

Melissa Lizotte

**From:** Meaghan Conway <MConway@pri-med.com>  
**Sent:** Monday, August 26, 2024 8:34 AM  
**To:** Abigail Melia; Aimee Barnard; Alex Mozeley; Alex Plevell; Alissa Scott; Allison Moran; Ariel Reinish; Arpa Suchitta; Audra Legere; Aylin Madore; Brandon Bielinski; Brigid Delaney; Can Doganci; Carla Davis; Carolyn McKenna; Cesar Montesinos; Charlene Rocha; Claire Dolan; Cristina Currie; David Bartlett; Deepak Bisht; Ekaterina Zemlyakova; Emily Baker; Emily Ruge; Erin Quadrozzi; Guerman Khotline; Guillermo Hernandez; Jackie Newell; Jennifer Marino; Joe Cincotta; Jonathan Pape; Julia Holland; Kara Bush; Kevin Foley; Kristin Sullivan; Lara Gamache; Lauren Doherty; Leanne Walker; Lisa Rossoni; Lucia Kim; Madeline Ross; Mahfuja Akhter; Marie Destin; Mariel Winton; Marissa Guertin; Marlene Shea; Matthew Homer; Meaghan Conway; Meg Oliverio; Meghan Gallagher; Melissa Durkee; Mindi Daiga; Mukarram Mukhtar; Naeema Cassimjee; Patrick Morrison; Paul Connolly; Peyton Fletcher; Rhea Loomis; Richard Grady; Rick Watson; Rob MacKinnon; Ronald Oyesile; Sara Floros; Sophie Côté; Stacey Coleman; Stacy Lee; Steven Nock; Sue Novak; Suneetha Pendeti; Susanna Caver; Sydney Czech; Tara Ashe; Teresa Ivarson; Zachary Hall; David Kuntz  
**Cc:** Melissa Lizotte  
**Subject:** Your Health, Your Choice: HMO & HSA Options for 2025  
**Categories:** Task

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Last week, we were thrilled to announce significant enhancements to your healthcare options: a [new Health Savings Account \(HSA\) medical option plan available as part of our transition from Blue Cross/Blue Shield to Aetna](#) and updated [dental coverage with Delta Dental](#). In addition to the new Health Savings Account medical plan, we will continue to offer the HMO medical plan. All employees, regardless of location, can choose between these 2 plans beginning 2025.

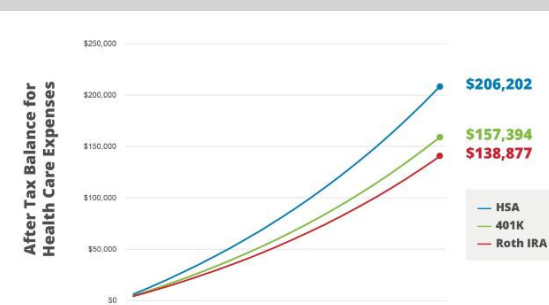
Every Monday, for the next few weeks, you can expect to receive weekly newsletters in your Pri-Med inbox that will highlight all the new benefits available to you. Each newsletter will provide key insights and important details, ensuring you have the information you need to make informed decisions about your health coverage and take full advantage of these exciting new offerings.

Save the Date – Open Enrollment is October 15<sup>th</sup> – October 25<sup>th</sup>



**Health Savings Accounts** bring power and flexibility to healthcare! With a Health Savings Account (HSA) medical plan, you're not just managing healthcare expenses – you're investing your healthcare dollars. Think of it as a 401(K) for healthcare! Whether you're planning for routine medical costs or unexpected emergencies, an HSA offers unparalleled benefits. From triple tax advantages to long-term savings potential, with a Health Savings Account, you take control of your healthcare journey. [Watch this quick Health Savings Account explainer video to learn more.](#)

Available for election during Open Enrollment for the 2025 plan year. Continue to tune in to successive newsletters where we will continue to take a deep dive into Health Savings Account Medical Plans.



#### Stow it & Grow it!

Health savings accounts (HSAs) and 401(k) accounts are like two powerhouses in the realm of retirement planning, each offering fantastic tax perks. While both HSAs and 401(k) plans offer different tax advantages and opportunities for long-term savings, they serve different purposes. HSAs are primarily for healthcare expenses, with tax-free withdrawals for qualified medical expenses, while 401(k) plans are designed for retirement savings. With tax advantages for contributions and employer matching contributions, they're not rivals; they're a power duo waiting to be unleashed together in your retirement game plan. [Keep reading to get the lowdown on how these retirement accounts measure up against each other.](#)

**Webinar: Understanding Your Roth 401(K) Option**

September 17<sup>th</sup> 12pm EST

Explore the various tax-advantaged retirement contributions and how they can impact your paycheck and taxes. We'll also break down the differences between a Roth IRA and the 401(k) Roth option available through your Diversified retirement plan.

*\*Registration log in is your 401K.com account.*

[Register Now](#)

Do you have any questions you'd prefer to ask anonymously? Or perhaps you'd like to propose a specific topic for our upcoming newsletters?

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Thriving Times is a monthly letter sent to all Diversified Communications employees, highlighting the benefits and education available to you. For questions, please contact **Melissa Lizotte**.

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