at myself when I’m cold but won’t take time to button up my coat. Find the clothes you need to be warm and comfortable, both inside and outside. Be sure to include a special blanket that makes you sigh heavily when you put it around you.
2. Find the light. Rearrange your furniture and lamps so you can enjoy soft light in the early morning and evening. Candles are essential to hygge. Find your favorite one and use it up this winter.
3. Identify activities that are best done in winter. For me, this includes visiting museums, taking classes, reading longer books, and playing in the snow.
4. Consider planning hygge holidays where you simplify by focusing on relationships and experiences, not stuff.
5. Discover pleasure in each winter day instead of waiting and wishing for spring. “How we spend our days is, of course, how we spend our lives,” Annie Dillard.

Dental Insurance
Beginning in 2020, you will see an increase in your monthly premium. Please refer to the table to the right and the enclosed Schedule of Benefits for details.

Please keep in mind that dental cancellations are always effective December 31 of the current year. You can only cancel or enroll in dental insurance during the annual enrollment period held from November 1-15, 2019. Refer to the Annual Enrollment Quick Guide on the cover of this newsletter for enrollment and cancellation details and to the table to the right for monthly premiums.

ARAG Legal Insurance Plan: What you need to know
As an added benefit for all Intermountain Healthcare retirees, you have the option to enroll in the ARAG Legal Insurance Plan. It offers a variety of benefits for when you need legal assistance.

WHAT SERVICES DOES ARAG OFFER?
ARAG Legal Insurance can help you navigate through a number of legal issues including:
- Wills and trusts
- Adoption
- Estate Administration
- Family Law: child custody, child support and divorce
- Identity Theft Protection (upon activation)
- Financial Counseling
- Much, much more.

To find out more about the ARAG Legal Plan visit the ARAG Legal Center at ARAGLegalCenter.com and enter access code 17462ih or call ARAG toll-free at 800-247-4184.

COST?
As an added benefit for all Intermountain Healthcare retirees, you have the option to enroll in the ARAG Legal Insurance Plan. It offers a variety of benefits for when you need legal assistance.

HOW MUCH DOES IT COST? Please refer to the enclosed ARAG flyer and form for enrollment details and premiums.

How to enroll
If you have questions about this coverage, contact Eyemed Vision Care at 1.866.723.0513 or visit them at eyemedvisioncare.com.