

# NCFlex Benefit Reminders Related to COVID-19



**NCFlex wants to remind you of your benefits and ways you may utilize them during this time. For more details on each benefit, visit [ncflex.org](http://ncflex.org).**

## Health Care and Dependent Day Care Flexible Spending Accounts

Your Health Care FSA is not only available for dental, vision, and medical appointments, but it can also be used for everyday items such as bandages, thermometers, hot/cold packs and much more. With your convenience card you can shop online for some of these eligible items without leaving your home. In addition to traditional online retailers, you may order items from FSASTORE.com.

The Dependent Day Care FSA is an account that can save you money with childcare expenses. If your day care situation has recently changed (started, stopped, or the price has increased or decreased), you can make a qualifying life event change in the eBenefits portal\*.

For both accounts, the filing deadline of 2019 claims has been extended to May 31, 2020 (original filing deadline was April 30).

Check your account balance, view a list of eligible items, or upload claims by visiting your account at [ncflex.padmin.com](http://ncflex.padmin.com).

## Accident Plan

Under normal circumstances, in order to receive a payout, surgery related to an accident must be performed within 90 days of the accident. Due to elective surgeries being postponed, this requirement has temporarily been removed.

## Cancer, Critical Illness, Group Term Life, and AD&D plans

Don't forget that any time during the year you can make changes to your beneficiaries in the eBenefits\* system.

As a reminder, if you participate in the Accidental Death and Dismemberment plan you also have a FREE Travel Assistance benefit through Voya. Visit the AD&D section of [ncflex.org](http://ncflex.org) for more information.

## Dental and Vision

Your NCFlex Dental plan includes two cleanings per calendar year. The cleanings are covered regardless of the timeframe between the two cleanings. Therefore, if your dental cleaning has been postponed, you still will have an opportunity to receive two cleanings.

Your NCFlex Vision plan includes one exam per year. As a reminder, each exam per year does not have to be separated by 12 months from the prior plan year. Therefore, if you receive your vision exam in August, you could get next year's exam in January.

## Disability

If you participate in the NCFlex Disability plan and your employer has approved work-from-home arrangements due to COVID-19 public health concerns or you have been quarantined as directed by a licensed health professional, you will retain coverage and eligibility.

\*To log in to eBenefits visit [shp-login.hrintouch.com](http://shp-login.hrintouch.com) or log in through your HR portal through single sign on. Check with your HR department if you need assistance.