



## Stories in this newsletter



It's Benefits Open Enrollment  
Time— April 22 to May 3!



Laughter is Good Medicine



April is Alcohol Awareness Month



## It's Benefits Open Enrollment Time – April 22 to May 3!

Think about what's happened in your life since you last signed up for your benefits. Open Enrollment is the time to make sure your choices about health insurance, extra savings and supplemental insurance are still right for you. Here are some tips to help you prepare:

1. Take a look at your health care spending from this year. Estimate if it will be more or less next year.

**TIP:** The Blue Cross Blue Shield ([www.bcbsm.com](http://www.bcbsm.com)) and MESSA ([www.messa.org](http://www.messa.org)) member portals are great resources as they store claim history and keep track of deductible, maximums and copays.

2. Review your current benefit elections in *CMU Choices* at [CentralLink](#).
3. Determine the best source of coverage for your dependents.

**TIP:** Carefully review and compare CMU benefit plans to ensure you are choosing the coverage your dependents need at the most favorable cost.

4. Look for Open Enrollment news: emails, *CMU Today* articles, open enrollment website, CentralLink web banner.
5. Ask ALEX. Refreshed with updated plan information, ALEX will be able to walk you through your benefit options and help you find the best-fit option for you and your family.
6. Mark your calendar so you don't miss the Open Enrollment deadline – **Friday, May 3 at 5pm ET.**
7. Once you've completed your online enrollment, print a copy of your 2019-20 Benefits Summary Report and save it for your records.



## Laughter is Good Medicine

Ever wonder why you feel better after a good laugh? A good belly laugh reduces stress, relieves pain, improves blood flow, improves your immune system and mood. And here's the secret, fake it till you make it.....laughter, even if you are faking it, has benefits. Here are some tips for adding humor and laughter to your day:

- Read the comics
- Watch funny movies or comedy channels
- Sign up for a "Joke of the Day"
- Watch old sitcoms
- Shop for humorous greeting cards
- Look through old family pictures
- Funny hat day - encourage everyone to wear a funny hat at home or work
- Post funny cartoons at work
- Visit toy stores or novelty shops

["I love to Laugh" - Mary Poppins](#)

**"Laughter is an instant vacation." - Milton Berle**



## "Help for Today, Hope for Tomorrow" - [April is Alcohol Awareness Month](#)