

2023-2024 Employee Benefits Guide

Overview of Benefit Contributions

2023-2024 Plan Year Details





Deductible Plan Bi-Weekly Premiums

Health Tier	Wellness Non-Tobacco	Wellness Tobacco	Non-Wellness
Employee Only	\$52.00	\$72.00	\$87.00
Employee + Spouse	\$175.00	\$200.00	\$215.00
Employee + Child(ren)	\$115.00	\$135.00	\$150.00
Family	\$225.00	\$250.00	\$265.00

Copay Plan Bi-Weekly Premiums

Health Tier	Wellness Non-Tobacco	Wellness Tobacco	Non-Wellness
Employee Only	\$44.00	\$64.00	\$79.00
Employee + Spouse	\$154.00	\$179.00	\$194.00
Employee + Child(ren)	\$99.00	\$119.00	\$134.00
Family	\$199.00	\$224.00	\$239.00

Dental	Bi-Wee	kly P	remiums

Employee Only	\$7.00
Employee + Spouse	\$14.00
Employee + Child(ren)	\$16.00
Family	\$25.00

Vision Bi-Weekly Premiums			
Employee Only	\$3.01		
Employee + Spouse	\$5.87		
Employee + Child(ren)	\$6.16		

\$8.53

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Family

Deductible Health Plan Benefit Overview

Using Choice Plus Network

Medical & Prescription Drugs Insured by UMR

	Deductible Plan Using Choice Plus Network			
	Network Benefits	Non-Network Benefits		
Physician Office Visit	20% after Deductible	50% after Deductible		
Specialist Office Visit	20% after Deductible	50% after Deductible		
Deductible	Embedded. Runs 8,	/1/2023 – 7/31/2024		
Single	\$2,500	\$3,000		
Family	\$5,000	\$6,000		
Out-of-Pocket Maximum	Embedded. Runs 8,	/1/2023 – 7/31/2024		
Single	\$5,000	\$10,000		
Family	\$10,000	\$20,000		
HRA* Company Contribution	Not Available for 2	023-2024 Plan Year		
HRA* Maximum Rollover	\$2,500 Single,	\$5,000 Family		
Preventive Care	100% Coverage	Not Covered		
Inpatient & Outpatient Services	20% after Deductible	50% after Deductible		
Maternity Services	20% after Deductible	50% after Deductible		
Emergency Room Services	20% after	Deductible		
Urgent Care Centers	20% after Deductible	50% after Deductible		
Mental & Nervous				
In-Patient	20% after Deductible	50% after Deductible		
Out-Patient	20% after Deductible	50% after Deductible		
Retail Prescription Drugs				
Generic	20% Copayment	50% after Deductible		
Preferred	35% Copayment	50% after Deductible		
Specialty	35% Copayment	50% after Deductible		
Preventive Generic	\$4 Copayment	Not Covered		
Preventive Preferred	\$20 Copayment	Not Covered		
Mail Order Prescription Drugs				
Generic	35% Copayment	50% after Deductible		
Preferred	35% Copayment	50% after Deductible		
Non-Preferred	35% Copayment	50% after Deductible		
Preventive Generic	\$10 Copayment	Not Covered		
Preventive Preferred	\$50 Copayment	Not Covered		
Lifetime Maximum		nited		
*UDA stands	for Uselth Deimhursen	a a wet A www.awa.awa.awa.		

*HRA stands for Health Reimbursement Arrangement

Medical Administration by UMR: UMR has negotiated discounts with a large national network of doctors and hospitals named United Healthcare Choice Plus. You will enjoy the highest level of benefits and the greatest value if you choose to receive care through the Choice Plus Network of providers. While it is not required that you utilize the network, the services you obtain outside of the network will be billed at a greater cost to you. You may log onto www.umr.com for a listing of participating providers.

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Your Deductione Plan Medical Provider UMR A UnitedHealthcare Company

UnitedHealthcare Choice Plus Network



Web Services - Services at your Fingertips

• Register for web services at <u>umr.com</u>

Just a Click Away – 24/7 Access

- Benefit Plan Details
- Deductible, Out-of-Pocket Accumulations
- ID Cards
- Paid Claims for you and your insured dependents
- Medical PPO Network providers using the United Healthcare Choice Plus Network.
- Health and Wellness Tools including
 - o Plan Cost Estimator
 - Healthy "U" Presentations
 - Health Education Library



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UMR on the Go

UnitedHealthcare Choice Plus Network

Welcome to a smarter, simpler, faster way to manage your healthcare benefits, right from the palm of your hand.

- Access your digital ID card
- Look up in-network health care providers
- Keep up to date with information about your health account balances
- See how much you've paid toward your deductible
- Find out if there's a copay for your upcoming appointment
- · View your recent medical and dental claims
- Chat, call or message UMR's member support team



The UMR app has a smart, fresh look, simple navigation, and faster access to your healthcare benefits information. View your plan details on demand – anytime, anywhere,



Benefits From UMR



UMR Mobile Services Available 24/7

- 24/7 mobile access to plan information, paid claims, provider and other UMR Helpful Tools including:
 Plan Cost Estimator, Health and Wellness Resources, tools on navigating the app
- Have Questions? Call the Customer Support Center using the phone number on your ID card.

NurseLineSM

A call to the UMR's NurseLine service will connect you to a team of registered nurses who can answer your questions and provide advice. Calling the NurseLine is easy and a free service if enrolled in the medical plan. Simply dial toll-free 877-950-5083 available 24 hours, 7 days a week; the number can also be found on the back of your member ID card.

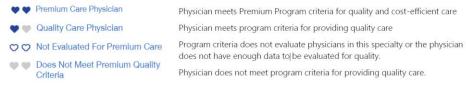
Teladoc (Telemedicine)

This service gives you access 24 hours, 7 days a week to a U.S. board-certified doctor through the convenience of a phone, video or mobile app visits. It is an affordable option for quality medical care. Teladoc doctors can treat many medical conditions including cold & flu symptoms; allergies; pink eye; respiratory infection; sinus problems; skin problems and more.

• General medical = \$49/visit fee, Psychiatrists = \$95/session (\$200 for the initial evaluation)

Premium Provider Designations

The UnitedHealth Premium program, offered through UMR evaluates various specialties using evidence-based medicine and national standardized measures to help you locate quality and cost-effective providers. Understand the following symbols on the UMR website to better understand.



Maternity Care Program

If you're planning a pregnancy in the future, UMR's Maternity Care will help you learn about potential health risk and the things you can do to prevent medical complications for you and your baby

Join today! You can enroll yourself by calling UMR toll-free at 1-888-438-8105 and follow the prompts for Maternity CARE. You can also go to umr.com to sign up.

Get the Care you Need on the UMR Deductible Plan

Teladoc, through UMR

Treat Conditions Such As:

Allergies Asthma Bronchitis Colds & Flu Earache Headache Hives Insect Bites Pink Eye Rashes Mental health Sinusitis and more!

24/7 doctor visits via phone or mobile app



Teladoc gives you round-the-clock access to U.S. boardcertified doctors, from home or on the go. Call or connect online or using the Teladoc mobile app for affordable medical care, when you need it.



Talk to a doctor anytime, anywhere you happen to be



A network of doctors that can treat every member of the family



Receive quality care via phone, video or mobile app



Prescriptions sent to pharmacy of choice if medically necessary



Prompt treatment, median call back, in 10 minutes



Teladoc is less expensive than the ER or urgent care Talk to a doctor anytime! visit Teladoc.com or call 1-800-Teladoc



Copay Health Plan Benefit Overview

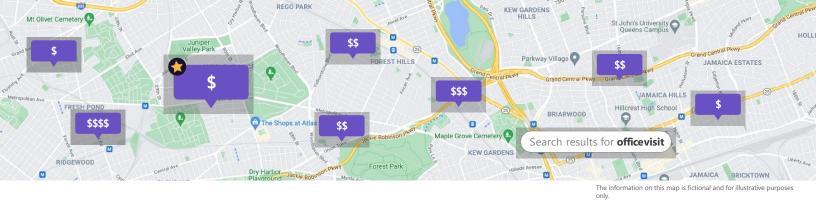
Medical & Prescription Drugs Insured by Surest, using the UHC Choice Plus Network

	Copay Plan using the UHC Choice Plus Network			
	Network Benefits	Non-Network Benefits		
Physician Office Visit	\$25 - \$125 Copayment	\$375 Copayment		
Specialist Office Visit	\$25 - \$125 Copayment	\$375 Copayment		
Deductible	Not	Applicable		
Single	\$0	\$0		
Family	\$O	\$O		
Coinsurance	Not Applicable	Not Applicable		
Out-of-Pocket Maximum	Embedded. Runs	s 8/1/2023 – 7/31/2024		
Single	\$5,500	\$11,000		
Family	\$11,000	\$22,000		
Preventive Care	100% Coverage	\$190 Copayment		
Imaging	\$200 - \$950 Copayment	\$2,850 Copayment		
Facility Fee	\$50 - \$3,500 Copayment	Up to \$10,000 Copayment		
Hospital Services	\$400 - \$3,500 Copayment	Up to \$10,000 Copayment		
Outpatient Services	\$25 - \$140 Copayment	Up to \$10,000 Copayment		
Maternity Services	\$1,300 - \$2,350 Copayment	\$7,050 Copayment		
Inpatient Services	\$2,750 Copayment	\$8,250 Copayment		
Emergency Room Services	\$700 Copayment for visit	; \$350 Copayment for transport		
Urgent Care Centers	\$70 Copayment	\$210 Copayment		
Mental Nervous / Substance Abuse				
Inpatient	\$2,750 Copayment	\$8,250 Copayment		
Outpatient	\$25 - \$140 Copayment	\$190 - \$420 Copayment		
Retail Tier 1 Medications**	\$10	Not Covered		
Retail Tier 2 Medications*	\$60	Not Covered		
Retail Tier 3 Medications*	\$90	Not Covered		
Mail Order Tier 1 Medications**	\$25	Not Covered		
Mail Order Tier 2 Medications*	\$150	Not Covered		
Mail Order Tier 3 Medications*	\$225	Not Covered		
Specialty Drugs	\$240, \$270 or \$300	Not Covered		

*More information about prescription drug coverage is available at Join.Surest.com.

**RiteAid, CVS & Walgreens are non-preferred Pharmacies. Examples of preferred pharmacies are Kroger, Walmart, Meijer, and other retailers.

Medical Administration by Surest using the UHC Choice Plus Network. UHC has negotiated discounts with a large national network of doctors and hospitals named United Healthcare Choice Plus. You will enjoy the highest level of benefits and the greatest value if you choose to receive care through the Choice Plus Network of providers. While it is not required that you utilize the network, the services you obtain outside of the network will be billed at a greater cost to you.



A to Z coverage with the Copay plan¹

Easy to use. Upfront prices. Designed to help you find opportunities to save.

The \$ in the list below is the price tag (copayment) you will pay out of pocket for health services, as defined by the Copay plan, until you hit your out-of-pocket limit.

Mental health office visit

In-office visit ... \$25 to \$125

In-office visit ... \$25

Office visit



Annual physical (annual preventivevisit) \$0



Basic diagnostic lab tests, X-rays and ultrasounds² \$0



Emergency room visit \$700

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Maternity labor and delivery \$1,300 to \$2,350





Virtual visit ... \$0

Physical therapy— 20 visits \$15 to \$95



Prescription drugs

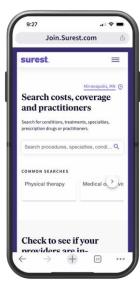
	30-day
Preventivedrugs	<u>\$0</u>
Tier 1 (Pref/Non-Pref Pharmacy)	\$10/\$25
Tier 2	\$90
Tier 3	\$120



Urgent Care In-office visit ... \$70



Zero deductible \$0



Easily search and shop for options.

Before making an appointment, check and compare costs—then choose the option that works best for your budget and lifestyle. Receive one bill for a single trip to the doctor or hospital.

Questions? 1-866-683-6440

Want to see the Copay Plan in action?

Use the following log-in information to view a demo website that will allow you to price out healthcare on the Surest Copay Plan:

join-demo.surest.com Access code: 23OPTUMD5.5K



In-network costs only. For out-of-network costs, exclusions and limitations, see website. 1. Excludes vision, dental and elective or cosmetic procedures. Consult your employer's Summary of Benefits and Coverage to determine what services are covered under the Surest plan. 2. Our basic lab tests include any medically necessary lab that is not a genetic lab test (genetic tests can have their own distinct member cost). Administrative services provided by Bind Benefits, Inc. d/b/a Surest, its affiliate United HealthCare Services, Inc., or by Bind Benefits, Inc., d/b/a Surest Administrators Services in CA. B2C_22-Al-303239_1022

Insurance coverage for fully insured plans is provided by All Savers Insurance Company (for FL, GA, OH, UT and VA) or by UnitedHealthcare Insurance Company (for AZ, MI, MN, MO, SC and TN).

Online care options are part of the Copay plan.



Access to a virtual health network may help reduce out-of-pocket costs, improve outcomes, and save time and money. Search for these conditions within Glick's member site, Join.Surest.com, to see how it works.



Virtual visits

Access a virtual network of licensed physicians and behavioral health specialists through Doctor On Demand. Available 24/7 on demand or by appointment, get help with colds, allergies, UTIs, prescription refills, anxiety, stress and more.

Receive care—for less—without leaving home with K Health. 24/7 access to doctors for colds and coughs, asthma, allergies, rashes, sinus infections, UTIs, chronic heartburn, migraines and more.



Second-opinion services

2nd.MD provides access to top medical experts for second opinions. Not sure you need that surgery or have questions about a treatment? 2nd.MD can help.



Quality vs. quantity

It may be helpful to know how the Surest plan assigns prices to health services. Prices (sometimes called copayments or copays) are low for what we consider higher-value options, such as those based on quality, efficiency and overall effectiveness of care. When you check prices before seeking or scheduling care—you have the power to potentially save money.



Dental & Vision Benefit Summary

UMR Den	tal	si si	oectera Vision		
	UMR Managed Dental Network		In-Network	Out-Of-Network	
Annual Deductible		Routine Eye Exam - (one	-	t 10 - II	
Individual	None		\$10 copay	\$40 allowance	
Family	None	Frames - (once every 24	Frames - (once every 24 months)		
Annual Plan Maximum	\$3,000	Wholesale Allowance Retail Allowance	\$50 \$130	\$45 allowance	
Orthodontia Lifetime Maximum	\$3,000	Standard Plastic Lenses	Standard Plastic Lenses - (once every 12 months)		
Preventive/ Diagnostic Care Includes: routine oral exams, cleanings, fluoride treatment (through 18), sealants, k-rays	You Pay 0% / 0%	Single vision (1 pair) Bifocal lenses (1 pair) Trifocal lenses (1 pair)	\$25 copay \$25 copay \$25 copay	\$40 allowance \$60 allowance \$80 allowance	
Basic Dental Services		Contact Lenses - (once e	once every 12 months in lieu of glasses)		
ncludes: fillings, consultations, space maintainers, brush biopsy, endodontics, periodontics	You Pay 20% / 20%	Elective Non-Elective	\$125 allowance Covered in full	\$105 allowance \$210 allowance	
Major Dental Services Includes: oral surgery, dentures, bridges, mplants	You Pay 50% / 50%	Provider [Directory: www.MySpectera	.com	
Orthodontia for Children up to age 19	You Pay 50% / 50%				
Provider Directory: www.UMR.com					

Flexible Spending Accounts (FSA)

HealthCare Flexible Spending Accounts

- For all employees
- For use on medical, dental, vision and Rx expenses
- Contribution up to \$3,050 per plan year
- Carryover up to \$610 from the prior plan year.

Dependent Care Flexible Spending Accounts

- For employees with dependents under the age of 13
- Pre-tax reimbursements of eligible expenses cannot exceed \$5,000 (\$2,500 if married and filing separate income tax returns).

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Basic Life, Basic AD&D, STD & LTD



Basic Life Insurance	A life insurance policy is a contract with an insurance company. In exchange for premium payments, the insurance company provides a lump- sum payment, known as a death benefit, to beneficiaries upon the insured's death.		Eligible Employees Include: Full Time Employees Company pays 100% of Basic Annual Salary up to \$500,000 Benefit rounded down to the next \$5,000 Coverage decreases incrementally beginning at age 65	
Basic Accidental Death & Dismemberment Insurance	Death & insured. Dismemberment includes the loss of or the loss of use of		Eligible Employees Include: Full Time Employees Company pays 100% of Basic Annual Salary up to \$500,000 Benefit rounded down to the next \$5,000	
Contributory Short-Term Disability Benefits	Disability benefits protect your income during a period in which you are unable to work because of an illness or accident not related to your job.		Income BenefitMax. Weekly BenefitBenefits BeginEmployees pay a part of this problemBenefit Duration	66.67% of Weekly Earnings \$3,200 15 day following Disability emium through payroll deduction 24 weeks
Long-Term Disability Benefits Disability Benefits Disability Benefits Disability benefits protect your income during a period in which you are unable to work because of an illness or accident not related to your job.		Income Benefit Monthly Income Benefit Benefit Duration Employer pays 10	60% of monthly earnings Up to \$7,500 Social Security Normal Age 0% of this premium	
Voluntary Life Insurance Employees pay 100% of the premiums for Voluntary Benefits. BENE SPOR SPOR SPOR SPOR		EMPLOYEE BENEFIT SPOUSE BENEFIT	Benefit Increments Benefit Maximum Guarantee Issue Premiums are based on your Benefit Amount	\$5,000 \$500,000 2x earnings up to \$300,000 berefit choice and your age. \$5,000 increments up to \$150,000. Guarantee issue is up to \$20,000
		CHILD(REN) BENEFIT Evider	Benefit Amount (up to age 26 nce of Insurability is required for ne	-

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Wellness Resources

TrueLifeCare Diabetes Program

The TrueLifeCare diabetes support program can improve health and dramatically reduce medical costs for those with diabetes. The TrueLifeCare program is completely free and gives people with diabetes the individual help and support they need to regain and maintain control of their health and life. Every participant receives incentives, one-to-one coaching, customized support, meal plans and cookbooks, and a secure mobile health account.

TrueLifeCare can be reached at 888-788-4925. Please visit <u>TrueLifeCare.com</u> for more information.



Wellness Incentives

Qualify for a lower medical plan premium by having your annual physical and being tobacco free.

Annual Physicals:

- All employees and spouses enrolled in the Wellness Plan are required to participate.
- Complete the Wellness Exam Verification Form within 31 days of insurance effective date.
- Forms can be found on the benefits portal.



Our goal is to expand our wellness offering in ways that will help meet your personal needs and improve the health of our employees and their families.

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Maternity CARE



Maternity CARE: A great start to motherhood

It's a fact ... healthy women are more likely to have healthy babies. That's why it's important to know about health risks and birth-defect prevention before you become pregnant.

If you're planning a pregnancy in the future, UMR's Maternity CARE will help you learn about potential health risks and the things you can do to prevent medical complications for you and your baby.

Birth defects, premature birth and perinatal complications are the leading cause of infant mortality in the United States. But complications and birth defects can be reduced or minimized by these and other actions ...

- Pre-pregnancy checkup with your health care provider
- · Healthy diet, weight and prenatal vitamins
- Stopping alcohol, tobacco or drug use
- Staying current on vaccinations
- Maintaining early and regular prenatal care

We're here to help

UMR's Maternity CARE is available to you as part of your benefit plan, at no additional cost to you. If you enroll in the program you'll be contacted by a CARE nurse, who will help you determine if you have any health risks and provide you with educational materials and support based on your needs.

Healthy pregnancy, healthy baby! Maternity CARE can give you a great start on motherhood.

Join today!

You can enroll yourself by calling UMR toll-free at 1-888-438-8105 and follow the prompts for Maternity CARE. You can also go to umr.com to sign up.



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Pharmacy Cost Comparison Tools

Did you know prescription drug costs vary from pharmacy to pharmacy? Your insurance carrier provides discounts for prescriptions when you use your ID card at the time of the fill, however, vendors exist that may provide greater or additional discounts. Review the tools below to shop and compare the next time you need to fill a medication.

Good_R

GoodRX

www.goodrx.com

GoodRX has both a website and a mobile app that can be used to compare prices. Just go to the website and type in your drug name. GoodRX will give you the cash price available at multiple pharmacies. Just print off the coupon and present to your pharmacist. You do not need to register and you don't need an ID card.

Rx Tools

When to Use Coupons?

In this video, our in-house Pharmacist walks you through why medications are less expensive through these services, and if it's better to save using coupons, or if you'll save more in the longrun chipping away at your deductible to meet your out-of-pocket max earlier in the year.

Watch online at Ihdbenefits.com/rx-education/

RX Help Centers

www.RXHelpCenters.com RX Help Centers provides assistance in finding resources for high cost brand name medications by advocating directly with drug manufacturers. Visit their website or call **866-478-9593.**

NeedyMeds

www.needymeds.org

NeedyMeds is an online information resource of programs that provides assistance to those who are unable to afford their medications. Programs are available through drug manufacturers for those who qualify. Visit their website or call **800-503-6897.**



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Employee Assistance Program (EAP)

All employees and their dependents are eligible to participate in the Employee Assistance Program (EAP) immediately upon employment. The EAP provides resources and solutions for the problems we all encounter. The EAP benefit is designed to assist your emotional and mental well-being. There is no cost to you and contacting the EAP is **completely confidential**.



New Avenues EAP Can Help with Every Area of Life



Personal Stress Anxiety Alcohol Abuse Drug Addiction Depression Medical Conditions Grief/Bereavement Gambling Weight Control Anger Chronic Plain Illness Eating Disorders Life Transitions Pregnancy Post Partum Personal Trauma Sexual Concerns Domestic Violence Learning Disabilities Smoking Men's/Women's Issues Nutrition



Family & Relationships

Marital Parenting Caregiving Childcare Eldercare **Education Planning** Adoption Family Pets Special Needs Child **Blended Families** Teen Issues **Domestic Partners** Physical Abuse Family Relocation Sandwich Generation Military/Life Separation **Disaster Preparedness** Communication Keeping Children Safe



Financial & Legal

Debt & Credit Card Issues **Financial Loss** Bankruptcy & Budgeting **Retirement Planning** Wills & Trusts Real Estate Law Car Buying Immigration Divorce Civil Suits & Criminal Law DUI/DWI Landlords & Tenants Homeowner Concerns Taxes Insurance & Consumer Law Contracts Personal Injury Child Custody Social Security



Work & Career

Employee Conflict Work Related Stress Coaching Supervisor Conflict Team Development Career Planning Management Skills Supervising Others Time Management Skills Development Project Management Motivating Self & Others Valuing Diversity Managing Change

EAP counselors are available anytime, 24 hours a say, 7 days a week Contact the EAP toll free at **(800) 731-6501**, or Online at <u>www.NewAvenuesWellness.com</u> Password is Glick

Need Portal Support? Contact 260-434-0909

Financial Benefit Offering



We value the health of our employees, which includes your financial well-being. That's why we now offer a low-risk, easily accessible loan solution as part of our benefits package. Privately apply for a person loan online, no credit report required.

1

To complete your application visit <u>truconnectbenefit.com</u> from a smartphone or computer.

2

Click "**Start New Loan**" and fill out the simple form.

3

After you apply, funds are available quickly – as soon as the next business day.



A repayment plan will automatically be set-up through small monthly payroll deductions.

TrueConnect

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TrueConnect

Your Benefit Offering

How much can I borrow?

Standard loans are given in amounts ranging between \$1,000 and \$5,000*.

Is my employer loaning me the money?

No. Loans are supplied through an independent partnership and are funded by Sunrise Banks, N.A. Member FDIC. We are making this program available as a voluntary benefit and do not provide any funding or approval for the loan.

How does it work?

When you apply for a loan, we provide employment information to TrueConnect to confirm your eligibility. No credit report required. Once approved, you will then choose your loan amount, sign your documents and instruct the bank where to deposit your money – all online. Depending on the day (and time) of your approval, the money may be available as soon as the next business day.

How do I pay it back?

Your loan will be repaid from your authorized payroll deductions, based on the payment schedule set forth in the loan agreement, beginning on your scheduled payday. You may repay the loan early without penalty if you wish.

Why TrueConnect over another lending program?

We all have immediate cash needs to pay for unexpected health care deductibles, car repairs, or other life events. TrueConnect is intended to meet those needs, conveniently. Unlike costly payday loans (often at 400% APR interest or more), the loan is repaid over 12 months through small payroll deductions. It is also an alternative to hardship withdrawals from 401(k) or 403(b) plans, which can dangerously reduce retirement savings.

TrueConnect loans are originated by Sunrise Banks, N.A. Member FDIC **Depending on qualification*.

Learn more at <u>trueconnectbenefit.com</u>

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