Put your personal vision “up in lights”  
_Brought to you from our friends at Resources for Living_

**Happy 2018!** A new year is a good time to focus on fresh goals. And one of the most powerful ways to do this is by **creating a vision board!**

**What’s a vision board?** It’s a display — created by you — of words, phrases, articles, pictures or items that inspire you. Or they might represent something you’d like to achieve. Think of it as a collage of your feelings, thoughts and plans. Whenever you see an item that represents your aspirations, put it on your board.

**How does a vision board help you?** We all absorb and react to information in different ways. One of the most powerful is through what we see — or “visual cues.”

Visual cues serve as strong reminders and reinforcements. Traffic lights are a good example of visual cues. You always know that red means “stop,” green means “go” and yellow means “slow down.”

Vision boards work the same way. When you look at your vision board, you see words, phrases and pictures that make you feel confident, motivated and inspired. Each time you see your board, you’re reinforcing your commitment to yourself and your goals.

**How do you make it?** You can use any kind of surface where you can tack, pin, tape or attach things. For example, try a cork bulletin board or poster board.

You can also make more than one vision board. For example, you might want to have one at home and one at work. That way you can nurture personal motivation wherever you are.

**Make it your own.** There are no rules for vision boards so create whatever’s meaningful to you. Add or change things as often as you like. Seeing your board each day can add momentum and energy to your visions.

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**Resources for Living®**  **1-877-398-5816**

24/7 access to free Employee Assistance Program (EAP) benefits available to ALL employees and anyone in your household

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**Remember to visit our website—**[http://ICUBAbenefits.org](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!
Engage in the Rally Communities

Rally is more than just raking up dollars and earning coins for participating in healthy activities. For the New Year, try following and engaging with some of the Rally Communities. You can chime in on discussions, cheer on others for their goals, and hold yourself accountable with other “Rally-goers” in your community. Here are a few topics available in the Rally Communities. Remember: If you aren’t participating on ICUBA’s medical plan or you are seeking more one-on-one engagement, Resources for Living EAP is available for all employees and members of your household 24/7 at 1-877-398-5816!

**Allergies**
Seasonal or year-round allergies making you miserable? Food allergies have you on your toes? Share your strategies for staying safe and healthy.

**Weight Loss**
Whether you’re making big changes or trying to lose those last 10 lbs, it can be tricky to make healthy changes that become a lasting part of your life. Talk about it in this community.

**Walk the Walk**
Walking is one of the easiest and cheapest forms of exercise out there, and it’s surprisingly good for you. Take a big step to better health in this community!

**Cancer**
Cancer is confusing and overwhelming. Whether you’re a survivor, newly diagnosed, or a caregiver, you can talk about your concerns freely in this community on Rally.

**Food and Nutrition**
Good food -- it's delicious, it brings people together, and it's essential for health. Trade nutrition tips, time-saving shortcuts, and recipes in this interactive community.

**Caregiving**
Caring for a parent, spouse, or relative? Caregivers need some TLC too. Trade advice and information here and get the support you need. It’s nice to hear you aren’t alone!

**Fertility**
If you’ve been trying to conceive without success, or are considering or trying IVF, this is a welcoming and supporting space to connect with others.

**Love & Life**
Relationships are key to our health and happiness, but we all know how complicated they can be. This community provides a judgement-free zone to hash out your relationship questions.

**Stress and Anxiety**
We all have stress in our lives; the trick is knowing how to handle it. Talk about your stress and find out what works, from exercise and nutrition to breathing and meditation.

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**Benefit Tax Form**
IRS Form 1095 is used to report medical insurance coverage to the IRS. The Form 1095 is provided to the IRS and to employees covered or eligible for coverage under the ICUBA medical plan for one or more months of 2017. This form will report to you, the employee, whether you and your covered dependents, if applicable, were covered under the ICUBA medical plan. If you and your dependents were covered for at least nine months, you are not subject to any tax penalties for not having medical insurance.

Please note: You will not need this form to file your taxes! Please keep the form in a safe place for reference. All active employees may reference this tax form in your employee file at ICUBAbenefits.org. *(The form will be available mid-February!)*

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**Teladoc to the rescue!**
We hear Teladoc’s services for a low $5 copay is saving our members time and energy when they need relief fast.

“*I was traveling over the Winter Break and felt a sinus infection coming on strong, a quick call to Teladoc and I was able to pick up a prescription on the way to my in-laws! It was amazing!*”

Teladoc connects members with a board-certified doctor 24/7/365 through the convenience of phone or video consults. When it’s convenient, a doctor will contact you ready to listen and resolve your issue. **1-800-Teladoc**