



Open Enrollment for the RCAB Health and Dental Plans and the Paid Catholic Family/Medical Leave Program (CFML)

LOOKING AHEAD...

Financial Wellness

Learn about available RCAB resources to help improve your financial well-being.

Wellness Rewards

Submit your claim for a reimbursement of up to \$150!

MoveSpring June Challenge: Plant Based Nutrition

This month participants are challenged to eat five servings of fruit/vegetables and no more than one serving of meat for 26 days.

Wellness Webinars

Learn how to improve your focus, manage anxiety, and develop a strategy for retirement savings.

The Recipe Corner

A bean salad that's easy to make and packed with fiber and protein.



Open Enrollment for the RCAB Health and Dental Plans and CFML (for employees at participating locations) ends Monday, June 16.

If you haven't reviewed your current benefit elections or made any necessary changes, now is the time! Eligible employees are able to review their Health and Dental Plan and CFML (if applicable) options and make changes to elections without a qualifying life event or the need to submit supporting documentation. **No action is required for employees who wish to keep their current elections.** Any changes and enrollments are effective as of July 1.

You can access information about Open Enrollment, including all documents which were included in booklets mailed to you last month at catholicbenefits.org/oe. To view your applicable Medical and Dental deductions, log in to the MyEnroll system at myenroll.com.

Open Enrollment Webinars

There's still time to attend a webinar! The Benefits Department will continue to host webinars to review highlights of the Blue Cross Health Plans, the Dental Plan, the Wellness Program, and CFML. The Benefits Department will also host a limited number of on-site presentations. Please check with your business manager to determine if an on-site presentation is scheduled at your location.

The Archdiocese of Boston Health and Dental Plans and CFML (content is the same for all webinars)

Tuesday, June 3 4:00 p.m.
Thursday, June 5 5:00 p.m.
Wednesday, June 11 11:00 a.m.

[Click Here to Register](#)

The Archdiocese of Boston High Deductible Health Plan and Health Savings Accounts

Wednesday, June 4 4:00 p.m.

[Click Here to Register](#)

As always, please feel free to contact the Benefits Department at (617) 746-5640 or benefits@rcab.org if you have any questions.

For CFML questions, please email cfml@rcab.org.



Take Steps Toward Financial Wellness By Accessing RCAB Resources

Financial wellness can play an integral role in your overall wellbeing, both in terms of your physical and mental health. Achieving financial stability by managing everyday expenses, reducing debt, and saving for future goals and retirement can help avoid the stress of economic hardship and uncertainty. Take advantage of several financial wellness resources to help you achieve financial well-being.

401(k) Retirement Savings Plan

Voya Financial, the RCAB 401(k) Retirement Savings Plan's recordkeeper, offers free advice and education to all participants. You can speak to an Advisor Representative on weekdays from 8 a.m. to 9 p.m. by calling (855) 817-1664. Voya also offers several resources and digital tools to help you plan your retirement income:

1. **myOrangeMoney®** is an interactive, educational experience that combines your 401(k) Retirement Savings Plan balances, Social Security, and other sources of retirement savings to help you visualize your future retirement income today. Plan for your retirement using Voya's [myOrangeMoney interactive online tool](#), which includes step-by-step instructions.
2. Attend **live and on-demand webinars** available through [Voya Learn](#). Topics include investing, debt management, creating savings goals, and Social Security.
3. **Financial calculators** are available for topics including budgeting, college savings, and net worth at [voya.com/page/calculators](#).

If you're eligible to participate in the RCAB 401(k) Retirement Savings Plan and haven't created an online account yet, visit [rcab.voya.com](#) to create an account and access these resources. For more information about the RCAB 401(k) Retirement Savings Plan, visit [catholicbenefits.org/401k](#).

Employee Assistance Program

If you would like to discuss your financial goals in person, you and eligible family members can meet with a financial planner for expert, confidential advice and guidance through the RCAB Employee Assistance Program (EAP). Your household is eligible for a total of **five complimentary sessions** per calendar year. Financial planners provide guidance on reducing and eliminating debt, credit card or loan problems, taxes, retirement planning, estate planning, and saving for college. To get started, contact Guidance Resources at 1-888-327-9573 (TDD: 1-800-697-0353) and mention that Symetra is your employer sponsor. You may also visit [guidanceresources.com](#) (use web ID: SYMETRA). Click [here](#) to learn more about the RCAB EAP.

Identity Theft Protection

Identity theft can have devastating effects on your financial wellness, leading to unauthorized transactions, damaged credit scores, and significant financial losses. Protecting your personal information is crucial to safeguarding your financial health and ensuring long-term stability. Stay safe with the Symetra Identity Theft Protection Program. You, your spouse, and your dependents (up to age 26) are eligible for all services provided by the Identity Theft Protection Program. There's no better time to deal with identity theft than before it happens. Call 1-877-823-5807 and mention you're calling about the Symetra Identity Theft program to receive your free Identity Theft Protection Kit. Click [here](#) to learn more.

Take advantage of these valuable resources to secure your financial future!



Wellness Webinars

Squirrels and Shiny Objects: Addressing Problems with Focus and ADHD

Use access code **RCAB** to view the webinar.

[Tuesday, June 10: 11-11:30 a.m.](#)

Do you find it hard to pay attention, stay organized, or avoid distractions? Whether or not you have ADHD, these problems can make daily life tough. But there is good news.

Cognitive Behavioral Therapy (CBT) can help. Join this conversation with the Learn to Live clinical team as they explore how CBT can help those living with lack of focus and productivity challenges.

Addressing Anxiety in Uncertain Times

Use access code **RCAB** to view the webinar.

[Friday, June 13: 12-12:30 p.m.](#)

Join Learn to Live for a discussion on the impact of unease on mind and body. You will reflect on common emotional responses to difficult situations, learn about the toll of stress and anxiety on well-being, and discover practical strategies for managing anxiety and moving forward with greater resilience.

Voya Financial Webinar

Envision and Plan for Your Best Retirement

[Tuesday, June 10: 10:00 a.m. and 2:00 p.m.](#)

Discover the right strategy to help you prepare for the retirement you envision.

View the recorded webinars from last month!



PLAY NOW!

[Let Your Values Be Your Compass](#)

[Getting Unstuck: The Science of Moving Forward](#)

Use access code **RCAB** to access recordings.

Important Reminders

The current Plan Year ends on June 30. If you haven't already done so, be sure to submit your Wellness Reward Claim to the Benefits Department!

Employees and spouses enrolled in one of the RCAB Health Plans and [registered in ahealthyme](#) can each receive a reimbursement of up to \$150 for eligible wellness related purchases, such as a fitness club membership, fitness device (Apple Watch, Fitbit, etc), exercise equipment, and more.

Visit catholicbenefits.org/wellness-rewards to learn more.

MoveSpring

June Challenge: Plant Based Nutrition



Eating more plant-based foods and limiting your intake of animal proteins lowers the risk of heart disease and other chronic diseases. This month you are challenged to eat five servings of fruit and/or vegetables and no more than one serving of meat for 26 days. Looking for other sources of protein? Try fish, legumes/beans, nuts/seeds, quinoa, tempeh, and tofu.

Employees and spouses enrolled in the RCAB Health Plan may click [here](#) or scan the QR code to join by June 7.



Earn \$50 into your HealthEquity HRA or HSA (subject to Plan Year maximums) when you complete this Challenge!

THE RECIPE CORNER

Marinated Roasted Bell Pepper Bean Salad with Fried Capers

Recipe from [Plant Based RD](#)

Prep Time: 25 mins | Cook Time: 15 mins | Total Time: 40 mins

Yield: 4-6 servings

Ingredients

- 1/2 English cucumber
- Kosher salt
- 3 tbsp avocado oil
- 1/4 cup capers, drained and pat dried with a paper towel
- 2 shallots, thinly sliced
- 1/2 tsp ground coriander
- 2 jalapeños, diced (seeds removed to reduce spice if desired)
- 4 cloves garlic, minced
- 1 tbsp maple syrup
- 1 tbsp red wine vinegar
- Juice and zest of 1 lemon
- 1, 15 oz can cannellini beans, drained and rinsed
- 1, 15 oz can chickpeas, drained and rinsed
- 1/2 cup jarred roasted bell peppers, drained well and diced
- 1/4 cup fresh dill, minced
- 1/4 cup fresh parsley leaves, minced



For serving (optional)

- 3 slices of sourdough bread
- Plant-based [cream cheese](#) for smearing

Preparation

1. Slice half of an English cucumber into 1/2 inch diagonal pieces. Then, transfer to a bowl and sprinkle with a generous pinch of salt. Toss and allow to sit for 15 minutes to drain.
2. As you wait, heat the oil in medium sauté pan over medium-low heat. When hot, add the capers and spread out evenly, so they have contact with the oil. Allow to cook in the oil for 6 minutes, stirring occasionally until the capers look crisp in texture. You may notice that some of them may burst open, and this is totally normal. Once crisp, transfer the capers to a paper towel lined plate and set aside.
3. To the same pan with the remaining oil, add the shallots and coriander with a pinch of salt and sauté for 2 minutes to soften. Add the jalapeños and garlic and continue to sauté for 3 minutes or until the garlic is cooked through.
4. Add the maple syrup, vinegar, and lemon zest and juice, then give everything a good stir. Remove from heat and set aside.
5. Now prepare the salad. Discard the liquid that has drained away from the cucumbers then add them to a large mixing bowl or storage container along with the chickpeas, cannellini beans, roasted bell peppers, dill, and parsley. Pour the mixture of shallots and dressing from the pan on top then toss together until evenly mixed.
6. When ready to serve, top with a sprinkle of the fried capers and enjoy with your favorite crusty bread (smearing with cream cheese is totally optional, but very enjoyable!).