

# FIND YOUR BALANCE

EQUAL PARTS HEALTH & WELLNESS

ENROLL OCTOBER 16 – NOVEMBER 3, 2023



A message from  
**SGWS Leadership**



## To Our Southern Glazer's Family,

Benefits Annual Enrollment is **October 16-November 3, 2023**. This year's theme is **Find Your Balance**, precisely what our benefits are designed to do—help you and your family members stay healthy and secure a brighter future. There are no significant changes to our benefits next year. In 2024, SGWS will continue to pick up the majority of the cost of medical coverage, despite steep increases in health insurance costs. We're pleased to announce exciting and helpful additions to our benefits, like tuition-free education from Guild and expanded virtual support solutions to help **Find Your Balance**.

## New, Enhanced, and Updated Top Shelf Benefits Blended for a Balanced Life

### TUITION-FREE EDUCATION FROM GUILD

**New:** Introducing your **Guild** benefit. Access to tuition-free learning programs like college and master's degrees, certificates, college prep, high school completion, and more.

Available October 10, 2023.

### SUPPORT FOR WOMEN AND FAMILIES WITH MAVEN

**Enhanced:** In addition to the great reproductive and family care **Maven** provides, virtual **menopause** care is now available for every phase of menopause, including symptom management, treatment guidance, and community support.

### CAREGIVER ASSISTANCE AND RESOURCES

**Available now:** Earlier this year we added a new resource, the **Caregiving Exchange**, to help employees and their families with caregiving.



### FSA AND HSA LIMITS

**Updated:** For 2024, you can contribute up to \$3,050 to a **Flexible Spending Account (FSA)** to pay for eligible health care expenses.

If you're in the HD Split plan, you can contribute up to \$4,150 for employee-only and \$8,300 for any other coverage level to your **Health Savings Account (HSA)**.



ENROLL FOR YOUR BENEFITS  
OCT. 16-NOV. 3



[sgconnect.southernglazers.com](https://sgconnect.southernglazers.com)

ATTEND THE VIRTUAL HEALTH FAIR  
OCT. 12, 2023

The **Virtual Health Fair** is **Oct. 12** from 11 a.m. to 7 p.m. ET. **Register beginning Oct. 2**, at [sghealthfair.vfairs.com](https://sghealthfair.vfairs.com). Visit the booths, have fun, win prizes and learn about your benefits. Hang around after the Fair for the after party!

Attend the fair on Oct. 12 and sign up to receive a free swag box.



WATCH YOUR  
HOME MAIL

Your benefits guide will arrive soon in your home mailbox.



Read about your benefits at  
[topshelfbenefits.com](https://topshelfbenefits.com).