

Health *bulletin*

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New HealthEquity Online Guidance

HealthEquity, Kairos's health savings account administrator, has announced the addition of on-screen guidance that will help make managing your accounts easier. This new homepage feature is called "Show me how." It serves as an interactive, on-screen guide that will help engage and educate users. The new feature includes:

- real-time contextual learning
- system guidance
- video tutorials
- simple and relevant interactions
- task checklists
- step-by-step instructions

To begin, log in to either the member or employer portal at www.healthequity.com and click on "Show me how" in the bottom right-hand corner of the screen. Then, use the main control window to determine what you would like to do. The on-screen guidance will walk you through processes and lead you to the information you need.



Glaucoma Awareness Month



January is National Glaucoma Awareness Month, an important time to spread the word about this sight-stealing disease. Glaucoma is the leading cause of irreversible blindness. Visit www.glaucoma.org for more information.

Be Prepared with These 25 Important Documents

The Essentials:

- Will
- Letter of instruction
- Trust documents

Life Insurance and Retirement:

- Life insurance policies
- Individual retirement accounts
- 401(k) accounts
- Pension documents
- Annuity contracts

Marriage and Divorce:

- Marriage license
- Divorce papers

Bank Accounts:

- List of bank accounts
- List of all user names and passwords
- List of safe deposit boxes

Proof of Ownership:

- Housing, land, and cemetery deeds
- Escrow mortgage accounts
- Proof of loans made and debts owed
- Vehicle titles
- Stock certificates, savings bonds, and brokerage accounts
- Partnership and corporate operating agreements
- Tax returns

Health Care Confidential:

- Personal & family medical history
- Durable healthcare power of attorney
- Authorization to release healthcare information
- Living will
- Do-not-resuscitate order