How to Squeeze in Exercise While You’re on Vacation!

Think you won’t have time to exercise on your next vacation? With the help of Rally, we came up with a few tips on fitting in some exercise while you travel this summer. The best part, it doesn’t seem like a chore, but part of your vacation!

First, think about how you can squeeze some extra activity on each day of your vaca! If you’re staying in a hotel, try taking the stairs instead of the elevator. Another way to get your heart rate up is a quick workout when you first wake up. Try three rounds of 20 sit-ups, 20 push-ups, and 20 burpees. Taking five minutes in the morning each day of your vacation to do a light workout is the perfect way to boost your heart rate and get the day started. You’ll burn calories first thing and also feel energized for the rest of the day. WELLBEING TIP: YouTube has plenty of hotel friendly workouts that don’t require equipment available for you to follow along online.

Next, experience your vacation a different way. Try creating a walking tour or scavenger hunt checklist and instead of driving from place to place, walk instead! Discovering new destinations on foot is the ideal way to get an authentic sense of place and be active at the same time. You can create a scenic walking tour with your family of all the attractions you want to see. Trekking from a farther parking spot at the beach, taking the stairs in a hotel, and walking around Disney World all day will certainly add up.

Rally Reminder: While you’re physically walking around some pretty cool places on your vacation, don’t forget to check into the virtual City Challenge in Rally. Each milestone you reach in the City Challenge automatically enters you to win a $50 Amazon Gift Card. Sync your fitness device and check-in often to earn more coins!

Congratulations to our Rally Private Sweepstakes Winners!

ICUBA wants to recognize our PRIVATE sweepstakes winners from April for participation in Rally! ICUBA winners every 14-days for city challenges and drawings for survey completions and missions. To kick the year off, we focused on the survey for our drawings. Congratulations to the following employees for your engagement in ICUBA’s BlueRewards powered by Rally program!

Rally City Challenge Winners
1. Carlos Rivera, Florida Institute of Technology
2. Yves Meillarec, Canterbury School of Ft. Myers

Rally Survey Winners
3. Abigail Milton, Palm Beach Atlantic University
4. David Sabiston, Florida Institute of Technology
5. Gena Meroth, Nova Southeastern University
6. Jeff King, Florida Institute of Technology
7. Kaitlin Knappenberger, Florida Institute of Technology
8. Leslie Rogers, Saint Edward’s School
9. Melissa Melba, Jacksonville Country Day School
10. Michelle Coates, Florida Institute of Technology

Remember to stay engaged in Rally by entering City Walk Challenges, Missions and completing the Survey for more chances to win cool prizes and earn coins along the way! (PS. The Survey is also the gatekeeper to unlock your opportunity to earn up to $250 ICUBA dollars!)
Remember to visit our website—http://ICUBAbenefits.org
This user friendly site is your one stop shop for all things benefits! Visit our single sign-on section located below the scrolling banner and gain access to ICUBA’s Brand Partners including BCBS MyHealthToolkit and Rally, OptumRx Prescription Drug Portal, Resources for Living EAP and Aetna Navigator and of course, the ICUBA MasterCard!

Use it or Lose it!

The time is now — Use it or lose it! Remember to review your Health Care Spending Account (HCFSA) and/or your Dependent Care Spending Account (DCFSA) balance(s). If you did not spend all your flexible spending dollars during the last plan year which ended in March 31, 2018 there is still time. ICUBA participants are granted a 2½ month extension to use your funds. You have until June 15, 2018 to incur eligible medical and dependent care expenses towards your 2017-2018 account(s). You have until June 30, 2018 to submit a reimbursement request for eligible expenses incurred. To review your HCFS and/or your DCFSA balance(s) please visit your account online at ICUBAbenefits.org. While you’re there you can also check out a complete list of eligible expenses and requirements for the HCFSA, DCFSA and Health Reimbursement Account (HRA).

If applicable—your HRA dollars are safe! Please keep in mind, unlike the FSA, HRA funds roll over year to year as long as you’re on an HRA eligible medical plan.

BENEFITS FOR EDUCATED CONSUMERS: A NEWSLETTER TO HELP YOU MAKE INFORMED CHOICES
Celebrating our 16th Year of Service to Florida Private Education Employees

Who should you call?

ICUBA wants you to enjoy your summer break and we don’t want you wondering “how do I get that prescription when I’m out of town?” or “who should I call when I’m under the weather visiting friends at the beach?” So here’s a mini cheat sheet to help. Reminder, if you need a temporary ID card, please visit our Brand Partner websites through the single sign on “My Carrier” section at ICUBAbenefits.org.

BlueCross BlueShield of Florida
1-855-258-9029
Our medical insurance partner can help find a doctor & provide claims/plan summary assistance.

Teladoc
1-800-TELADOC (835-2362)
24/7 access to a U.S. board-certified doctor through the convenience of phone, video or mobile app visits. (Register at teladoc.com)

OptumRx HealthCare Advisor
1-855-811-2213
Our prescription drug insurance partner can assist with your medication needs.

ICUBAcares Pharmacist Advocate Program
1-877-286-3967 (9 AM-5 PM, M-F)
ICUBAcares can advocate on your behalf when needed. Call today for a prescription check-up!

Aetna Resources for Living
1-877-398-5816
Option 1: Employee Assistance Program
Option 2: Behavioral Health & Substance Abuse
The EAP is a great tool for the summer months from free support on everyday items to free counseling sessions. All employees have access to these free services. The Behavioral Health and Substance Abuse benefits are paired with the medical plan.

ICUBA Benefits Administration
1-866-377-5102 (8 AM-8 PM, M-F)
We are always ready to help! We can answer almost everything when it comes to your benefits, or at least point you in the right direction. You also have access to your benefit portal anytime at ICUBAbenefits.org for all current benefit information, phone numbers, websites, and more!