



Video Library Terms

2015/2016

Benefitfocus[®] **Video**

Health & Wellness

- Acupuncture
- Alcohol Abuse
- Allergies & Asthma
- Alzheimer's
- BMI (Body Mass Index)
- Be a Cost Conscious Healthcare Consumer
- Beating the Winter Blues
- Benefits of Laughter
- Benefits of Walking
- Benefits of Yoga
- Better Sleep
- Bi-Annual Exams (Dental)
- Brain Food for Productivity
- Breast Cancer
- Building in More Movement
- Cancer
- Cardiovascular Disease
- Carpal Tunnel Syndrome
- Cervical Cancer
- Chiropractic Care
- Chronic Kidney Disease
- Chronic Lower Respiratory Disease
- Cold Sores
- Colorectal Cancer
- Coming to Work Sick
- Computer Vision Syndrome
- Cost of Smoking
- Cutting Calories
- Dangers of Stress
- Dental
- Dental X-Rays
- Depression
- Diabetes
- Diastolic Blood Pressure
- Drinking Water At Work
- Eating Healthier
- Eating Healthy from a Vending Machine
- Effects of Coffee
- Exercise Your Mind
- Exercising on the Road
- Eye Health
- Fluoride (Dental)
- Glucose Level
- Gluten Allergy
- Glycemic Index
- H1N1 Vaccine
- HDL Cholesterol
- HIV
- Headaches
- Healthy Snacking
- Healthy Travel
- Healthy Travel Eating
- Heartburn
- Holiday Health Tips
- Importance of Breakfast
- Influenza
- Influenza Season
- Joint Friendly Exercises
- Joint Pain and Exercise
- Kids Summer Safety
- LDL Cholesterol
- Liver Disease
- Maintain a Healthy Weight
- Making the Most of Doctor Appointments
- Managing Anger
- Massage Therapy
- Medication Interactions
- Medication Optimization
- More Exercise in Your Day
- Negotiating With Your Doctor
- Off Label Medication
- Osteoporosis
- Peanut Allergies
- Personal Health Assessment
- Portion Sizes
- Probiotics
- Prostate Cancer
- Relaxation Tips
- Screening Tests for Children
- Screening Tests for Pregnant Women
- Seasonal Affective Disorder (SAD)
- Seasonal Allergies
- Selecting a Multivitamin
- Sexually Transmitted Infections
- Skin Cancer
- Skin Cancer Protection
- Smoking Cessation Strategies
- Stay Active in Retirement
- Stay Active at Work
- Stay Energized at Work
- Stay Healthy at Work
- Staying Hydrated
- Steps to Safer Healthcare
- Stress Management
- Stroke
- Systolic Blood Pressure
- Take a Lunch Break
- Thyroid Disease

- Total Cholesterol
- Trans Fat
- Unintentional Injuries
- Vaccinations for Adults
- Vaccinations for Infants and Children
- Vision
- Waist Size
- Washing Hands
- Weight
- Whitening Options (Dental)
- Wisdom Teeth Removal (Dental)

Human Resources

- Accident or Emergency
- Age Discrimination In Employment Act
- Americans With Disabilities Act
- Beneficiary
- Birth/Adoption
- Business Casual
- Business Interruption Planning
- Change in Residence
- Changes in Status
- CHIP (Children's Health Insurance Plan)
- Confidentiality
- Conflict of Interest
- Dating at Work
- Death of Employee
- Death of a Spouse or Dependent
- Domestic Partnership
- Drug Free Workplace
- E-mail Protocol
- EEOC (Equal Employment Opportunity Commission)
- ERISA
- Employee Classification
- Employment at Will
- Equal Employment
- Equal Pay Act
- Exemptions on a W-4
- Exit Interview
- Fair Credit Reporting Act
- Family Medical Leave Act (FMLA)
- Genetic Information Nondiscrimination Act (GINA)
- Health Insurance Portability and Accountability Act (HIPAA)
- Harassment
- Immigration Reform and Control Act
- Immigration Verification
- Legal Aspects of Interviewing
- Newborns' and Mothers' Health Protection Act
- Performance Appraisal
- Phone Protocol
- Pre-employment Screening
- Pregnancy Discrimination Act
- Preparing for a Divorce
- Preparing for a Marriage
- Protected Health Information (PHI)
- Recession
- Rehabilitation Act
- Severance Pay
- Social Media Policy
- Standard Salary Deductions
- Unemployment Benefits
- Violence at Work
- W-2 Basics
- Women's Health and Cancer Rights Act
- Work/Life Balance

Benefits

- 401(K)
- 403b
- Accident Insurance
- Accidental Death and Dismemberment (AD&D)
- Aging Out
- Ancillary Services
- Annuity
- Bonus Compensation
- Cafeteria Plan
- Cancer Insurance
- Changing Insurance Plans
- Coinsurance
- Consumer Driven Health Plan (CDHP)
- Coordination of Benefits
- Copayment
- Cost of Living Adjustment
- Critical Illness Insurance
- Dependent Care Flexible Spending Account (DCFSA)
- Decreasing Term Life Insurance
- Deductible
- Dental Insurance
- Employee Assistance Program (EAP)
- Employee Stock Ownership Plan
- Evidence of Insurability
- Experience Rating
- Explanation of Benefits (EOB)
- Flexible Spending Accounts (FSA)
- FSA/HSA Interactions
- Generic Brands
- Group Auto & Home Insurance
- Health Maintenance Organization (HMO)
- Health Reimbursement Arrangement (HRA)
- Health Savings Account (HAS)
- High Deductible Health Plan (HDHP)
- Hospital Indemnity
- Identity Protection
- In/Out Network
- Individual Retirement Account (IRA)
- Insurance Portability
- Legal Insurance
- Long Term Care Insurance
- Long Term Disability Insurance
- Mail Order Prescription
- Managed Care
- Medicaid
- Medicare
- Medicare Part D
- Medicare vs. Medicaid
- Non-Preferred Brands
- Open Enrollment
- Out of Pocket Maximum
- Payroll Administration
- Permanent Life Insurance
- Pet Insurance
- Policy Illustration
- Preauthorization
- Preferred Provider Organization (PPO)
- Preventive Care
- Primary Care Physician
- Profit Sharing Plan (PSP)
- Retirement Reimbursement Arrangement (RRA)
- Rider
- Self-Funded Insurance
- Short Term Disability
- Short Term/Temporary Insurance
- Sick Days
- Social Security
- Term Life Insurance
- Underwriting
- Universal Life Insurance
- Vacation
- Variable Life Insurance
- Variable Universal Life Insurance
- Vision Insurance
- Whole Life Insurance

Productivity

- ABC's of Great Customer Service
- Avoiding Distractions
- Avoiding Jetlag
- Be On Time
- Being Proactive
- Benefits of a Relaxed Workplace
- Confidence at Work
- Connecting with Coworkers
- Dealing with Angry Clients
- Dealing with Negative Coworkers
- Decorating Your Desk
- Effective Phone Calls
- First and Last Impressions
- Getting Organized
- Goal Setting
- Importance of Follow-Through
- Improving Your Skills
- Improving Your Presentation
- Increasing Your Productivity
- Listening Effectively
- Make a To-Do List
- Make the Most of Your Commute
- Making the Most of Travel
- Phone Etiquette
- Preparing for Meetings
- Prioritizing Your Day
- Remembering Details
- Respecting the Client
- Running Effective Meetings
- Setting Realistic Expectations
- Taking Time Off
- Work From Home
- Yes and No Balance
- You are the Company

Healthcare Reform

- 1095-C Form
- Age-Banded Rates
- Auto Enrollment & Opting Out
- COBRA
- Defense of Marriage Act (DOMA)
- Defined Contribution
- Dependent Eligibility
- Dependent Verification
- Employee Marketplace Notifications
- Employer Mandate
- Essential Health Benefits
- Fixed Dollar Contribution vs. Fixed Percentage Contribution
- Grandfathered Plans
- Health Insurance Marketplaces
- Health Insurance Subsidies
- Individual Mandate
- Limited Medical Plans
- Medicare Advantage
- Medicare Supplement Insurance (Medigap)
- Paperwork Reduction Act
- Private Marketplaces
- Reducing Paperwork and Admin Costs
- Reporting and Compliance
- Service Contract Act
- Summary of Benefits and Coverage
- Wellness Programs

Spanish Videos

- 1095-C Form
- Age Banded Rates
- Change in Residence
- Change in Status
- Copayment
- Dependent Care Flexible Spending Account (DCFSA)
- Deductible
- EEO Discrimination
- Employee Marketplace Notifications
- Explanation of Benefits (EOB)
- ERISA
- Eating Healthier
- Employee Marketplace Notifications
- Equal Employment Opportunity
- Equal Pay
- Family Medical Leave of Absence (FMLA)
- FSA/HSA Interactions
- Flexible Spending Accounts (FSA)
- GINA
- HDHP
- Health Maintenance Organization (HMO)
- Health Insurance Marketplaces
- Healthy Insurance Subsidies
- Health Savings Account (HSA)
- In/Out of Network
- Legal Aspects of Interviewing
- Maintaining a Healthy Weight
- Open Enrollment
- Preferred Provider Organization (PPO)
- Primary Care Physician (PCP)
- Standard Salary Deduction
- Unemployment Benefits