

Benefits NEWSWAVE

New Year — New Programs!

Happy New Year! The start of a new year is the traditional time to set new goals and resolve to improve our life, our relationships and our health — both physically and financially. Whatever your particular resolutions are for 2026, there's a good chance that Watts has a program to help!

Make Prevention a Priority for 2026

Preventive care is a critical component of good health. In some cases, you might be able to avoid disease by identifying unhealthy trends that can still be corrected. In other cases, you may be able to catch a health problem in the early stages when treatment is most helpful. Two new programs can support you:



- **Catapult Health***: Receive preventive care from the privacy of your own home with an in-home testing kit and a live video consult with a nurse practitioner. Find out more at catapulthealth.com.
- **Color Health***: Access oncologist-led clinical oversight before a cancer diagnosis, during treatment and after treatment is completed. *Before* a cancer diagnosis, Color Health will:
 - Determine risk level
 - Implement a screening plan
 - Remove screening barriers

Learn more at color.com.

**You must be enrolled in a Watts UHC medical plan to participate in these programs.*

Learn about the Services Available from TELUS Health

We are excited to welcome TELUS Health as our new Employee Assistance Program (EAP) provider as of January 1. Telus Health provides access to:

- 24/7 EAP support via phone and chat services
- Comprehensive resources for mental, physical, social and financial well-being
- Tools to improve your overall work-life balance

Visit one.telushealth.com and discover how this confidential, user-friendly program can become a valuable resource in supporting both your professional and personal life.

Give Yourself a 401(k) Check-up

How healthy is your plan for the future? Are you still on track to have the future you want? As part of assessing your overall financial health, it's a good idea to give your 401(k) account a mini-check-up at least once a year. Visit Fidelity at [401k.com](https://www.fidelity.com) and take advantage of the helpful retirement planning resources they offer:



- Need a place to start? Use one of their many **interactive tools** that can help with a range of financial needs, including planning for retirement and creating an investment strategy.
- Looking for help in a specific area? **Participate in workshops**, like the “Create Your Rainy Day Fund” workshop.
- Interested in learning about a wide range of financial topics? **Read helpful articles** on topics like 529 savings plans, tips for paying off debt and much more.

Don't forget to take a look at your 401(k) Plan investment choices. Do they match your long-term goals and current risk tolerance? Remember that risk tolerance changes as we age. An investment strategy that made sense five years ago might need to be adjusted now.

HUB International is our 401(k) Plan fiduciary advisor. Watch for upcoming webinars later in January to learn more about the Watts 401(k) Plan.

Wellness Corner

January is national **Glaucoma Awareness** month. Glaucoma is a leading cause of vision loss and blindness in the United States. Because there are no early symptoms associated with Glaucoma, the only way to identify it is by getting a **comprehensive dilated eye exam**. While there's no cure for Glaucoma, starting treatment as early as possible can help stop vision loss.

If you have elected vision coverage through Watts, visit [vsp.com](https://www.vsp.com) to find a participating doctor and make an appointment today for a comprehensive vision exam.

Learn more about Glaucoma on the [National Eye Institute](https://www.nei.nih.gov) website.



Healthy & Delicious: Recipe of the Month



Try Avocado "Toast" Breakfast Grains.

Did You Know?

Managing a family and parenting children while you're working can be challenging. **Progyny's Parent and Child Well-Being program** provides a wide range of resources to support you, including unlimited one-on-one consultations with parenting wellness experts, clinician-facilitated peer support groups and self-guided content that's available 24/7. You can read more about it [here](#). To contact Progyny, visit progyny.com/benefits or call 855-902-2777.

