



With the busy holiday season upon us, here are a few reminders about preventing the flu, 2017 deadlines to keep in mind for certain benefits, and learning opportunities to help get you through this hectic time of year.



GET YOUR FLU SHOT — IT'S FREE!

All preventive care-related vaccines, including flu shots, are available through CVS/caremark's retail network at no cost to you (not all locations offer all shots, so call ahead). If you need help finding a participating pharmacy, call 844-432-0696. You can also receive vaccines at your doctor's office as part of the preventive care benefit.



USE IT OR LOSE IT – YOUR FLEXIBLE SPENDING ACCOUNT (FSA)

The **deadline** to incur eligible Healthcare or Dependent Day Care FSA expenses is December 31, 2017. You will lose any contributions made to your FSA that you do not use by December 31, 2017. You have until March 31, 2018 to submit your eligible 2017 claims.



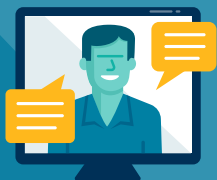
DON'T MISS OUT – EMPLOYEE STOCK PURCHASE PLAN (ESPP) DEADLINE

The **deadline** to enroll in the Employee Stock Purchase Plan is December 14, 2017. Eligible employees can share in the Company's future success through direct stock ownership at a discounted price through payroll deductions. For more information, [click here](#).



CAN'T REACH YOUR DOCTOR OVER THE HOLIDAYS?

If you are traveling for the holidays or maybe your doctor is away, you can visit with a Board-Certified doctor 24x7 from anywhere by phone or secure video with MDLive. The cost is only \$10 per consultation. To get more information, [click here](#) or call 888-632-2738.



UPCOMING **LIFECARE**® WEBINARS:

MONDAY, DECEMBER 18 — 1:00 – 2:00pm EST: *The Path to Inner Peace*

Login to **LifeCare**® and use the search feature for the above options.



EMPLOYEE ASSISTANCE PROGRAM SEMINARS:

- **Holiday Stress: Putting Happy Back in the Holidays**
- **It's My Budget and I'm Sticking to It!**

Visit the **EAP website** (Employer ID is Pearson) and select the Education and Resources section to see seminars.



FOOD OF THE MONTH: FIGS

Figs are low in calories and contain soluble dietary fiber, minerals, vitamins, and antioxidants. Try **Fig & Ricotta Toast**, an easy Mediterranean-inspired toast that makes a quick breakfast for any day of the week.

Pearson Benefits wishes you and your family a happy holiday season and a healthy new year.

ALWAYS LEARNING