

STAYING IN BALANCE

Balance: Employee Wellness Program Newsletter



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JUNE: FLEXIBLE SPENDING ACCOUNT

What is a Flexible Spending Account (FSA)?

An FSA is a special spending account you put money into that you can use to pay for certain out-of-pocket health expenses. You choose a pre-determined amount and this is deducted from your paycheck in equal installments, the bonus is that you don't pay taxes on any of the money you put in your FSA. Additionally, the funds are available on the first day of the benefits year (July 1st).

Is there a minimum amount I have to enroll in?

The minimum amount for Agnes Scott is \$100 and the maximum amount is \$2,700.

Do these funds ever expire?

You can use the funds anytime during our benefits year (July 1st - June 30th). The yearly rollover amount maximum is \$500, any funds over that will be forfeited at the end of the benefits year. If you have less than \$500 left at the end of the benefits year those will rollover and you can use them in the new benefits year.

What can I use the funds for?

You can pay for certain medical and dental expenses for yourself and any of your benefit dependents. These include deductibles, co-payments, prescription medications, certain medical equipment, and more. [Click here to see a comprehensive list of eligible items.](#)

OPEN ENROLLMENT

The deadline for open enrollment is **Tuesday, June 4th**. All benefits eligible employees must log into Employee Navigator to decline/enroll in benefits. [Click here to access Employee Navigator.](#)

UPCOMING EVENTS

June 4th: Open Enrollment ends

June 26th: Wellness Wednesday; Luchsinger Lounge, Alston Campus Center; 10 am - 11:30 am

July 10th: Wellness Wednesday; Luchsinger Lounge, Alston Campus Center; 10 am - 11:30 am

FINANCIAL WELLNESS

If you are interested in participating in a 4-week financial wellness series please [click here to sign up.](#)

The seminars will take place on June 12th, June 19th, June 26th, and July 3rd.

WELLNESS CHAMPION SPOTLIGHT

Name: Pilar Ramos-Nuñez
Position: Alumnae Relations Assistant
Years of Service: 9 months

1. What wellness habit are you working on?

"Mindfulness! Sometimes we get caught up in the daily grind of work and personal life that we forget to acknowledge the little things. I am working on maintaining a small log of "Little Victories" to maintain a daily mindful practice, but also for those days where it might be more difficult to keep things in perspective."

2. How do you make wellness a priority in your life?

"I am active 5-6 times per week and I make sure to eat foods that fuel me. Most days that means a nice big salad, but others that means chicken tenders and fries. It's all about the BALANCE!"



WELLRIGHT CORNER

It's not too late to get started on earning your points!

Login into your WellRight account and log all of your health and wellness activities.

Have any habits you're trying to break or want to start new ones? Choose one of the many challenges on WellRight to give you a head start!

