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A group photo of eight people, four men and four women, standing and sitting outdoors on a brick patio. They are all dressed in professional business attire.

## JANUARY 2026 ACTION ITEMS

WHAT DO I NEED TO DO? 

- Review your January bswift invoice
- Register for the Life + LTC Coverage Introductory Webinar
- Register for the Well-Being Summit 3.0
- Register for the "Live Well, Work Well Week" Admin Webinar

VIRGINIA BANKERS ASSOCIATION Benefits Corporation

### THE VBA WILL BE CLOSED

**Monday, January 19** in observance of Martin Luther King Jr. Day.



### REVIEW YOUR JANUARY BSWIFT INVOICE

**As we continue auditing the data from 2026 Open Enrollment**, please thoroughly review your January bswift invoice and promptly report any discrepancies to the [VBA Benefits Team](#).

**Please note that adjusted premiums** will not be refunded retroactively more than two months, so your prompt review and report of discrepancies is greatly appreciated!

### ANTHEM DIGITAL ID CARDS



**Sydney Health makes healthcare easier**

Access personalized health and wellness information wherever you are

The Sydney Health mobile app is the one place to keep track of your health and your benefits. With the app, you can quickly access your plan details, Member Services, virtual care, and wellness resources. Sydney Health takes one step ahead – moving your health forward by building a world of wellness around you.

**Find Care**  
Search for doctors, hospitals, and other healthcare professionals in your plan's network and compare costs. You can filter providers by what is most important to you such as gender, languages spoken, or location.

**Virtual Care**  
Connect directly to care from the convenience of home. Access your symptoms quickly using the Symptom Checker. Then consult with a doctor through a video visit or text session.

**My Health Dashboard**  
Use My Health Dashboard to find new on health topics that interest you, health and wellness tips, and personalized action plans that can help you reach your goals.

**Community Resources**  
This resource center helps you connect with organizations offering free and reduced-cost programs to help with challenges such as food, transportation, and child care.

**Download Sydney Health today**  
Use the app anytime to:  
• Find care and compare costs  
• See what's covered and check claims  
• View and use Digital ID cards

As a reminder, **Anthem moved to a digital-first platform on January 1, and there will not be a mass production of ID cards for 2026.**

If an employee is unsure whether they will receive a physical ID card or a digital only ID card, please instruct them to log onto their Sydney app to review their preferences. Employees may also contact Anthem Customer Service at 833-831-0085.

Contact the [Benefits Team](#) if you have any questions.

## 2026 VENDOR MARKETING COMMUNICATIONS

Now that the new year is here, our current wellbeing vendors are starting to reach out to members to market their programs. Be sure to check out the [Well-Being Resource Site](#) for additional details.

Contact the [Benefits Team](#) if you have any questions.



## VIRTUAL WELL-BEING SUMMIT: FEBRUARY 5

Please join us (virtually) on **Thursday, February 5, 2026, from 1-3pm for the third annual Well-Being Summit.** This is a great opportunity for HR Administrators to learn about wellness trends, build multi-year wellness strategies, and leverage point solutions to drive measurable outcomes.

Click on the flyer to the right to register by January 30.

Please contact [Pam Connelly](#) with any questions.



## VIRTUAL EMPLOYEE LIVE WELL, WORK WELL WEEK: FEBRUARY 9 - 12



**VIRTUAL EMPLOYEE LIVE WELL, WORK WELL WEEK**  
February 9 - 12, 2026  
Attend live webinars on diverse well-being topics and activities!

Mon, Feb 9	Tue, Feb 10	Wed, Feb 11	Thu, Feb 12
<b>12 pm break</b> <b>Stress Busting: Run from the Bear</b> 30-minutes Learn about stress and gain powerful stress management tools for every day.	<b>Make Movement Your Mission</b> 30-minutes Discover ways to fit exercise into your busy schedule. No gym or equipment needed!	<b>Boundaries Before Burnout</b> 30-minutes Learn how boundaries can improve self-care.	<b>Cooking Demonstration</b> 60-minutes Healthy eating with Tammy Bravley from the Green Kitchen RVA.
<b>3 pm afternoon break</b> <b>Finding Your Flow</b> 15-minutes Find your natural happiness and work flow to create harmony in your day-to-day life.	<b>Organize Your To Do List</b> 15-minutes Get organized, even with life's obstacles.	<b>Picking out your Priorities</b> 15-minutes Identify your true priorities and find the time to act on them.	<b>Maximize your Time</b> 15-minutes Master essential time management techniques and boost your productivity.
<b>Any Time</b> <b>Ergonomic Webinar Recording</b> 60-minutes Take a self-assessment and discover how to improve comfort and efficiency at work.			

Scan or click on the QR code to access the portal

Register for webinars within the portal

**Our first virtual employee well-being fair - *Live Well, Work Well Week* - is quickly approaching!** This virtual event will take place the week of **February 9–12** and will feature a series of live, interactive webinars focused on supporting overall well-being. Sessions will cover topics such as stress management, fitness, burnout prevention, creating work-life harmony, organizing daily priorities, and even a live cooking demonstration. The goal of *Live Well, Work Well Week* is to provide employees with practical tools and resources to help them better balance workplace demands with personal responsibilities.

Employee webinars will be offered daily at **12:00 p.m. and 3:00 p.m.**, with most sessions lasting **15–30 minutes**. We understand that not all employees are able to step away during the workday, so all sessions will be recorded and made available for on-demand viewing.

Please note that **direct employee communications will not be sent**, so we ask for your assistance in sharing information about the event with your employees. All communications will include full details and instructions for registering for individual sessions. Click on the employee flyer to the left, which contains a QR code / link to the [portal](#), where employees can register for sessions.

To learn more about the event and best practices for launching it within your organization, you are invited to attend a short 30-minute informational **webinar for HR administrators on Wednesday, January 21, at 2:00 p.m.** [Registration is required.](#)

Thank you for your continued partnership and support in promoting employee well-being!

Please contact [Pam Connelly](#) with any questions.

## 2026 Q1 WELL-BEING TOOLKIT: "NEW YEAR, NEW YOU"

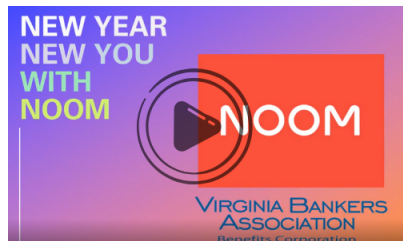
As a reminder, **the theme for Q1, 2026 is "New Year, New You"!**

Click on the Administrator's Toolkit to the right to view. It contains a summary and links to the three other topics within the Wellness Spotlight section of this newsletter.

Contact the [Benefits Team](#) if you have any questions.



## NOOM: YEAR 2! EMPLOYEE COMMUNICATIONS



January is often a time when many people refocus on healthy habits, including improved nutrition and regular exercise. Noom is included as a value-added benefit for members enrolled in a VBA Benefits Corp. sponsored medical plan (employees and enrolled dependents age 18+).

We encourage you to re-share this benefit, so employees are aware of the support and tools available to them at no cost.

Click on the video above for a program overview with member testimonials, and feel free to share the link as you promote wellness initiatives in the new year.

Contact the [Benefits Team](#) if you have any questions.



## LIFE + LTC COVERAGE - INTRODUCTORY WEBINAR

VBA Benefits Corporation is thrilled to announce the launch of our new combination Life + Long-Term Care (LTC) voluntary benefit product, offered through Trustmark. Don't miss the opportunity to learn more about this new employee benefit program with our introductory webinar next week.



### Webinar Details:

- Date: January 14, 2026
- Time: 10:30 AM EST
- [Click here to register](#) (a recording will be available for those unable to attend live)

For questions, please contact [Benefits Corp.](#)

## HR: HEART OF THE WORKPLACE



### SHARE YOUR NEWS IN THE NEXT FYB NEWSLETTER



Whether you're celebrating a new baby, a professional achievement, or a personal adventure - this space is designed to share your news with fellow bank administrators.

Let's celebrate the achievements, joys, and life moments that make our community stronger. Click on the image to the right to share your story (and photos) in the next FYB newsletter!

Contact the [Benefits Team](#) if you have any questions.

## COMPLIANCE CORNER

### ACA 2025 REPORTING & FORMS

The deadline to furnish the 2025 ACA forms to employees is **Monday, March 2, 2026**. We will be sending more detailed information on the ACA forms and specific deadlines soon.

bswift's pricing to file the 1095 forms:

- \$315 per FEIN for Federal 2025 electronic filing.
- 2025 State electronic filing fee is \$315 per FEIN for employers with employees in RI, NJ, D.C., or CA.
- \$0.10 (ten cents) per employee, per electronic 1095 ACA form, for 2025 filing.



Contact the [Benefits Team](#) if you have any questions.

## IN OTHER NEWS...

### NATIONAL WEAR RED DAY: FRIDAY, FEBRUARY 6

Get ready to GO RED in support of women's cardiovascular health by wearing red, sharing information and resources, and donating to support research and education.

- Nearly 45% of women ages 20+ are living with some form of cardiovascular disease.
- Less than half of women entering pregnancy in the U.S. have optimal cardiovascular health.



For more details visit [American Heart Association](#).

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