

2025 Nordstrom Virtual Benefits Fair Live Presentation Agenda

On Jan 15 and Jan 16 at the top of the hour from 11 am – 3 pm PT, you can attend live presentations of your choice and speak directly with benefit vendors.

Jan 15

11:00am **Your 2025 Nordstrom Benefits**

Lauren Shaw, Nordstrom Benefits Analyst, will provide a high-level overview of 2025 benefits changes, such as new benefits and updates to eligibility of some key benefits. Additionally, she'll share some of her personal favorite benefits tips to help you thrive in 2025!

12:00pm **Introducing New Dental Plan Offering**

For the 2025 plan year, we are proud to offer a new dental plan, called the Cigna DHMO plan! Not sure what a DHMO dental plan is? No problem, Cigna will share all the details on this new plan including how you can find an in-network dentist. They'll also review the key differences between the dental options available at Nordstrom – empowering you to choose the right plan for the year ahead.

Presented by Gloria Palladino, National Account Manager and Karen Ruggiero, Client Service Executive

1:00pm **VSP Vision Care**

Two new vision plans will be available for the 2025 plan year: VSP Basic and VSP Enhanced. Join us for an insightful session where VSP will dive into the specifics of each of these plans, guide you on maximizing your VSP coverage, and reveal exclusive savings and special offers available to you as a valued VSP member. Don't miss the opportunity to make the most of your vision care!

Presented by Diane Bong, Benefits Fair Representative

2:00pm **Aetna Benefits 101**

Aetna will highlight health insurance basics. Learn what a deductible is, out of pocket maximum, how to find an in-network provider and more. You'll also get a tour of the LifeMart site, where you can access big savings on everyday needs (from groceries to entertainment) by using the LifeMart employee discount program. Become empowered to make the most of your Aetna benefits!

Presented by Lanita Hodge, Account Manager – National Accounts

3:00pm **Introducing Supplemental Insurance Plans from Voya**

We're excited to unveil three new supplemental insurance benefits designed to provide you with greater peace of mind: Accident Insurance, Critical Illness Insurance, and Hospital Indemnity Insurance. These benefits are available for all employees to enroll in, with no minimum hours requirement! Join us to discover how these new plans can alleviate financial stress during unforeseen events and ensure you're covered when life throws the unexpected your way.

Presented by Lisa Machamer, National Account Client Specialist and Jennifer Takahashi, National Account Executive

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Jan 16

11:00am Eating Healthy on a Budget

Unlock the secrets to a healthier lifestyle! Discover the essential components of a balanced diet and learn how to overcome obstacles to healthy eating. Dive into the differences between the intentional mind and the habitual mind, and gain practical shopping and budgeting tips, smart storage solutions, and easy preparation suggestions. You'll walk away with actionable insights to help make healthy eating on a budget a sustainable and enjoyable part of your life! Plus, don't miss out on a walkthrough of the discount section of their site, Working Advantage!

Presented by Paige McCullough, Senior Learning & Organizational Excellence Consultant

12:00pm Wealth Strategies: Maximizing Your Financial Life

Do you dream of retiring early? Would you like to minimize your taxes? Manage risks better? Or, share your wealth with others? Wealth Strategies: Maximizing Your Financial Life explores ideas that can help you with risk management, taxes, wealth sharing, and early retirement. While the information is designed for those who have a well-established foundation, all can benefit. With your new-found wealth of knowledge, you'll walk away with an action plan and learn about helpful resources to put these concepts to work.

Presented by Mike Cannizzaro, CFP, Investment Advisor and Financial Education Project Manager

1:00pm Support for Your Family (And Your Well-Being Too!)

Whether you need caregiving solutions or academic assistance, your Bright Horizons benefits are there to support your needs. Discover their comprehensive services including back-up care for pets, children, adults, and elders, plus exclusive discounts on childcare centers, nanny placements, tutoring, test preparation, enrichment courses and much more. Join us and unlock the full potential of these incredible resources.

Presented by Mandy Smith, Manager – Client Events

2:00pm Navigating your Leave of Absence Journey with LeaveLogic & Sedgwick

Our leave of absence partners, Sedgwick and LeaveLogic, are teaming up together to review how they support you on your leave journey and navigate your short-term disability benefits, including a live demo of LeaveLogic – our free leave of absence and education planning tool!

Presented by Amy Post, Director of Customer Success at LeaveLogic and Jena Washington, Operations Manager at Sedgwick

3:00pm Mindfulness

Mindfulness is a trending topic, but it can feel overwhelming. In this presentation, Liz Colizza, Director of Research & Programs with Talkspace, will guide you through basic mindfulness exercises that will equip you to connect more deeply with yourself and those around you. This presentation also includes a demonstration of Talkspace's Health Collective Perks so you can unlock the full potential of your Talkspace benefit.

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PARTICIPATING VENDORS:

LeaveLogic

 RethinkCare

 Prudential

 Bright Horizons

 KAISER
PERMANENTE

talkspace

PTO
EXCHANGE

 MetLife

 Cigna

vsp
vision care

 aetna

 NORDSTROM
FEDERAL CREDIT UNION

 THE
HARTFORD



VOYA

 charles
SCHWAB

 sedgwick

alight