

VBA Benefits Corporation | 2020 Benefits Communications Calendar

JANUARY

Health Savings Account



- [HSA Eligible Expenses Video](#)
- [HSA Guide](#)
- [Retirement Uses for Your HSA](#)
- [What is an HSA? —Communications Flyer](#)

FEBRUARY

Medical



- [Health Care Cost Drivers](#)
- [ER Versus Primary Care](#)
- [Medical Care Choices](#)
- [Advanced Medical Poster](#)

MARCH

Prescription Drugs



- [RxBenefits Member Services Flyer](#)
- [Guarding Against High-Cost Rx's](#)
- [Know Your Benefits—Rx Plan](#)
- [Children's Health—Rx Drug Safety](#)

APRIL

Financial Wellness



- [The Road to Financial Security](#)
- [Take Control of Your Financial Security](#)
- [Financial and Physical Wellness](#)
- [Vanguard Report](#)

MAY

Employee Assistance Program



- [Risk of Underusing EAPs](#)
- [Anthem EAP Financial Services](#)
- [Anthem EAP Overview](#)
- [Anthem EAP myStrength Program](#)

JUNE

Dental



- [Healthy Mouth, Healthy Life Video](#)
- [Oral Health Brochure](#)
- [Overall Health's Link to Oral Health](#)
- [Delta Dental PPO Premier Network Access/Payment Example](#)

JULY

Disability



- [EmployeeConnect Lincoln Financial](#)
- [Short Term Disability FAQs](#)
- [LTD Employee Education Brainshark](#)
- [STD Employee Education Brainshark](#)

AUGUST

Life Insurance



- [Know Your Benefits—Life Insurance](#)
- [Insurance Needs Calculator](#)
- [Why Life Insurance Matters...](#)
- [Why is Life Insurance Important for Parents?](#)

SEPTEMBER

Vision



- [Children's Health: Vision Care](#)
- [Know Your Benefits—Vision](#)
- [Vision Care: Eye Exams](#)
- [What are the Benefits of Polarized Sunglasses?](#)

OCTOBER

Voluntary Benefits



- [Understanding Your Voluntary Benefits](#)
- [Make the Most of Your Voluntary Benefits](#)
- [AFLAC—Did You Know?](#)
- [The Value of Voluntary Insurance](#)

NOVEMBER

Retirement



- [Planning for Retirement](#)
- [Retirement Plan Don'ts](#)
- [Glossary of Retirement Terms](#)
- [Prioritize Saving for Retirement](#)

DECEMBER

Flexible Spending Account



- [Using Your FSA & HSA on Amazon](#)
- [Dependent Care FSA Poster](#)
- [Adding to your HSA: With a Limited Purpose FSA](#)
- [LD&B FAQ's](#)
- [LD&B Mobile App Poster](#)

**VIRGINIA BANKERS
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