

REBALANCING

your mind, body and spirit



Virtual Health Fair Schedule | May 2021

Wednesday, May 12



7:30 a.m. - 8:15 a.m.
Blue Cross and Blue Shield of Illinois

Five ways to add healthy foods into daily living

Watch as a local chef teaches you how to prepare a healthy meal, and participate in a mindful eating game.

11:00 a.m. - 11:45 a.m.
Guardian

Managing your dental health

Discover how to protect your dental health and enjoy savings.



1:00 p.m. - 1:45 p.m.
CVS Health

Understanding your pharmacy benefits

Enjoy less time, cost and stress with your pharmacy benefit.

3:00 p.m. - 3:45 p.m. Magellan Employee Assistance Program (EAP)

Mental health and suicide prevention

Learn the facts, recognize warning signs and how to help.

Wednesday, May 19

7:30 a.m. - 8:15 a.m.
Davis Vision

Keep an eye on your vision

Discover the importance of using your vision insurance for your annual eye exam.



11:00 a.m. - 11:45 a.m.
ConnectYourCare

Flexible Spending Accounts (FSA)

What are health care and dependent care FSAs? How do they differ?

1:00 p.m. - 1:45 p.m.
Cook County Public Health COVID-19 Update

Dr. Rachel Rubin will share the latest information on the vaccination plan for Cook County.

3:00 p.m. - 3:45 p.m.
Blue Cross and Blue Shield of Illinois

Reduce your stress

Take a 10-minute fitness break. A fitness instructor will lead you through stretching and yoga exercises.



COOK COUNTY
BENEFITS CONNECT

Wednesday, May 26

7:30 a.m. - 8:15 a.m.
Mercer

Cook County Voluntary Benefits Program

The value of voluntary benefits has never been more important; join us to learn more about the options available to you.

11:00 a.m. - 11:45 a.m.
Blue Cross and Blue Shield of Illinois

Participate in the JeoParody game!

In this game, test your knowledge of health and benefits.

1:00 p.m. - 1:45 p.m.
Nationwide Insurance Cook County Deferred Compensation Plan Enrollment Workshop

Learn about tax-deferred savings, investment options and how to use the secure online enrollment process.

3:00 p.m. - 3:45 p.m.
Forest Preserves of Cook County

Wellness in the Woods

Discover the many upcoming events/activities you can attend this summer.

