



# City of Newton 2021 Open Enrollment

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5/3</p> <p><b>Open Enrollment Begins!</b></p>	<p>5/4</p> <p><b>Time vs. Energy</b> Pre-recorded webinar available to all! <u><a href="#">Time vs Energy</a></u></p>	<p>5/5</p> <p><b>Tufts Health Plan Free Wellbeing Webinar</b> 12:15-1:00 pm</p>	<p>5/6</p> <p><b>Chair Yoga</b> Pre-recorded webinar available to all! <u><a href="#">Chair Yoga</a></u></p>	<p>5/7</p> <p><b>Healthy Back Stretches</b> Pre-recorded webinar available to all! <u><a href="#">Healthy Back Stretches</a></u></p>
<p>5/10</p> <p><b>Mug Meals</b> Pre-recorded webinar available to all! <u><a href="#">Mug Meals</a></u></p>	<p>5/11</p> <p>Tufts Health Plan Open Enrollment presentation 2:00 pm – 3:00 pm Call: +1-617-315-0704 Access Code: 718 441 443 <u><a href="https://tuftshealthplanmeetings.webex.com/meet/janice_perez">https://tuftshealthplanmeetings.webex.com/meet/janice_perez</a></u></p>	<p>5/12</p> <p><b>Tufts Health Plan member calling hours</b> 11:00 -1:00 pm &amp; 3:00 – 5:00 pm Call 617-633-0289</p>	<p>5/13</p> <p><b>Computer Ergonomics</b> Pre-recorded webinar available to all! <u><a href="#">Computer Ergonomics</a></u></p>	<p>5/14</p> <p><b>Zumba</b> Pre-recorded webinar available to all! <u><a href="#">Zumba with Hannah</a></u></p>
<p>5/17</p> <p><b>Mindfulness for Resiliency</b> Pre-recorded webinar available to all! <u><a href="#">Mindfulness for Resiliency</a></u></p>	<p>5/18</p> <p><b>The Power of People</b> Pre-recorded webinar available to all! <u><a href="#">The Power of People</a></u></p>	<p>5/19</p> <p><b>Tufts Health Plan Free Wellbeing Webinar</b> 12:15 -1:00 pm</p>	<p>5/20</p> <p><b>Parenting During Times of Stress</b> Pre-recorded webinar available to all! <u><a href="#">Parenting During Times of Stress</a></u></p>	<p>5/21</p> <p><b>Boot Camp</b> Pre-recorded webinar available to all! <u><a href="#">Boot Camp</a></u></p>
<p>5/24</p> <p><b>Family Friendly Fitness</b> Pre-recorded webinar available to all! <u><a href="#">Family Friendly Fitness</a></u></p>	<p>5/25</p> <p>Tufts Health Plan Open Enrollment presentation 2:00 pm – 3:00 pm Call: +1-617-315-0704 Access Code: 718 441 443 <u><a href="https://tuftshealthplanmeetings.webex.com/meet/janice_perez">https://tuftshealthplanmeetings.webex.com/meet/janice_perez</a></u></p>	<p>5/26</p> <p><b>Tufts Health Plan member calling hours</b> 11:00 -1 :00 pm &amp; 3:00 – 5:00 pm Call 617-633-0289</p>	<p>5/28</p> <p><b>Open Enrollment Ends Today All forms Due</b></p>	<p>5/29</p>

**Tufts Health Plan Open Enrollment member calling hours:** THP Account Manager will be available 11:00 am -1:00 pm and 3:00 pm to 5:00 pm on Wednesday, 5/12 and Wednesday 5/26/21. Please call 617-633-0289

**Tufts Health Plan Open Enrollment presentation:** 2:00 pm – 3:00 pm on Tuesday 5/11 and Tuesday 5/25. Join the presentation:

Join Webex Meeting

[https://tuftshealthplanmeetings.webex.com/meet/janice\\_perez](https://tuftshealthplanmeetings.webex.com/meet/janice_perez)

Call +1-617-315-0704

Access Code: 718 441 443

**Tufts Health Plan Free Wellbeing Webinars. LIVE and open to all:**

- **Guided Mindfulness Meditation, 5/5:** In this class, we will use some of the simplest techniques to help calm the mind, relax the body and help participants become more present. These tools help increase awareness, decrease anxiety, and allow our minds to focus and think more clearly. No previous experience with meditation is required.

Join GoTo Meeting

<https://www.gotomeet.me/Knead/tufts-wellbeing-webinars>

Dial in:

1 872 240 3311

Access Code: 285 213 533

- **Simple Solutions for Stress, 5/19:** In this workshop, we will take a holistic look at stress management. We will review how stress impacts the body and how you can mitigate those effects by making simple changes throughout the day.

Join GoTo Meeting

<https://www.gotomeet.me/Knead/tufts-wellbeing-webinars>

Dial in:

1 872 240 3311

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**Pre-recorded Webinars:**

- **These are previously offered live Wednesday webinars that have been recorded and posted to the Tufts Health Plan YouTube channel. They are free and open to all who wish to participate.**