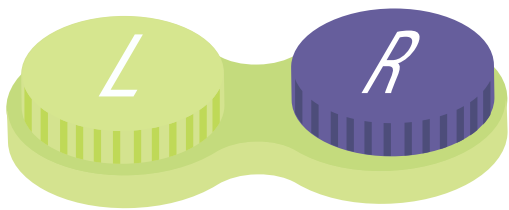


AUGUST 2021 REVITALIZE: YOUR SUPPORT

LB LIFESTYLE BENEFITS

LOCKE LORD
Wellness

BREAKING DOWN CONTACTS



Do you wear contacts? Or wear glasses and want to learn more about the alternatives?

- 1. Soft lenses** consist of hydrogels, water-containing plastics. They conform to the front of the eye and are thin and flexible. Soft lenses are available in daily disposable up to disposed of every 6 months.
- 2. Silicone hydrogel lenses** are a type of soft lenses. They are more porous, allowing more oxygen to reach the cornea. These are the most common type.
- 3. Gas permeable lenses** are hard contact lenses that also allow oxygen to pass through them. They often provide sharper vision than soft contacts, especially for those with astigmatism. This type needs to be replaced yearly.

What's an astigmatism? A condition where there are subtle flaws in the way the eye bends light back to the retina.

- 4. Hybrid contacts** provide the clearness of gas permeable lenses with the comfort of soft contacts. However, they're less popular as they are more difficult to fit and more costly to replace.

Don't forget to get your vision checked every year. Vision exams may be fully covered by your insurance as preventive care.

COPING WITH GRIEF

Losing someone you love and the subsequent grief can affect your everyday life. Research shows that people can recover over time with the help of healthy habits and social support.

What are some concrete ways to deal with grief?

Talk about the person you've lost.

Bottling up your sadness or trying to forget what has happened won't help and can lead to feeling isolated. Speak to a trusted friend or family member to help process your feelings.

Take care of yourself physically. When you're feeling depressed, it's easy to let self-care fall by the wayside. But eating well, exercising, and getting enough sleep can boost your mental health.

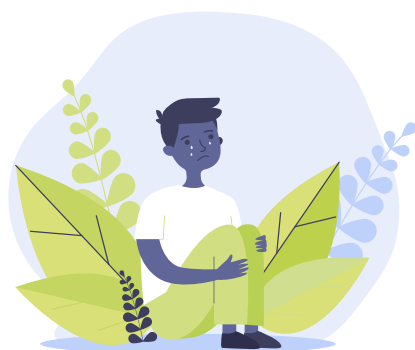
THERE IS NO SET TIME PERIOD TO GRIEVE - EACH PERSON IS DIFFERENT.

Join a support group. It can help to spend time with people going through the same thing as you. And you'll learn ways to cope from others.

Start seeing a therapist or psychologist.

A trained professional can not only listen but also provide support and concrete strategies to help you. Therapy can help build resilience as you deal with grief.

If your grief does not get any better after months or a year, and you experience extreme weight loss, fatigue,



or suicidal thoughts, your grief may be turning into depression. Reach out to a therapist or psychiatrist for help.

BENEFIT SPOTLIGHT

THE BASICS OF A DEPENDENT CARE FSA

If you care for children or elderly dependents, the Dependent Care FSA may be right for you. With this FSA, you can set aside up to \$10,500 in 2021 to pay for child or elder care expenses on a pre-tax basis.

- Eligible dependents include children younger than 13 and a spouse or other individual who is physically or mentally incapable of self-care and has the same principal place of residence as the employee for more than half the year.
- Expenses are reimbursable if the provider is not your dependent.
- You must provide the tax identification number or Social Security number of the party providing care to be reimbursed.



Eligible expenses include:

- In-home babysitting services (not provided by a dependent)
- Care of a preschool child by a licensed nursery or day care provider
- Before- and after-school care
- Day camp
- In-house dependent day care



BONUS ARTICLE: THE GOOD SIDE OF NEEDLES
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