



TelaDoc - Virtual Visits

The Doctor is in Anytime, Anywhere! 24/7 Access to Care

Teladoc® gives you 24/7/365 access to U.S. board-certified doctors by web, phone, or mobile app. It is a convenient and affordable option for quality medical care. Members easily get resolution to a wide range of health issues, including cold, flu, upper respiratory infection, cough, pink eye, allergies, and more. Set up your account today so when you need care now, a Teladoc doctor is just a call or click away.

REGISTER 3 easy ways: download the mobile app, visit the Teladoc website, or call 1-800-Teladoc (835-2362).

Setting up your Teladoc account through the mobile app only takes a few minutes. After downloading the app, you'll provide medical history to give doctors the information they need to provide you with quality medical care.

PROVIDE MEDICAL HISTORY Your medical history provides Teladoc doctors with the information they need to make an accurate diagnosis.

REQUEST A VISIT That's it! A Teladoc doctor is now just a call or click away.

Speak with the first available Teladoc doctor or schedule an appointment. Within minutes, a doctor will call ready to listen, diagnose and prescribe medication, if medically necessary. After your consult, you can choose to share the results with your primary care physician.

If medically necessary, a prescription can be sent to your local pharmacy. Search for nearby pharmacies or use one of your favorites.



Meaningful Resolutions

Kickstart the New Year with Meaningful Resolutions

As the calendar turns to a new year, it's the perfect time to reflect, reset, and plan for growth. New Year's resolutions offer an opportunity to set goals that inspire positive changes in our lives.



Here are a few tips to help you create resolutions that stick:

1. **Start Small:** Focus on realistic and specific goals. Instead of "exercise more," aim for "walk 30 minutes, 3 times a week." Small, achievable steps pave the way for lasting change.
2. **Make it Personal:** Choose resolutions that truly matter to you, not ones based on societal expectations or trends.
3. **Track Your Progress:** Keep a journal or use an app to monitor your journey. Celebrating milestones, no matter how big or small, is a sure way to keep you motivated.
4. **Be Kind to Yourself:** Setbacks are natural. Don't let them discourage you. Every day is a fresh opportunity to start fresh!

This New Year, focus on progress, not perfection. With dedication and self-compassion, 2025 can be a year of growth and fulfillment!

Blue365 Program

Did you know that, as Blue Cross and Blue Shield members, you have access to exclusive discounts on gym memberships, wearables, weight loss programs, and more? With Blue365, it is easier and more economical for you to workout, eat healthy, and live well.

Blue365 offers the best discounts from top brands including:



Enhance your employee perks at No-Cost with Blue365:

All you need to do is register at <https://www.blue365deals.com/user/register> and have your

BCBS member ID handy.

Get Exclusive Deals for Blue Members With Blue365®

Our members can access a wide range of savings from top health and wellness brands around the country with Blue365. Register for or sign in to Blue365 - [This link](#) opens in a new window to see special weekly deals, as well as ongoing deals on:

- Health products
- Health and fitness clubs
- Weight loss programs
- Healthy travel experiences
- And so much more!

Blue365 Deals is a national discount program that offers special deals and discounts on fitness equipment, gym memberships, nutritious food, and many other products that promote healthy living. There are also many travel deals for when you need some well-deserved rest and relaxation. Members can also find savings on their mortgage and even discounts on pet supplies.

Most Blue365 discounts can be redeemed online or in person, making the program even more convenient and easy to use.

Tax Season is Here

January 27th is the 2025 Tax Season Opening Date! If you have recently moved and did not notify CRA, please do so as soon as possible to ensure your W2 is mailed to the correct address!



To update your address, simply log into your [ADP WFN dashboard](#) and request the change there.

Having trouble logging into ADP? Feel free to reach out to Lynda Sherman (payroll@commrehab.org) or Dusty Usher (onboarding@commrehab.org).



Reminder: 12-Month Payment Dates

School Closure	# of Days Paid	Paid On
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Winter Break	10 Days	01/07/2025
Spring Break	5 Days	04/01/2025
Summer Break	Remainder of 12-month balance paid equally over 5 pay periods.	06/10/2025 06/24/2025 07/08/2025 07/22/2025 08/05/2025

Important *January* Dates

January 1st	New Year's Day
January 4th	World Braille Day
January 19th	World Religion Day
January 20th	Martin Luther King Jr. Day
January 24th	International Day of Education
January 29th	National Puzzle Day

HR is Here to Help

For Questions About:	Contact:
12-Month Pay Plan	Lynda, payroll@commrehab.org
<u>Absence Request Form</u>	Catherine, timesheets@commrehab.org
Who do I notify if I need time off?	Your Account Manager (Danielle or Molly)
401k Information	Amber, humanresources@commrehab.org
Change of Address	Lynda, payroll@commrehab.org Dusty, onboarding@commrehab.org
Name Change	Dusty, onboarding@commrehab.org
Benefits	Amber, humanresources@commrehab.org
Health Savings Account (H.S.A.)	Lynda, payroll@commrehab.org

Employment Verification	Lynda, payroll@commrehab.org
Referral Bonus (if applicable)	Lynda, payroll@commrehab.org
SpringAhead Timesheets	Catherine, timesheets@commrehab.org
W4 - Make a Change W2 - Request a Copy	ADP - www.workforcenow.apd.com



Have Questions?

Amber Picchiarini, HumanResources@commrehab.org, 727-739-8783

Catherine Carroll, Timesheets@commrehab.org, 727-503-8182

Dusty Usher, Onboarding@commrehab.org, 727-739-8920

Lynda Sherman, Payroll@commrehab.org, 727-744-7209

Community Rehab Associates, Inc | 3950 3rd St N. Suite D | St. Petersburg, FL 33703 US

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