



# BENEFIT NEWS

December 2024

KEEPING YOU INFORMED ON THE LATEST NEWS CONCERNING YOUR LOFTON BENEFITS.

## VITALITY WELLNESS PROGRAM

Employees enrolled in one of the three UMR medical plans have until December 31, 2024, to earn the premium incentive (wellness rate). Log into the Vitality website [www.powerofvitality.com](http://www.powerofvitality.com) to begin or continue your wellness goals!

## TELADOC

Save money by avoiding expensive urgent care or ER visits for non-emergency issues and you can receive care from anywhere without taking time off work and it is FREE. Major medical members can schedule appointments through the HealthJoy app. Employees enrolled in American Worker fixed indemnity health plans can access via the website [www.teladoc.com](http://www.teladoc.com).

SCAN QR CODE WITH YOUR CAMERA TO DOWNLOAD HEALTHJOY APP



## HEALTH SAVINGS ACCOUNT

Your health savings accounts cover you and your family for a variety of products and services, such as doctors' office visits/procedures, dental, eye exams, glasses, prescription drugs and chiropractic services. Go to [optum.com/qualified expenses](http://optum.com/qualified expenses) to see a searchable list with more eligible expenses.

Contributions for 2025 are as follows:

- Maximum individual contribution \$4,300.00
- Maximum family contribution \$8,550
- Catch contribution \$1,000.00 (55 years and older)

If you would like to change your contributions for 2025, please reach out to the Benefits Department.

## EMPLOYEE ASSISTANCE PROGRAM

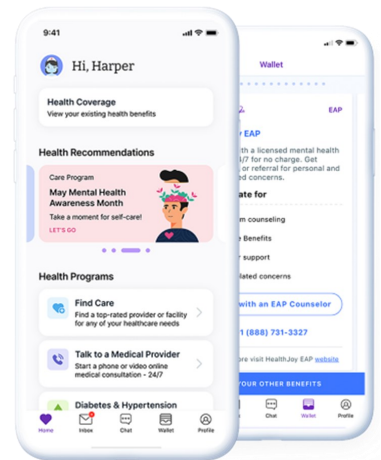
At some point in our lives, we can all use some help. HealthJoy EAP is a confidential resource that helps you deal with life's challenges and the demands that come with balancing home and work.

**Expert referrals and consultations:** Anxiety; Depression; Marriage and relationship problems; Grief and loss; Substance Abuse; Anger Management; Work-related pressures; and Stress.

**Legal Assist:** Free phone or in-person legal consultation  
**Financial Assist:** Expert financial planning and consultations.

**Family Assist:** Consultation and referrals for everyday issues, such as dependent care, auto repair, pet care and home improvement.

This free program is available to all Lofton employees. Employees enrolled on major medical can access the program via the HealthJoy app. All others can call 888-731-3327 or log into [EAP.Healthjoy.com](http://EAP.Healthjoy.com), enter company name "Lofton Staffing" to create an account.



If you need any additional information regarding any of the programs in this edition of the newsletter or any other benefit inquiries, please feel free to reach out to the Benefits Department at [Benefits@Lofton.jobs](mailto:Benefits@Lofton.jobs)

Still have questions? Contact Mary Dixon, Benefits Coordinator at [benefits@Lofton.jobs](mailto:benefits@Lofton.jobs) or 225-924-0200.

Visit us online @ [Lofton.jobs](http://Lofton.jobs)