

THE SUN IS SHINING—SO SHOULD YOUR BENEFITS!

MENTAL HEALTH MATTERS | BUILD A GOLDEN NEST EGG | FINANCIAL WEBINARS | ALLSUP ADVISORY SERVICE | IS THERE AN APP FOR THAT?

MENTAL HEALTH MATTERS

At Acadia, we want you to take care of yourself just as much as you take care of others. Mental Health Awareness month shines a light on certain challenges that people may experience at home and at work. Sometimes, these challenges require assistance from those around you. When this is the case, Acadia has you covered through our Employee Assistance Program (EAP) provided by LifeServices.

The EAP is a confidential service designed to provide employees and eligible dependents assistance with managing personal issues such as legal, financial, work/life balance, and more. **Acadia covers up to 6 free sessions of counseling for each occurrence.** Qualified counselors are standing by to assist you via phone at **800.822.4847** or online at **LifeServices—My Assistance Program** (company code: **LS0230**). Take charge of your mental health in May!



GO MOBILE WITH US

Benefits On-the-Go

Sign up for Acadia's texting tool so you don't miss out on important employee benefits updates.

- + Text "MYACADIA" to **888111**
- + **Click here** to opt-in from your desktop

You can opt out at any time. Message and data rates apply. Text responses are not monitored; for questions please contact your manager or local HR contact.

GOLDEN YEARS NEED A GOLDEN NEST EGG

Grow Your Nest Egg with the Acadia Match

Take advantage of the increased 401(k) contribution Acadia now offers! Acadia will match 50% of the first 5% you contribute. Contribute 5% of your paycheck to your 401(k) to take full advantage of Acadia's new match and remember you can still contribute up to the IRS maximum of \$22,500! Employees ages 50 and older can take extra advantage by contributing an additional \$7,500 over the IRS limits. You have the power to choose if your contributions are made before or after tax, otherwise known as Roth, or a combination of the two while keeping to IRS limits.

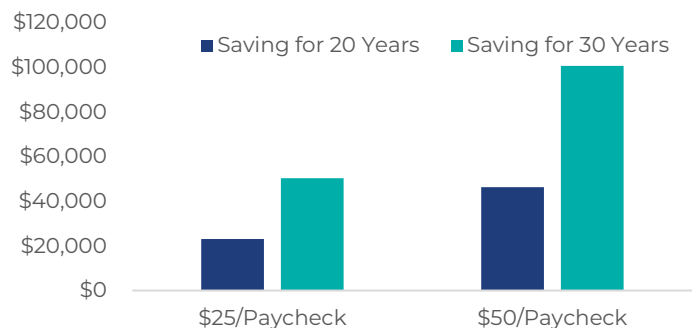
Personalize Your Savings with Empower

Maintain your 401(k) using the Empower website. Their one-stop-shop allows employees to:

- + Join/Change your contribution percentage
- + Change/Make investment allocation changes
- + Update/Designate your Beneficiary information
- + Process Rollovers and Withdrawals

Contact Empower at **866.467.7756** or visit **www.empowermyretirement.com** to manage your 401(k) and make any necessary updates!

Stop Stalling, Start Saving



EMPOWER WEBINARS FOR FINANCIAL SECURITY

Take Control of Your Finances

Empower gives you access to a monthly webinar series to further your financial education. Offering a new webinar each month, you can expect to learn about a variety of unique, hot topics including “Retirement Myths”, Retirement Planning for Women”, and “Protecting Your Retirement Account Online”.

Attend a Session

The Empower series is free for all Acadia employees and easy to attend using WebEx on a laptop or mobile phone. Sign up for the entire series or individual sessions that most apply to you—the choice is yours! You can also review recordings of previous sessions. To sign up:

- + Visit Empower Retirement (empowermyretirement.com)
- + Add meeting link from confirmation email to 1
- + your calendar
- + Before meeting begins, copy and paste the Webex link into your browser to automatically join or visit webex.com and click “Join” to enter meeting number and be connected

ALLSUP ADVISORY SERVICES

Medicare Advisory

If you or your spouse are eligible for Medicare, consider using Allsup to think about alternative Medicare plan options. You’ll get free guidance to identify alternatives that might save you money.

To use this service, visit allsup.com or call **888.271.1173**.



Manage My Benefits Self-Service Portal

Manage My Benefits is our benefits portal in UKG used to enroll in benefits, upload dependent documentation, update beneficiaries, and complete qualified life events.

Use four convenient ways to access Manage My Benefits:










- + Manage My Benefits in UKG
- + UKG Pro App:
 - + Company Code: ACAHC
 - + Login using your UKG Login
- + Single Sign-On Users: acadia.ultipro.com
- + All Other Users: myacadiahealthcare.com



IS THERE AN APP FOR THAT? APP-SOLUTELY!

Stay Connected Through Our Carrier Apps

Staying prepared means staying connected. Take advantage of all the carrier tools and resources available at your fingertips. These apps will help you access and manage your Acadia benefits no matter where you are!

Provider App	Play Store Search Word	What Can I Use the App For?
	"UKG Pro" Company Code: ACAHC	<ul style="list-style-type: none"> + Enroll in benefits (open enrollment, new hires, re-hires) + Upload dependent documentation + Complete qualified life events + Update beneficiaries
	"Teladoc"	<ul style="list-style-type: none"> + Register for account + Book virtual doctor's visit
	"BCBSTN"	<ul style="list-style-type: none"> + Find a doctor, pharmacy, hospital, or urgent care facility near you + Use the HealthCare Cost Estimator tool + View your claims, benefits, balances, and BlueHealth Rewards portal
	"AlwaysOn BCBS"	<ul style="list-style-type: none"> + Complete your Personal Health Assessment + Connect with your Health Coach + Sync your fitness device and view activity + Set health goals and use our self-reported trackers
	"Delta Dental Mobile App"	<ul style="list-style-type: none"> + View mobile ID card + Find in-network dentist near you + View claim status
	"VSP Vision Care"	<ul style="list-style-type: none"> + View member ID card + View claim history + Find in-network eye doctor near you + Gain access to exclusive member extras
	"Empower Retirement"	<ul style="list-style-type: none"> + Check your balance + Change your allocation elections + Change your savings rate + Update your beneficiary
	"Perkspot"	<ul style="list-style-type: none"> + Gain access to exclusive employee discounts
	"WEX"	<ul style="list-style-type: none"> + Check your balances and view account activity + Use the expense scanner to determine eligibility + File a claim/check status