

## WHAT'S NEW FOR 2022?

The majority of your benefits, and what you pay for them, are not changing for 2022. Learn about the changes before enrolling.

**Contributions for coverage.** The contributions you make for 2022 medical and dental coverage are increasing. This increase is to offset the rising cost of health care. Remember—if you've selected the Active Health Option, you'll have money in your HRA to help cover eligible out-of-pocket expenses.

**Alight Mobile app.** New this year, the Alight Mobile app allows you to select and enroll in your New York Life benefits from any device. Visit the App Store or Google Play to download and get started.

### YOUR WELLBEING IN 2022

Your benefits have always been there for you, and they're ready to work extra hard for you in these trying times. Have you considered...

- The incentives you could earn for taking healthy actions?
- How a Teladoc appointment, from the convenience of your home, could help you get the care you need?

