

# Resources & Recordings from Live Sessions



Thank you to everyone who joined us for Benefits @ The Beach. You may continue to access the [Virtual Fair](#) and visit virtual vendor booths with 2021 information and resources.

***Missed one the live sessions held 9/21-9/24/2020. See the resources and meeting recordings provided from benefit vendors below.***

## OPTIMA HEALTH – HEALTH PLAN

- ▶ [Video - 2021 OE \(Health\) Benefits](#)

## HEALTHQUITY – HEALTH SAVINGS ACCOUNT (HSA) & HEALTH CARE FLEXIBLE SPENDING ACCOUNT (HCFA)

- ▶ [Live Recording - HSA vs FSA Benefits Explained: Which is right for me?](#)

## METLIFE – DENTAL PLAN

- ▶ [Live Recording - Dental Insurance: Preferred Dentist Program \(PPO\) Plans](#)

## LEGAL RESOURCES – LEGAL PLAN & IDENTITY THEFT PROTECTION

- ▶ [Video – Legal Plan Overview](#)
- ▶ [Video – Identity Theft Protection Overview](#)

## HEALTHQUITY – DEPENDENT CARE REIMBURSEMENT ACCOUNT (DCRA)

- ▶ [Live Recording - DCRA: Turn caregiving into tax savings](#)

## SECURIAN – OPTIONAL LIFE INSURANCE

- ▶ [Video – Brainshark: Optional Life, Essential Insurance for Smart Life Planning](#)

## PRUDENTIAL – LONG TERM DISABILITY (VRS PLAN 1 & PLAN 2 ONLY)

- ▶ [Live Recording – Prudential LTD: Solutions to improve your financial wellness](#)
- ▶ [Video – Why Consider Disability Insurance](#)

## ICMA-RC & VRS – DEFINED CONTRIBUTION PLANS (COV 457 & HYBRID PLAN)

- ▶ [Video – Brainshark: Commonwealth of Virginia 457 Plan Overview](#)

## VOYA – VBCPS 403(b) RETIREMENT SAVINGS PLAN

- ▶ [Video – Brainshark: VBCPS 403\(b\) Retirement Savings Plan](#)

## HUMANA – EMPLOYEE ASSISTANCE PROGRAM

- ▶ [Video – EAP Program Overview \(short animated video\)](#)

