

Benefits news

Winter 2023

Catapult Health Virtual Checkup for BCBSTX Members

If you are enrolled in a BCBSTX medical plan, Michaels provides a convenient annual checkup at no cost to you using the Catapult Health VirtualCheckup Home Kit. All enrolled Team Members and enrolled spouses can each register for a Home Kit by visiting <https://virtualcheckup.com/Michaels>. Getting a FREE preventive health checkup has never been easier. Completing all the steps of the VirtualCheckup will satisfy your wellness requirement for next year's Open Enrollment. Once you complete your home kit, you will review your results with a board-certified Nurse Practitioner via a virtual consultation and develop a

personal action plan. The cost of your VirtualCheckup is covered 100% by Michaels.

Seven Steps for a Virtual Checkup

1. Order your Home Kit from <https://virtualcheckup.com/Michaels>.
2. Your Home Kit arrives at your house. Everything you need to collect vital health information is included in the kit. The blood pressure monitor is yours to keep!
3. Take your measurements. Check your blood pressure, measure your abdominal circumference and collect your sample with our needle-free experience and virtually painless device.
4. Return your sample in the pre-paid UPS overnight envelope. Then watch for an invitation to schedule your consultation.
5. Schedule an appointment. When notified that your lab work is complete, schedule an appointment with a Catapult Nurse Practitioner.
6. Complete a health questionnaire. Answer a few questions about your health history and health behaviors just minutes before connecting with the Nurse Practitioner.
7. Review results and develop an action plan. Have a private consultation with your Nurse Practitioner using your device (phone, computer, tablet) in a place that is comfortable for you.

PerkSpot Holiday Savings and Prize Giveaways

Take advantage of the PerkSpot savings program to buy more gifts, celebrate more family and friends, and enjoy the season with less financial strain. PerkSpot offers early-access deals for Black Friday, Cyber Monday, last-minute gifts, and more.

You can register to win giveaways throughout the season starting now until December 19. Deal of the Week Savings guides can help you find the perfect gift at an affordable cost.

Log in to PerkSpot at <https://michaels.perkspot.com/login> to see the special savings and enter to win giveaways at the top of the page.



More benefits news on next page

VISIT US ONLINE AT [MIKBenefits.com](https://mikbenefits.com)



If you have questions, call Team Member Services at 1-855-432-MIKE (6453).

Michaels
Everything to create anything™

Flu Season Is Here

Most people who are six months of age and older should get a flu shot during every flu season.

How can you help prevent the flu from spreading?

- * Get a flu shot every year.
- * Avoid close contact with people who are sick.
- * If you are sick, limit contact with others.
- * Wash your hands often.
- * Cover your nose and mouth when you cough or sneeze.
- * Clean and disinfect surfaces and objects that may be contaminated.



Did you know?

- * 2 weeks — Time it takes after vaccination for an adult to develop disease-fighting antibodies against the flu.
- * 1 to 4 days — Typical time it takes for symptoms to show up once you've caught the virus. Adults can be contagious from the day before symptoms begin through 5 to 10 days after the illness starts.

Source: [webmd.com/cold-and-flu/flu-statistics](https://www.webmd.com/cold-and-flu/flu-statistics)

FSA Carryover Ends in 2023

If you had funds remaining in your Health Care FSA after October 10, 2023, the maximum amount you can carry over into the rest of 2023 is \$570. Beginning July 1, 2023, FSA carryovers from one year to the next will no longer be permitted.

Remember, the Plan Year for FSAs will be the calendar beginning January 1, 2024 so use any funds in your FSA by December 31, 2023. They will NOT carryover.

Confirm Your Information in Workday

Tax season is just around the corner and we want to make sure your W-2 is sent to the right address. Log into Workday and review your address to make sure it's correct.

It's also a good idea to review all your personal information in Workday regularly. We send daily files to BCBSTX and updated information will help ensure you don't miss important information throughout the year.

Michaels sends important news about your benefits via text and email messages, so please confirm that your cell phone number and email address are up to date in Workday.

Michaels CARES

Michaels CARES, a 501 (c)(3) charity funded by the company and voluntary contributions from Michaels Team Members, provides short-term financial assistance to Team Members who experience unforeseen emergencies or hardships. You can find an application and more information at mikbenefits.com/michaels-cares.



Invest in your future!

The annual 401(k) contribution limit is \$23,000 for 2024. The catch-up contribution amount remains \$7,500.

If your budget allows, contribute at least 5% of your pay to earn the full 4% matching contribution from Michaels. It's free money!

It may also be a good idea to increase the percentage you save over time. For example, if you're currently investing 5% to earn the entire Michaels match, you might increase that amount to 6% next year. Regardless of how much you can save right now for retirement, it's important to contribute early and on a consistent basis.

