

VAUGHN *Life* Health Matters

JULY 2022

SAVE MONEY ON YOUR 2023 HEALTH INSURANCE!

We offer significant savings on health premiums through the VaughnLife Wellness Program. Employees and spouses enrolled in Vaughn's health plan can earn a discount on 2023 medical premiums by completing four wellness requirements through the Virgin Pulse app. The deadline to complete your requirements and receive a 2023 health premium discount is **August 31, 2022**, so don't delay!

KNOW YOUR NUMBERS
Complete the Health Check Survey
Complete your Annual Physical
BE NICOTINE FREE (PICK ONE)
Complete the Nicotine-Free Agreement
Complete the Tobacco Journey Module
ADDITIONAL ACTIVITY (PICK ONE)
Complete a Preventive Screening
Complete a Coaching Appointment
Set a Wellbeing Goal

To start saving, log in to your Virgin Pulse account, go to "Rewards," and click on "How to Earn."



IMPORTANT BENEFIT UPDATES

Vaughn Benefits Hub

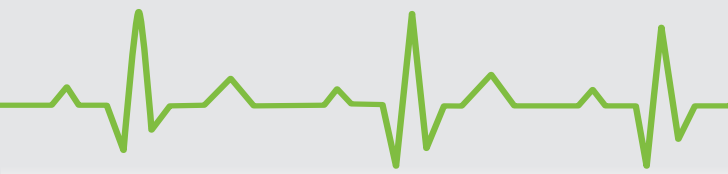
You asked, we delivered. The Vaughn Benefits Hub is now live! Vaughn Construction offers comprehensive and competitive benefits as part of your total compensation package. Visit the new one-stop-shop benefits hub to learn more about your offerings!

From the benefits hub, you can:

- Access the new Vaughn Construction Corporate Discount/Savings Website.
- Access current and past issues of the VaughnLife Health Matters Newsletter.
- Access all benefit providers through our quick access contact page.
- Learn about all the benefits available to you and your family.
- Learn more about dependent coverage.
- Find all plan documents for all Vaughn Construction Benefits.

To access the benefits hub, visit <https://vaughnconstruction.benefitdomain.com> and log in using the credentials below:

- Username: vaughnemployee
- Password: vaughn22benefits



Health Matters

Vaughn Construction Savings Marketplace

Your work-life balance and general well-being are as important to Vaughn as the work you put in. That's why we are excited to present the new Vaughn Construction Savings Marketplace, your go-to spot for exclusive savings on the products, services, and experiences you know and love.

With the savings marketplace, you can save big on items like:

- Apparel
- Appliances and electronics
- Cars
- Groceries
- Gym memberships
- Hotels and travel
- Special events

Enrolling is cost-free and easy.

Visit <https://vaughnconstruction.savings.workingadvantage.com> today to enroll and start saving on these items and more!

UPCOMING VAUGHNLIFE EVENTS

meQuilibrium Calm-Cast: How to Practice Self-Care at Work

Thursday, July 21, 2022 - 11:00 a.m. & 8:00 p.m. or Friday, July 22, 2022 - 6:00 a.m.

Join MQ's Calm-Cast to learn practices you can integrate into your workday to help you feel more energized and on your game. Select the time slot that works for you and bring your questions!

Register here: <https://calmcast.mymeQ.com/selfcarework>

Recipe of the Month: Gaby's Cucumber Salad

This, flavorful cucumber salad is a light, refreshing snack that is sure to impress at your summer get-togethers!

Ingredients:

- 3 tablespoons extra-virgin olive oil
- 2 tablespoons balsamic vinegar
- 2 cloves garlic, pressed or minced
- Kosher salt and freshly ground black pepper, to taste
- 1 ripe avocado, sliced or diced
- 4 Persian cucumbers or 2 medium English cucumbers (12 ounces), thinly sliced
- **Optional:** 1 to 2 cups arugula, 1/2 cup halved cherry tomatoes, and/or 1 to 2 chopped radishes

[Gaby's Cucumber Salad Recipe - Cookie and Kate](#)



Instructions:

1. In a medium bowl, whisk together the olive oil, balsamic vinegar, and garlic until blended. Season with salt and pepper to taste.
2. Add the avocado and cucumbers to the bowl and toss to combine. Season with additional salt and pepper if necessary. Serve immediately.



CONTACTS

BENEFIT ADVOCATE CENTER

Licensed healthcare benefits advocates are ready to help you and your dependents get the most from your benefit program at no cost to you!

Connect anytime Monday through Friday from 8 a.m. to 6 p.m.

bac.vaughnconstruction@ajg.com

(833) 940-3886

MEDICAL INSURANCE

MDLIVE

(BlueCross BlueShield of Texas)
Looking to schedule a virtual doctor's visit? Need to speak to a behavioral health therapist but prefer the privacy of your own home?

MDLIVE can help!

MDLIVE.com/bcbstx

(888) 680-8646

VAUGHN HUMAN RESOURCES

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