



Ingram Benefits Newsletter

ISSUE 3
FALL 2024



BENEFITING YOU — at every stage —



Open
Enrollment
Dates:

October 7 – October 21

October 7 – November 4
(for Marine Associates)

View more details about 2025
Open Enrollment by visiting
IngramBenefits.com

About This Newsletter

Mark your calendars — it is almost time for Open Enrollment! Take advantage of the comprehensive plans and programs that Ingram offers you and your family to encourage a healthy lifestyle.

Open Enrollment is Coming!

This is your once-a-year opportunity to review your benefit options, enroll, and add/drop eligible dependents from coverage. Take this time to reflect on what might have changed over this past year and think about changes you may need to make in the year ahead.

HSA, FSA, and Dependent Care FSA elections must be made each year.

Legal Notices and plan documents can be found at IngramBenefits.com. You may print notices directly from the site or request a copy from the Ingram Benefits Department.

Vitality Wellness Program



Take advantage of Ingram's Vitality Wellness Program and all the ways to earn Vitality Points. With a personalized approach to wellness, tools to make healthy life choices, and a variety of reward opportunities, the Vitality Wellness Program is here to help you save money while staying healthy.

This Year's Requirements

Your medical premiums in 2025 will be based on the Vitality status level reached by **December 1, 2024**.

Your Vitality status is based on the number of points that you earn when completing various activities. Refer to the chart below to determine the points needed for each status depending on who is enrolled in your Medical Plan.

YOU ONLY

BRONZE	SILVER	GOLD	PLATINUM
0 pts	2,500 pts	6,000 pts	10,000 pts

YOU + SPOUSE OR DOMESTIC PARTNER

BRONZE	SILVER	GOLD	PLATINUM
0 pts	3,500 pts	9,000 pts	15,000 pts

The rates that you see in Benefitsolver during Open Enrollment will be based on the status reached by **August 31, 2024**.

However, you have until **December 1, 2024** to reach a higher status. Then in mid-December, you can confirm your 2025 rates by logging into Benefitsolver.



Incentive for Platinum Status

Associates that reach Platinum status are eligible to receive an **additional \$100** to be used in the Vitality Mall. The \$100 incentive will be a coupon promotion code* listed in the Rewards section. Rewards will be taxed once they are used due to IRS requirements.

Redeem Your Promotion Code

Follow the steps below to redeem your promotion code*.

1. Visit **PowerofVitality.com**
2. Discover an announcement on your homepage or navigate to **Rewards > Redeem Your Vitality Bucks**
3. Click **Add Filter** and select the **Promotion** box
4. Find an item that you would like to purchase, click the pink arrow, then click **Redeem**
5. Click **Checkout**
6. To add your promotion code, click on **Apply**; this will zero out your balance so that you will not use your Vitality Bucks for this purchase
7. Click the **Checkout** button to complete your transaction

* Promotion codes will expire on December 31, 2024.

How to Upload Activities

Don't miss out on the points you earned – submit them using the Vitality Today app! Learn how to submit physical activity events, a Vitality check, and prevention activities below.

Physical Activity Events

1. Tap **Activities > Physical Activity**
2. Choose the type of event you want to submit
3. Complete the required fields and submit

Vitality Check

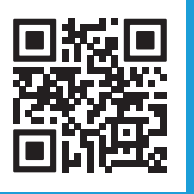
1. Tap **Activities > Vitality Check**
2. Complete the required fields and submit

Prevention Activities

1. Tap **Activities > Prevention**
2. Choose the type of activity you want to submit
3. Complete the required fields and submit



Download the Vitality Today app!



Journey to Well-Being

Check out Jamie's Path* to Gold Status!

Tobacco Affidavit.....	725 points
Dental Screening.....	200 points
3 Mental Health Reviews.....	225 points
Meditate Once Per Day.....	10 points
Flu Shot.....	200 points
10 Standard Workouts.....	100 points
CPR Course.....	125 points
Health Screening.....	400 points
Vitality Check Results**:	
Body Mass Index.....	1,125 points
Blood Pressure.....	725 points
Cholesterol.....	725 points
Glucose.....	725 points
2nd Dental Screening.....	200 points
Goals Check-In.....	30 points
Sleep Well.....	300 points
Nutrition Course.....	300 points

*This outlines the "you only" Vitality path.

**Your results must be in-range to earn the points illustrated.



Jamie reached Gold Status at 6,115 points!

Start Earning Points in Three Simple Steps!

1. Visit **PowerOfVitality.com** and under the login box, select "Register Now"
2. Provide your name, date of birth, and email address
3. Provide your employee ID number

NOTE: Your spouse or domestic partner also needs to provide your employee ID number.

Benefits Information at Your Fingertips



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INGRAM BENEFITS TEXTING

Text INGRAM to **800.876.7266** or scan the QR code.
(Keyword is not case sensitive)

*Message and data rates may apply. Reply STOP to opt-out at any time.
Text responses are not monitored.*

INGRAM BENEFITS WEBSITE

Visit **IngramBenefits.com** from your computer, phone, or tablet.
Come back often for benefit news and updates.

INGRAM BENEFITS DEPARTMENT

800.876.7266 | medical@ingram.com



Opt-in to
receive Ingram
Benefits texts.

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Nashville, TN 37205

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