



MARCH 2025 ACTION ITEMS

WHAT DO I NEED TO DO? Q

- Register for the VBA-wide, Grand Adventure
 Walking Challenge!
- Notify employees of the availability of 1095B & 1095C forms in bswift (if applicable).
- Save the date for the 401(k) Plan Conference:

WELLNESS SPOTLIGHT

WELLWORKS FOR YOU UPDATES



If you haven't reached out to Wellworks For You to see how you can utilize this new platform with your employees, it is not too late. As a reminder this program is provided for medical subscribers. You have the option to include additional employees, for an additional cost, which the Wellworks For You team can discuss in more detail.

Set Up Your Customized Site

Each employer has a Wellworks For You microsite with customized set up available. If you would like to customize your site, simply complete the <u>HR</u> <u>Intake Form</u> or scan the QR code today to get more information and schedule a call with the team.



Don't miss out on the excitement of the VBA-wide Grand Adventure Walking Challenge which kicks off April 7th. Complete this form or scan the QR code by March 10, 2025, to register your organization. This turnkey program uses the Wellworks For You app to track steps and participation.

Check out the VBA Wellbeing Resource Site for more details.



Participant Log In Flyer Now Available

If you are ready to communicate the Wellworks For You platform to employees and have not requested a customized communication flyer then you can use this <u>flyer</u> for employees.

Not Sure Where to Start?

If you are not sure where to start contact Pam Connelly at pconnelly@vabankers.org.

MENTAL HEALTH FIRST AID CERTIFICATION

Be on the lookout for an email later this month with details about Mental Health First Aid Certification training to be offered in June 2025 (virtual and in-person options). This training is designed for <u>managers</u> to learn how to identify, understand and respond to signs of mental health challenges and substance abuse disorders.

NOOM TESTIMONIAL



We're excited to share this testimonial from a member about their *Noom* experience...

"I want to thank the VBA for offering the Noom weight loss program. I've been on the program since January 4th and have lost 14 pounds!! It's so much more than weight loss though. I'm learning so much about psychological habits, menopause, self-care and sleeping well. It has helped me tremendously."

If you want to promote *Noom* or get additional information about our Wellbeing program. Check out our <u>Wellbeing Resource Site</u>.

COMPLIANCE CORNER

ACA 2024 REPORTING & FORMS

The 2024 ACA form 1095B (and 1095C, for applicable employers) have been posted to employee's files in bswift. Please notify your employees of the form's availability as soon as possible. All active employees can download their forms from their bswift employee file. An email was sent to all employers on Monday, March 3rd which contained instructions on how employees can access their forms.

Please remember that it is the employer's responsibility to distribute forms to terminated employees who no longer have access to bswift. These can be distributed via e-mail or US Mail.

Please contact the Benefits Team with questions.

TRAINING OPPORTUNITIES

2025 SBA 401(k) PLAN CONFERENCE - SAVE THE DATE

Be sure to save the date for the annual SBA 401(k) Plan Conference on Thursday, May 22 at the VBA Office. More information coming soon!

Please contact the Benefits Team with questions.

IN OTHER NEWS...

VBA INTERNSHIP PROGRAM: COMPLETE A BANK COMMITMENT FORM BY MARCH 31



VBA Internship Program: Complete a Bank Commitment Form by March 31.

The Backstory: This past summer, 15 banks participated in the VBA Internship Program, hosting 40 students from different colleges and universities.

More than 40 students who have completed our program since 2017 are currently working in the Virginia banking industry!

What's Included: Our program is a turnkey experience for banks that don't currently have a formal internship program, and it provides resources to add enrichment and further exposure to the programs many banks already have in place. In addition to program templates

and suggestions for engagement, the program includes both in-person and virtual training and networking opportunities for the interns.

Your Next Step: Learn more about the program <u>here</u>. Complete a bank commitment form by March 31 here.

Questions? Monica McDearmon can help.



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