



SmartFHR Newsletter



2023 Annual Enrollment

Annual Benefit Enrollment is almost here! This is the time when you choose or change employer provided benefits and add or remove dependents to coverage for 2023. These decisions have a significant financial impact, so it is important to think carefully about your options.

- Use this opportunity to review your employer offerings and how you have used your benefits in the last year.
- Learn about the tax-advantages of health savings accounts (HSAs) and flexible spending accounts (FSAs).

Annual enrollment information can be accessed from SmartFHR.com and the SmartFHR™ App.

From the Desk of Green Circle Life Health Partners

Breast Cancer Awareness Month

October is breast cancer awareness month. Breast cancer is the second most common cancer affecting American women. Breast cancer is often found in women older than 50, but it can also affect younger women. Mammograms are the best way to find breast cancer early, but there are other ways to screen for breast cancer. Speak with your healthcare provider about breast cancer screening options.

For more information,

https://www.cdc.gov/cancer/breast/basic_info/screening.htm or in the **SmartFHR™ App** > Wellness > Resource Library > Preventive Care > Breast Cancer Screening(Mammogram) or Wellness > Digital Coaching > Lifelong Health > Mammogram

Learn About the SmartFHR™ App: Documents

Store and manage health records and other important documents safely and securely in the SmartFHR™ App. The documents feature allows you store any information related to health, legal, financial, and even has a dedicated space to keep any types of cards such as medical insurance, prescription, dental, etc. It also allows you to sort all your information in specific folders, making it easy to access when you need it quickly!

Healthy Recipe: Slow Cooker Minestrone

Assemble this hearty slow cooker soup in minutes and enjoy a homemade meal after a long day. Bursting with vegetables, beans, and whole-grain pasta, this is a MyPlate-inspired vegetarian meal the whole family will enjoy.

Read more at <https://www.eatright.org/food/planning-and-prep/recipes/slow-cooker-minestrone-soup-recipe>

Breast Cancer Awareness

One of our top priorities is educating women on what they can do to be proactive with their breast health. Knowledge and early detection save lives.

Read more at <https://www.nationalbreastcancer.org/about-breast-cancer/>

HRA/HSA/FSA

What is an HRA/HSA and how can it help me?

Read more at <https://www.uhc.com/content/dam/uhcdotcom/en/Employers/communication-resources/PDFs/HSA-Plan-Mgt-Compare-HSA-FSA-HRA.pdf>