

## 2024 Nordstrom Virtual Benefits Fair Live Presentation Agenda

On Jan 17 and Jan 18 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 17

#### 11:00am **Your 2024 Nordstrom Benefits**

*Lauren Shaw, Nordstrom Benefits Analyst, will provide a high-level overview of 2024 benefits changes and will share some benefits tips. Additionally, you'll learn about a few of her favorite benefits which can help your journey to a healthy wallet, such as the Health Savings Account, Transit Subsidy and Financial Center resources.*

#### 12:00pm **Omada: A digital lifestyle program to help individuals make positive changes to achieve their health goals**

*Omada is a digital lifestyle change program available to eligible Aetna and Premera members. With Omada's ongoing support, they can help you make the changes to help lose weight and reduce the risks of type 2 diabetes and heart disease. Nordstrom covers that entire cost of the program so join this presentation to start your journey in eating healthier, boosting your energy, overcoming challenges, strengthening healthy habits, and reaching your goals.*

*Presented by Kari Perrine from Omada*

#### 1:00pm **Your Aetna Benefits: Supporting Your Well-Being & Healthy Wallet**

*Join Lanita Hodge, Aetna Account Manager, as she walks you through 2024 updates and resources available to employees enrolled in an Aetna medical plan, including LifeMart, a discount app to help you on your journey to a Healthy Wallet! You'll also learn about cost effective and convenient care options such as CareAccess Live and 2<sup>nd</sup> MD – allowing you to have care from the comfort of your own home.*

#### 2:00pm **Everyday Solutions Overview**

*Everyday Solutions, our employee assistance program, will guide you through the wide variety of benefits offered – including free counseling, legal and financial consultation, work-life assistance, crisis intervention service, and Working Advantage discount network where you can access local and national savings. Plus, you'll see a demo of the new digital self-care tool, Koa Foundations.*

*Presented by Raha Rassam and Dave Burdick from Everyday Solutions*

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### 3:00pm **Investing through Market Ups and Downs**

*Sometimes investing in the market can feel like riding a roller coaster. However, ups and downs are a normal and important part of the investing cycle. Making sense of that volatility can help you remain focused on your goals instead of the latest news. This presentation will review common investment terms, take a deep dive into inflation, and review some strategies to brace for these unpredictable times.*

*Presented by Brad Sams, CFP, CRPC, from Alight Financial Advisors*

**Jan 18**

### 11:00am **Open Enrollment 101**

*Open Enrollment is your opportunity to review benefit elections and make changes for the upcoming plan year. We want to help you prepare so you can make the best benefit decisions possible. This presentation will review open enrollment basics:*

- *Tips on how to best prepare*
- *What benefits carry over and don't carry over to the next March 1 plan year*
- *Pre-tax savings opportunities*
- *Enrollment resources and tools to assist in selecting a medical plan*

*Presented by Melanie Sciarra from the Nordstrom Benefits Center*

### 12:00pm **Navigating your Leave of Absence Journey with LeaveLogic and 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 from LeaveLogic and Jena Washington from Sedgwick*

### 1:00pm **Taking Care of Yourself**

*In a busy world, it can feel impossible to slow down, identify your needs, and take care of yourself. In this webinar, Talkspace Director of Research & Programs, Liz Colizza will teach you how to identify your needs, set up practical rhythms of rest and relaxation, and effectively care for your mental, emotional, and physical needs. Talkspace is our free digital therapy provider.*

### 2:00pm **Coverage that Counts: Affordable Life Insurance Protection**

*Our Life Insurance and AD&D partner, The Hartford, will be walking you through how Life Insurance benefits you and your family. Life insurance can help provide income and financial support to help your family such as burial expenses, debts, and future expenses like college tuition and retirement savings. They will also be highlighting services such as will preparation, funeral concierge, identity theft protection, and more!*

*Presented by Cheri Doege from The Hartford*

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3:00pm

### Maximize Your Benefits

*Tracy Kilbride, Piper Jordan Director of Service Delivery, will be highlighting cost savings tips and lesser-known benefits that may have flown under your radar to ensure you are aware on how to maximize your benefits at Nordstrom – empowering you to make the best benefits decisions for your lifestyle and wallet.*

#### PARTICIPATING VENDORS:

LeaveLog<sup>ic</sup>

 RethinkCare

 Prudential

 Bright Horizons.

 KAISER  
PERMANENTE.

talkspace

PTO  
EXCHANGE

 MetLife

 Cigna.

vsp  
vision care

 aetna®

 NORDSTROM  
FEDERAL CREDIT UNION

  
THE  
HARTFORD



charles  
SCHWAB

sedgwick.

alight