



# THE RELIABLE SOURCE

**Keeping Employees Informed**



**February, 2017 | Volume 15, Issue 1**

## What's New:

**Important Reminder—CareFlex FSA Participants:** The 60 day run-out period for the 2016 plan year ends on Wednesday, March 1st, 2017.



### Save the Date:

The Annual Employee Awards and Bull Roast is set for Sunday, April 9th. More information will be sent out closer to the date.

**Congratulations to the new Mr. and Mrs. Neil Baldwin!** Neil and his wife, Marilyn exchanged vows on December 12, 2016.

**Free Flu Shots**

If you haven't received your flu shot yet—don't wait. Simply walk in to ANY Kaiser medical center during operating hours and receive your free flu shot. Just bring your photo I.D. and your membership number.

**New Faces: Please welcome the following new or returning employees to our team:** Christopher Day, Lazarus Moore, Lance Suggs, and Brad Vaughan.

*Reminder: New employees are eligible to elect benefits on their 90th day of employment. We offer health, dental and vision benefits as well as 401k and more...if you are nearing your 90th day please contact Beth Thompson in HR for your benefits packet.*

**Happy Birthday to our February babies:** Mike Albrecht, William Aquino-Alvares, John T Baldwin III, Meade Baldwin Sr., Jack Baldwin, Michael Baldwin, Neil Baldwin, Philip Bunn, Tim Chaney, Dimas Chavez, Christopher Dell, Travis Dohler, Thomas Doughty, Raymond Dyson, Blake Ginneman, Charles Hancock, Adam Herold, David Hutchins, Ralph Jackson, Anthony Johnson, Kelli King, Chuck Linton, Patrick Mullaney, William Nider, Jacob Porter, Pedro Quintanilla, Gene Randle, Bill Ratliff, Jason Redmiles, Noah Rooney, and Tom Rush.

**And Belated Happy Birthday to those born in January:** George Barksdale, Donnie Belt, Richard Browne Sr., Neil Buchanan, Brian Conde, Kenneth Crown, Tony DiFerdinando, Othello Gaddy, Robert Gearhart, Dallas Gilliam, Monte Hausmann, Dillon Hawkins, Shane Hayes, Tony Jacobs, Kory Johnson, Ron Johnson, Wendell Jones, Jonathan Kerby, Christopher MacQuilliam, Lenny Mister, Dennis Moulden, Renae Moyers, Daniel Pailen, Daniel Reed, Major Smith, Karla Stockhausen, Mike Temple, Darrell Tuttle, Sean Vincent, Christopher Ward, and Eric Wilhelm.

**We love sharing good news.** Please contact HR@ReliableContracting.com to inform us of a happy event in your life such as new baby, wedding nuptials or anniversaries, etc.

### In this issue:

- 2017 Benefit Contact List, page 2
- Paycheck Deductions, page 2
- Tips on how to contact Keiser on your mobile device, page 3
- Employee Savings Opportunity, back page

# 2017 Benefits: Who to Contact

The following is a list of our providers for your 2017 benefits. Cut out and keep this list handy for future use.

| Provider Name                           | Telephone No. | Website or Email            |
|---|---------------|-----------------------------|
| BB&T Bank – HSA Health Savings Account: | 866-210-0718  | www.bbt.com                 |
| Carebridge Employee Assistance Program: | 800-437-0911  | www.mylifeforce.com         |
| CareFlex COBRA Administration:          | 888-577-2762  |                             |
| CareFlex Pre-Tax:                       | 888-577-2762  | Email: support@careflex.com |
| Cigna Dental (DHMO or DPPO):            | 800-244-6224  | www.mycigna.com             |
| Combined Voluntary Insurance:           | 800-424-8830  |                             |
| Eye-Med Group Vision Service:           | 866-265-4626  | www.gvsmd.com               |
| Insurance Solutions (Broker):           | 443-837-0669  |                             |
| John Hancock 401K:                      | 800-395-1113  | www.johnhancockpensions.com |
| Kaiser Permanente Health:               | 800-777-7904  | www.kp.org                  |
| Maryland Unemployment:                  | 410-949-0022  | www.mdunemployment.com      |
| Mutual of Omaha Life Insurance:         | 800-775-8805  | www.mutualofomaha.com       |
| Reliable Contracting Co, Inc.:          | 410-987-0313  | www.reliablecontracting.com |
| StratWealth Management Group:           | 800-796-3331  |                             |

## Check Your Check

Please match up your weekly deductions with the 2017 benefits you elected in November. Also, verify that your mailing address, pay and weekly hours are correct. Report any discrepancies to Human Resource immediately at 410-987-0313.

### Insurance Premium Codes 2017

| KAISER PERMANENTE HEALTH | WEEKLY | ANNUAL  |
|--------------------------|--------|---------|
| EMP BASIC                | 43.00  | 1720.00 |
| CHILD BASIC              | 110.00 | 4400.00 |
| SPOUSE BASIC             | 165.00 | 6600.00 |
| FAMILY BASIC             | 231.00 | 9240.00 |
| EMPLOYEE REWARD          | 15.00  | 600.00  |
| CHILD REWARD             | 81.00  | 3240.00 |
| SPOUSE REWARD            | 103.00 | 4120.00 |
| FAMILY REWARD            | 163.00 | 6520.00 |

| CIGNA DHMO DENTAL     | WEEKLY | ANNUAL |
|-----------------------|--------|--------|
| EMPLOYEE              | 3.76   | 150.40 |
| EMPLOYEE & CHILD(REN) | 11.78  | 471.20 |
| EMPLOYEE + SPOUSE     | 7.73   | 309.20 |
| FAMILY                | 14.12  | 564.80 |

| CIGNA DPPO DENTAL | WEEKLY | ANNUAL |
|-------------------|--------|--------|
| EMPLOYEE          | 4.97   | 198.80 |
| EMPLOYEE & CHILD  | 15.56  | 622.40 |
| EMPLOYEE + SPOUSE | 10.21  | 408.40 |
| FAMILY            | 18.64  | 745.60 |

|                                     |                                    |
|-------------------------------------|------------------------------------|
| <b>FLEXIBLE SPENDING</b>            | YOUR ANNUAL ELECTION DIVIDED BY 40 |
| <b>HSA (HEALTH SAVINGS ACCOUNT)</b> | YOUR ANNUAL ELECTION DIVIDED BY 40 |

| GVS EYEMED VISION | WEEKLY | ANNUAL |
|-------------------|--------|--------|
| EMPLOYEE          | 1.40   | 56.00  |
| EMPLOYEE & CHILD  | 2.94   | 117.60 |
| EMPLOYEE & SPOUSE | 2.80   | 112.00 |
| FAMILY            | 4.76   | 190.40 |

# Get more out of your mobile

- 1 Register on **kp.org** to get secure access to My Health Manager – your one-stop resource for managing your care online.
- 2 Download the Kaiser Permanente app to access all the convenient features of My Health Manager on your smartphone. Download the app from the App Store<sup>SM</sup> or Google Play<sup>®</sup> at no cost.\*
- 3 Open the app on your smartphone and log in using your **kp.org** registration credentials. Using the app, here's what you can do right from your smartphone:
  - Email your doctor's office.
  - View most lab test results.
  - Refill most prescriptions.
  - Schedule or cancel routine appointments.
  - **New:** Access a digital version of your membership card.

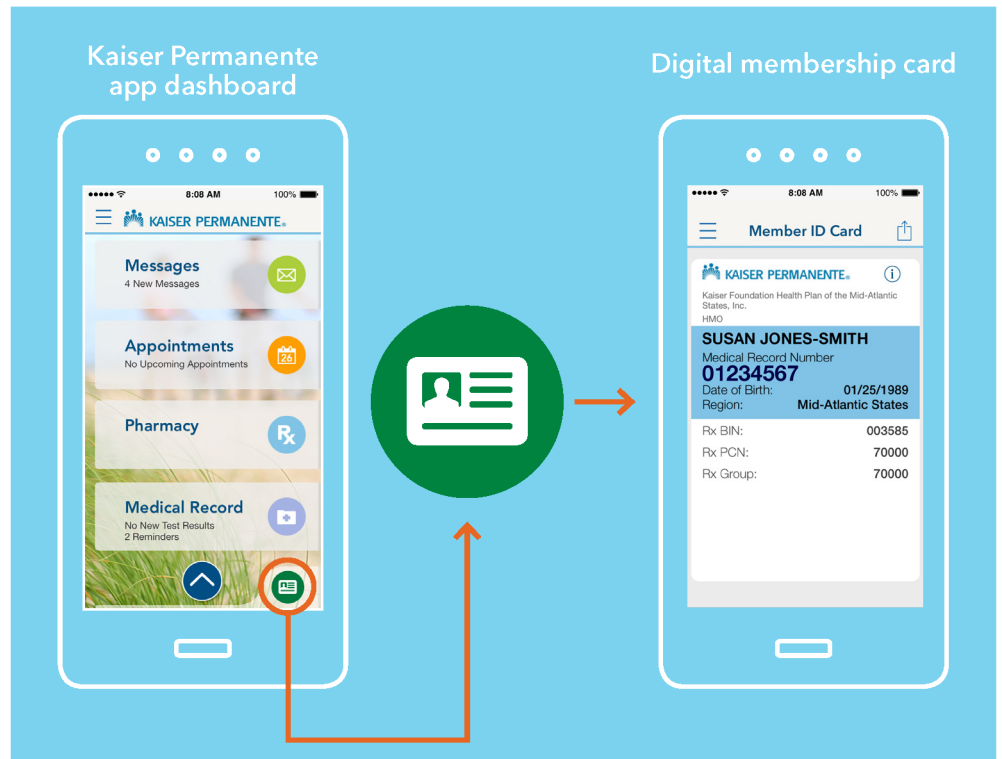
**NEW!**

## Digital membership card

Access your membership information anytime, anywhere with an electronic version of your membership card.

- Check in for appointments.
- Pick up prescriptions.
- Access your family's membership information.

To use your digital membership card, tap the card icon at the bottom of the Kaiser Permanente app dashboard.



Note: Many of these features are available only to members receiving care at Kaiser Permanente medical facilities. As of August 2016 the digital membership card is not available to members in certain plans including Medicare, Medicaid, out-of-area, Flexible Choice Three Tier Point-of-Service, and FAMIS.

\*App Store is a service mark of Apple, Inc. Google Play is a trademark of Google, Inc.

# Employee Perks: Save Money with ABC Marketplace

Take advantage of discount programs available to you because Reliable is a member of Associated Builders and Contractors (ABC). These programs include:

- ☆ ABC Marketplace, a one-stop shop for everyday purchases from over 20,000 retailers on restaurants, electronics, home purchases, travel, movie tickets and more. Plus, earn WOWpoints for each dollar spent that can be applied towards rewards or other purchases.
- ☆ GEICO offers employees of member companies the opportunity to qualify for an ABC discount on auto insurance, in addition to GEICO's already low rates, for new and current customers.
- ☆ Vehicle purchase discounts are available through GM and Chrysler on trucks, cars and vans.
- ☆ And much, much more. For a complete listing of programs and registration details, visit [abc.org/employeediscounts](http://abc.org/employeediscounts).



**To register for a new account, visit  
<https://abc.corporateperks.com>**

If you have any trouble creating an account contact HR.

## Examples:

- ↪ Purchase discounted Gift Cards to popular restaurants in our area.
- ↪ Buy discounted movie tickets online for groups of two or more for Regal, AMC and Cinemark cinema chains.
- ↪ Save on online flower and gift orders
- ↪ Save on Tax Return services from H&R Block and Turbo Tax.
- ↪ Receive discounts on fitness centers, equipment and diet plans.

---

## Contacting Reliable

For more information on any of these articles or for any personnel needs, call the Corporate Office or stop by the Employee Assistance Desk or Main Lobby.

### Reliable Contracting Co., Inc.

The Founders' Building, 2410 Evergreen Road, Suite 200,  
Gambrills, MD 21054

Tel: 410-987-0313

Email: [HR@ReliableContracting.com](mailto:HR@ReliableContracting.com)

Online: [www.ReliableContracting.com](http://www.ReliableContracting.com)

**Follow us on Facebook to stay up-to-date on the latest news.**