

Open Enrollment is Underway

The open enrollment meetings are done but there is still time to pick up your packet and sign up for benefits for 2018. **Contact Beth Thompson at the Corporate Office (410-987-0313) to get your packet today.**

Forms were due Monday, November 6th. If you haven't turned yours in yet, please do so immediately. All employees must complete a form whether electing or waiving coverage.

Thank you to all the employees who came out to our open enrollment meetings and our mini health fair. All participants walked away with free goody bags. Those who attended the health fair had access to free flu shots, health screenings and face to face time with our benefit providers.

Correction note: The amounts for maximum contributions to a Health Savings Account (H.S.A.) are incorrect on most forms. The amounts are correct in the Enrollment Guide: \$2,650 Individual/ \$6,100 Family /yr. maximum These amounts allow for the \$800 Reliable contribution.

In addition to Mutual of Omaha Life and Combined Insurance; we now have added another choice administered by Colonial Life for your voluntary supplemental needs. During open enrollment, Colonial life is guaranteed issue. If you do not have supplemental insurance, accident protection or disability coverage; don't miss this opportunity to enroll. See back page for more information.

P.S.: Out of all our Open Enrollment meetings, our Southern Maryland office had the best turn out of 91% employee participation. Thank you for your involvement.

Heading Photo: Waugh Chapel Woods, taken by Jake Ash



Southern Maryland Employees enjoying their free loot given out at the Open Enrollment Meeting (above). Janice Whittaker got her free flu shot at our mini health fair (below).



New Online:

Employee News and Wellness page:

- Info on Open Enrollment
- Info and Links to our Newest Wellness Challenge

Articles:

- The Best Ways to Burn Off Your Halloween Candy

- How Does the Keto Diet Work, and much, much more.

In this issue:

- What's New and Wellness Challenge Info, page 2
- Kaiser Permanente Mobile Health Vehicle, page 3
- Colonial Voluntary Life Insurance and Photo Contest, back page

What's New:

Honoring our Veterans: This year, Veterans Day will be observed on Friday, November 10th, the day we honor veterans across the nation. Reliable would like to thank the following employees who have proudly served our country: Kenny Butler, Harold Cole, Roderick Doughty, Pete Duran, Craig Floyd, Tommy Fulton, Ken Gilleland Jr., Samson Gray, Robert Green, Charles Henson, William Lawrence, Frederick Leyland, Joseph Michael, Patrick Mullaney, Sid Ripple, Eric Robinson, George White, Eric Wilhelm, and Nelson Woolford. If you see these employees, please thank them for their service.



Wedding Bells: Project manager, Michael Blimmel, tied the knot with Renee Connors (both pictured right) on October 7, 2017. Congratulations to the happy couple!

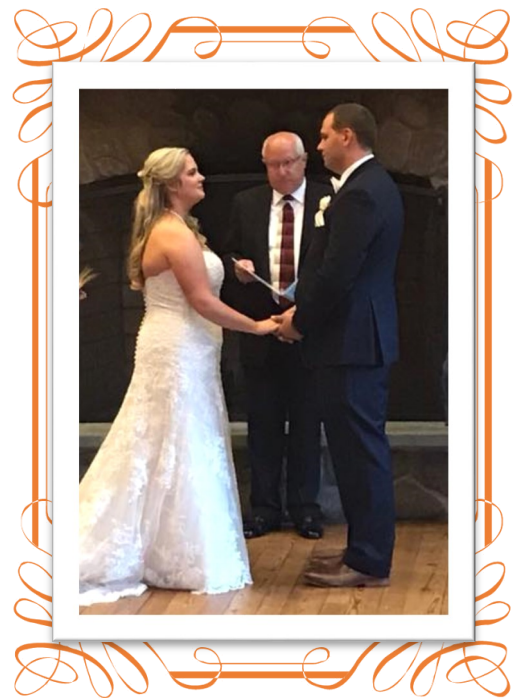
New Team Members: Please welcome the following new or returning employees: Nikki Cook, Robert Nunnenkamp Jr., Sean Powell, Elizabeth Williams, Alexander Williams, and Gregory Wright.

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.



November Birthdays: Jack Atkinson, Carlos Aviles, Patricia Baldwin, Tyrone Bond, Kevin Boone, Eric Brown Jr., Marvin Colbert, Joseph Daniels Sr., Michael Di Pietro, Jack Dohony, Steven Evans, Dustin Hairsine, Joseph Hale Jr., Daniel Harris, Glenn Heard Jr., Glenroy Hewitt, Richard Hier Jr., James Hudson, Gregory Johnson, Warren Johnson, Jon Kimmett, David Markowski, John Martin, Manuel McVea, Adam McWilliams, Jonathan Moody, David Moreland, Robert Nunnenkamp Jr., Franklin Pack Jr., Tristan Prout, Darrell Ratliff, Timothy Reed, Keith Retallack, Sidney Ripple, Joseph Ross, Rafael Saavedra, Tyrone Thomas, Douglas Turner, Richard Tyre, Rigoberto Urias, and John White.

We love sharing good news. Please contact HR@ReliableContracting.com to inform us of your good news.



Health FOR THE Holidays™

**BUILD
SUSTAINABLE HABITS.**

Our newest wellness challenge, Health for the Holidays started Monday, November 6th—but there is still time to join the fun! The challenge will run for 6 more weeks, ending on Sunday, December 17th.

With this new competition we will focus on **establishing sustainable, healthy habits**. Don't wait until the new year to start your resolutions!

We will have plenty of chances to win prizes including our new Bluetooth® enabled knit cap featuring our 90th anniversary logo.

Go to <http://reliablecontracting.healthfortheholidays.com> to sign up.



Nine to THRIVE

Get ready—top-notch medical care is about to park right where you work

The Mobile Health Vehicle "Spreads Health" Throughout the KPMAS Region

Kaiser Permanente of the Mid-Atlantic has a state-of-the-art Mobile Health Vehicle, designed to mirror a small medical center on wheels. Equipped with two exam rooms, areas for patient intake and health education, and computers wired with Kaiser Permanente HealthConnect®, the Mobile Health Vehicle will have the capability to help us provide health care access to thousands of Kaiser Permanente members and the uninsured within the region.

The Mobile Health Vehicle offers preventive care services, such as blood pressure checks, BMI, glucose and cholesterol monitoring, and depression screening, immunizations, health education, and some chronic disease management. It also has the ability to do some specific lab tests and will be able to facilitate the ordering of additional lab tests, prescriptions, or follow-up office visits. **The Mobile Health Vehicle is located in the Waldorf area every Tuesday from 9am to 4pm at 3090 Crain Hwy. To schedule an appointment to get your health screenings, call Member Services. The Member Services telephone number is located on the back of your member id card.**

The Kaiser Permanente mobile health vehicle is a small medical center on wheels. It delivers good health where you work.

What's on board?

- ◆ Two exam rooms
- ◆ An area where you can talk with a doctor or other caregiver and also watch educational videos
- ◆ Laptops so you can log on to or register on kp.org
- ◆ Computers that link caregivers with Kaiser Permanente doctors, labs, pharmacies, and more. That makes it easy for them to coordinate lab tests, EKGs, other tests and screenings, and prescriptions with staff and physicians in your Kaiser Permanente medical center. The computers also enable caregivers to look at your Kaiser Permanente medical history and enter any treatment or advice into your record.

Inside, you can*

- ◆ Receive routine preventive care
- ◆ Check your blood pressure
- ◆ Discuss how to manage ongoing health conditions
- ◆ Measure your body mass index
- ◆ Screen for glucose and cholesterol levels
- ◆ Arrange for follow-up appointments
- ◆ Ask for medical advice
- ◆ And more

Your care—on the move!

*All services listed will not be available at every event.





ACT NOW! One time Guaranteed Issue for Employees, Spouses & Dependents.

Colonial Life Voluntary Coverage

Accident Insurance: 24 hour / 7 days a week / 365 days a year; On/Off Job coverage for treatment of accidental injuries. Helps offset unexpected medical expenses, such as emergency room fees, deductibles and co-payments that can result from a fracture, dislocation or other covered accidental injuries. Coverage for spouse and dependents as well.

Critical Illness Insurance: Supplements your major medical coverage by providing a guaranteed issue lump-sum benefit up to \$30,000. Covered Critical Illnesses include: Cancer, Heart Attack, Stroke, Renal Failure, Coma, Blindness and Major Organ Transplant. Guaranteed Issue coverage for spouse and dependents also available.

Disability Insurance: "Paycheck Insurance" can supplement the taxable portion of your employer-paid coverage with a guaranteed issue tax-free buy up, taking you closer to your pre-disability earnings if you cannot work.

How To Enroll: Customized applications were distributed to employees who attended one of our benefits fairs. If you have completed your application, please return to Beth Thompson. If you did not receive your customized application or have questions please contact getinfo@coloniallifemd.com or visit www.visityouville.com/reliablecontracting and a Colonial Life Benefits Counselor will contact you.

Photo Contest:

The Winners for the October photo contest have been selected:

- ☆ **1st Place** for the \$75 Amazon Card: Filling building pad at Alban Warehouse, taken by Darrell McMahon



- ☆ **2nd Place** for the \$25 Amazon Card: Excavating at Two Merriweather, taken by Thomas Superczynski.



The rest of the photo submissions for each month can be found on our Facebook page.

Autumn is here for a few more weeks:

We are in our peak Autumn foliage season. Now is a great time to capture colorful backgrounds of our construction jobs.

We are looking for pictures of crews (employees) and equipment working.

Pictures can be emailed to cmasters@reliablecontracting.com or messaged to our Facebook page. Full contest rules can be found on our website on the Employee News and Wellness page.

Remember:

- We need at least 300 dpi photo resolution.
- Photos should be horizontal orientation (landscape).
- Safety First! Please be aware of your surroundings when taking photos.

Thank you to all the participants.

Keep the photos coming!

Contacting Reliable

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

Reliable Contracting Co., Inc.

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

Tel: 410-987-0313

Email: HR@ReliableContracting.com

Online: www.ReliableContracting.com

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