

| Benefit | Website | Phone |
|--|--|------------------------------------|
| Benefits Office (eligibility, COBRA, etc.): Zenith American Solutions | zenith-american.com | 602-248-8434 or 800-553-2801 |
| Medical: Blue Cross Blue Shield of Arizona | azblue.com | 800-232-2345 |
| Telehealth: BlueCare Anywhere | BlueCareAnywhereAZ.com | 844-606-1612 |
| Prescription drugs: MedImpact | medimpact.com | 833-229-3589 |
| Dental: Delta Dental of Arizona | deltadentalaz.com | 800-352-6132, option 1 |
| Vision: VSP | vsp.com | 800-877-7195 |
| Employee Assistance Program (EAP): CompPsych | guidanceresources.com | 866-365-0801 |
| Life and AD&D: Zenith American Solutions | zenith-american.com | 800-553-2801 |
| Short-term disability: Zenith American Solutions | zenith-american.com | 800-553-2801 |
| Pension | zenith-american.com | 800-553-2801 |
| Defined Contribution [401(k)] | principal.com or zenith-american.com | 800-547-7754 800-553-2801 |

For more information and tips on how to best use your health benefits, read the Benefits Guide. Contact Zenith American Solutions at 602-248-8434 or 800-553-2801 for further assistance, or visit poweringarizonabenefits.com.



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Benefit improvements coming in January 2024.

Watch your mail & the benefits website announcing these changes!

BENEFITS BASICS FALL 2023

All content in this newsletter is created and published for informational purposes only. It is not intended to be a substitute for professional medical advice and should not be relied on as health or personal advice. Always seek the guidance of your doctor or other qualified health professional with any questions you may have regarding your health or a medical condition. Never disregard the advice of a medical professional, or delay in seeking it because of something you have read in this newsletter. If you think you may have a medical emergency, call your doctor, go to the nearest hospital emergency department, or call 911 immediately.

Welcome Back!



In this fall issue of *Benefits Basics*, we'll provide you with details about how to take full advantage of your benefits, ranging from how to stay healthy during an approaching flu season to financial tips to help save for your future. Keep in mind that any information in these newsletters can be found on your benefits site, which is readily available to you 24/7. Visit poweringarizonabenefits.com (or scan the QR code below to save time) to learn more.



Out with the Sun, In with the Flu

Summer is ending, which means fall weather is approaching. While flu season typically reaches its peak activity between the months of December and February, flu activity can begin as early as September. Since your immune system can be affected by the cooler temperatures, that means you and your family can become vulnerable to viral infections like the flu and other respiratory viruses. Beat the flu to the punch by getting your flu vaccination sooner rather than later.

Vaccinations are covered at 100% as preventive care through your Blue Cross Blue Shield of Arizona (BCBSAZ) coverage as long as you stay in-network. To find a PPO provider, visit [azblue.com/find-a-doctor](https://www.azblue.com/find-a-doctor) or call **800-232-2345** for 24/7 assistance.

Happy Smile, Happy Life

Save your happy smile by keeping your mouth healthy. Oral health is integral to your overall health, as gum disease can lead to other health complications such as increased risk of heart disease, vascular disease, and diabetes. Routine preventive care, including cleanings and exams, are covered at 100% if you see an in-network dentist and, now in association with Delta Dental, ZSonic can help you maintain your oral health better than ever.

Throw out your average toothbrush and upgrade to an electric one. ZSonic provides discounted choices for your dental and gum care with different electric toothbrush and water flosser options. Maintain good oral health while keeping your budget in mind by shopping ZSonic with 50% off while using your member discount code.

To place an order:

- » Visit myzsonic.com/ddaz
- » Shop your items and follow the prompts
- » Enter the Delta Dental of Arizona member discount code at checkout: **AZ1026**
- » Once the code is applied you will see the updated price before finalizing your order

For any additional assistance, contact the customer service line during business hours at **888-228-7706** and use the customer code **'DDAZ'**.



Plan for Your Future

Looking to enhance your retirement savings? Look no further because Principal has you covered with monthly financial webinars that'll help you reach your savings goals. Past attendees to Principal webinars have nearly 60% higher account value than those who don't, so don't miss out on learning about how to save for your future. Principal's webinars provide a lot of benefits, including:

- » 30-minute-long sessions
- » Wide range of topics, such as financial basics, retirement prep, understanding credit, investing, budgeting, and more
- » Topics that cover multiple life stages from getting started to nearing retirement
- » Access to representatives from Principal for any questions you may have
- » Replays of sessions available 24/7

Webinars are held every third Wednesday of every month at 1 p.m. CT. To learn more about webinar topics, register for an upcoming session, or rewatch a previous webinar, visit principal.com/LearnNow.

Check Your Beneficiaries

Have you checked on your pension beneficiaries lately? If not, now may be the time to do so. In the event of your death, your pension benefit will be paid to a spouse or designated beneficiary. Visit edge.zenith-american.com to review if your spouse/beneficiary elections are correct. If they're not and you'd like to add/remove a beneficiary, contact the Administrative Office at **602-248-8434** for assistance.