



The only thing worse than starting something and failing is not starting something.

Seth Godin

Is Your Contact Information Correct?

As we approach the new year, this is a good time to review your contact information and make any necessary changes. It is essential the City has your correct address, email, and phone number so you don't miss important communications.

To update your personal information, please get with your Department Admin or Payroll Clerk.

Have You Filed Your Wellness Claims?

Employees with Colonial Life or Aflac policies may have a Health Screening Benefit attached to the policy.

Depending on the policy you have, such as Critical Illness, Cancer, or Accident, you could receive up to \$100 for getting certain screenings.

File your wellness claim today!

Colonial Life - 1-800-325-4368

www.coloniallife.com/individuals/claims

Aflac - 1-800-992-3522

www.aflac.com/file-a-claim



NueSynergy FSA Accounts

By now, everyone enrolled in the Flexible Spending or Health Reimbursement Accounts should have received new cards for the plan year.

Funds up to \$610 remaining on the old Healthcare FSA account through AIG have now rolled over to NueSynergy and are available for use. The deadline to file outstanding claims with AIG was October 31st.

Account Registration:

If you have not set up your online account yet, please visit www.NueSynergy.com and select “Participant” from the Log-in menu, then “Participant (HSA/HRA/FSA)” to begin the registration process.

Employer ID: NUEMONTGO

Employee ID: Your SSN

Members wishing to add dependents and/or request additional cards can do so through the online portal as well.



Premise Health: New Incentive Platform

Sonic Boom Wellness

Starting January 1st, Premise Health will be transferring the City’s HRA Incentive to a new, more user-friendly platform with additional features for you to be your happiest, healthiest best.

You’ll still track wellness incentives (HRA Compliance), but with additional features to make your journey even more rewarding.

You’ll now be able to:

- Sync up a compatible device, to track your physical activity.
- Watch your progress against other participants on a leaderboard.
- Set daily goals for steps, calories, miles, and minutes.
- Check off activities anytime, anywhere using your mobile phone.

There’s nothing you need to do now. After the January 1st live date, you’ll be able to activate your account.

Sonic Boom Wellness FAQs



November EAP Webinar

*Practicing Gratitude to Boost
Your Happiness*

Gratitude opens your heart and your mind allowing you to feel more present, generous, thankful, empathetic, kind, patient, positive and more aware of the beauty that surrounds you.

The webinar is available all month long on the Uprise Health Work-Life Portal.

Visit members.uprisehealth.com, enter Access Code **CityOfMontgomery**, and click **Work-Life Sign In**.

View the [2024 Monthly Webinar Calendar](#) for upcoming webinars.

Baby Yourself Program

The Blue Cross Baby Yourself Program is a free program that helps ensure expectant mothers and their babies receive the best possible healthcare during pregnancy. Expectant mothers should enroll in the program by 24 weeks gestation and will receive an incentive after completion of the program.

Incentives:

PPO Plan Incentive - Inpatient deductible (currently \$300) is waived when admitted for delivery of the baby.

HMP Plan Incentive - \$300 added to your HRA to help pay for any out-of-pocket prenatal expenses.

Call 1-800-222-4379 or visit www.AlabamaBlue.com/BabyYourself to enroll or for more information.

To Arrive Safely, Drive Safely

Driving Safety Tips Every Responsible Driver Should Know



When driving a vehicle, whether alone or with passengers, prioritizing safety is essential. With distractions at an all-time high, it is crucial to understand and consistently practice the fundamentals of safe driving. Here are some key tips for responsible driving:

1. **Focus on Driving:** Make driving your primary focus. Avoid distractions such as using your phone, eating, or engaging with other passengers while driving.
2. **Follow Traffic Rules:** Adhere to all traffic signals and signs. Obey speed limits and ensure you understand the rules of the road.
3. **Maintain a Safe Distance:** Keep a safe following distance between your vehicle and the one in front of you to allow for safe braking.
4. **Use Turn Signals:** Always signal your intentions to other drivers when changing lanes or making turns.
5. **Check Blind Spots:** Regularly check your blind spots before changing lanes or merging.
6. **Stay Sober:** Never drive under the

influence of alcohol, drugs, or any substances that may impair your judgment or reaction times.

7. **Be Prepared for the Unexpected:** Always be alert and anticipate the actions of other drivers, pedestrians, and cyclists.
8. **Buckle up most of all!**

Other Safety Driving Tips

- Secure cargo that may move around while the vehicle is in motion.
- Keep 100% of your attention on driving at all times - no multitasking.
- Slow down. Speeding gives you less time to react and increases the severity of an accident.

As the holiday season approaches, numerous public service announcements emphasize the importance of driving safely. It is essential to prioritize safety during this time and promote responsible behavior on the road. Stay responsible and make the right choice to ensure everyone's safety on the road.



Contact Us

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Risk Management Webpage

[www.montgomeryal.gov/
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- Benefit Plan Documents & Enrollment Forms
- Wellness Program Resources
- Workers' Comp Forms & Instructions
- City Driver Permit Application
- Archived Newsletters
- And more