

BENEFITS NEWS

HEALTH PLAN PREMIUMS REFLECT NO INCREASE OVER PREVIOUS YEAR

The Department of Human Resources Management is pleased to announce the final health care premiums for the 2020-2021 plan year. The Commonwealth of Virginia state employee plan rates will remain the same as the current year.

There will be no increase in rates. Final rates to employees will become effective on 7/1/2020. Here are the [final health plan premiums](#) for the 2020-2021 plan year.

ONLINE EAP RESOURCES AVAILABLE FOR WAGE AND WAIVED EMPLOYEES

To assist with work, family and other personal issues during the COVID-19 pandemic, state wage employees may access website resources through Anthem and Aetna Employee Assistance Programs until June 30th. These outline educational services offered **at no cost** to wage and waived employees who are not covered by a state health plan.

Individual services, such as face-to-face counseling, legal consultation, telephonic financial counseling, and work/life consultation services are not included.

- **Anthem:** Services can be accessed by going to www.anthem.eap.com and entering the Company Code *EAP Can Help*.
- **Aetna:** Employees can contact Aetna Resources for Living (RFL) to support and resources.

Please see the [Employee Assistance for Wage and Waived Employees](#) for more details.



HEALTHY HABITS BY COMMONHEALTH



SOCIAL DISTANCING IN REAL LIFE

Visit the [Virginia Department of Health Website](#) to Learn More



25 BEST AT HOME EXERCISES

Visit the [ACE Fitness website](#) to learn more about each exercise.

JUNE FINANCIAL WEBINAR

View June's pre-recorded "[How to Read Your Credit Report](#)" webinar. Learn how to access a free copy of your credit report and the importance of reviewing and understanding the report.

Did you miss May's "[Navigating through an Economic Crisis](#)" webinar? Learn how to boost your financial wellness!

EMPLOYEE RESOURCE SYSTEM TRAINING

Need assistance with the Employee Resource System? Human Resources is facilitating training for new and current resource providers to review responsibilities and procedures for the Employee Resource System.

Monday, June 22nd
10:00am-11:00am

To register, contact the Office of Human Resources at 4-7145.

SUMMER DEVELOPMENT OPPORTUNITIES

These courses have been adjusted to be conducted in an online environment. Though the subjects are based using online applications, the courses have been tailored to explore underlying concepts which can be translated to offline applications. Special thanks to Will White and Janna Dougherty for adjusting the courses for an online environment!

Course	Day & Date	Registration
Google Meet	Wednesday, 6/10/2020	Register Here!
Google Drive	Wednesday, 6/17/2020	Register Here!
Google Mail & Calendar	Wednesday, 6/24/2020	Register Here!
Google Docs Basics	Wednesday, 7/1/2020	Register Here!
Google Forms	Wednesday, 7/8/2020	Register Here!
Google Sheets Basics	Wednesday, 7/15/2020	Register Here!
Working with Trello	Wednesday, 7/29/2020	Register Here!

All courses are from 10:30am-12:00pm on their respective dates.

Recordings of the courses will be available upon request for those unable to attend.

Electives for the Social and Emotional Intelligence Courses will be sent to participants from the Fall 2019 and Spring 2020 cohorts via email. The Social and Emotional Intelligence Program is currently set to resume in Fall 2020.

For questions or assistance regarding accessibility, please contact the Office of Human Resources.