



[Here is a link to our full April Spotlight!](#)

Benefit Spotlight – Importance of Beneficiaries

This month Your Benefits Team encourages you to ensure that you have assigned beneficiaries to your various accounts and that they are the people you would choose to be listed at this time in your life.

Although it can be difficult to contemplate what happens after we pass away, it is important to take time to make sure these key details are in place. We're spotlighting your employee benefit plans below, you may also want to take time to consider your other accounts such as checking accounts, personal life insurance accounts, and retirement accounts that aren't with the college.

If you're enrolled, you need to assign beneficiaries for these benefits!



Well-Being Spotlight – Stepping Strong for a Cause



JOIN THE GMHEC TEAM!
~ FREE & EASY TO PARTICIPATE ~

Help us hit 500 million steps to support trauma survivors!

Founded by survivors of the Boston Marathon bombings, The Gillian Reny Stepping Strong Center at Brigham and Women's Hospital invites you to join in this May for the annual Step Up for Stepping Strong wellness challenge and help generate support for trauma research and innovation.

All employees and family members are invited to join us for the annual **Step Up for Stepping Strong Challenge**. This is a wonderful opportunity to get active, have fun and support a great cause. Grab your friends and register today! Registration is open through April 30th and the challenge runs from May 1-31, 2024.

Register

1. Download the app ([iOS](#), [Android](#), [web](#)).
2. [Register](#) and join GMHEC's team by 4/30/2024.
3. Get those steps in and see if we can help The Gillian Reny Stepping Strong Center for Trauma Innovation at Brigham and Women's Hospital receive the \$100,000 gift provided by Cigna!

Your Benefits Team @ GMHEC

Email us: benefits@gmhec.org | Call us: 802-443-5485

To see the Full March Spotlight, Visit: <https://gmhec.org/benefits-wellbeing-spotlight/>