

# BOND

## BENEFITS CONSULTING

*always beneficial*

Welcome to the final NY State of Health Newsletter of 2021 from your Marketplace Advocacy Team here at Bond Benefits Consulting. In this edition, we will provide useful information regarding the following topics:

- **Please let us know your email address**
- Open Enrollment begins November 16th!
- Telemedicine updates
- The benefits of utilizing a Health Savings Account (HSA)
- Enrolling in Medicare Advantage Plans and annual election period
- Holly's Tasty Recipe

## PLEASE LET US KNOW YOUR EMAIL ADDRESS!

We would like to give you quicker current updates and be able to email our newsletter to you. Please email [NYSOH@bondbenefits.com](mailto:NYSOH@bondbenefits.com) so that we can put you on our email list.

## OPEN ENROLLMENT BEGINS NOVEMBER 16TH - DECEMBER 15TH

PLEASE BE READY TO DISCUSS FOR 2021 OPEN ENROLLMENT

### Information to Prepare for your Renewal Conversation

- Likes and dislikes of your 2021 health insurance plan
- Projected Annual Income for 2022
- Any dependent changes
- Any tax filing changes
- Please give us your email address

## TELEMEDECINE: AN EASIER WAY TO CONNECT WITH A HEALTH CARE PROVIDER

Through the utilization of phone or video, a no fee consultation with a health care provider will be available 24 hours a day, 7 days a week for COVID-19 concerns! Sick individuals should not leave their home unless to receive medical care and only after a telehealth visit to determine if leaving the home is in the best interest of their health. This service, Telemedicine, allows subscribers and patients the ability to schedule an appointment by either talking with a health care provider over the phone or through a video application such as Skype or FaceTime, smartphone or tablet. Doctors and specialists will also be more accessible through email and other online communication avenues.

## ENROLLING IN MEDICARE ADVANTAGE PLANS: BOND CAN HELP!

Just like on the Individual Market, Bond's Marketplace Advocacy team is still able to assist individuals with their Medicare enrollments or renewals from start to finish! Please feel free to call Mark Shannon with any questions or concerns regarding becoming eligible for Medicare or renewing a Medicare policy. Also, please feel free to pass along our information if you have any family or friends who need assistance with Medicare. Thank you!

The Annual Election Period (October 15th through December 7th) lets you:

- Sign up for Medicare Advantage plan
- Change from one Medicare Advantage plan to another



### HOLLY'S TASTY RECIPE - MEDITERRANEAN TUNA SALAD WRAP

Canned chunk white tuna in water 3 oz,  
drained

Roasted red peppers (packed in water) 3 Tbsp  
patted dry and chopped

Uncooked red onion(s) 2 Tbsp chopped

3 medium, Kalamata, pitted

1 Tbsp Mayonnaise

1 pinch table salt

1 pinch black pepper

2 leaves of boston lettuce

Lemon

Combine tuna, roasted peppers, onion, olives, and mayonnaise in a small bowl; season with salt and pepper. Divide tuna salad among lettuce leaves; squeeze lemon juice over top.

Makes 1 serving (2 filled leaves).

## THANK YOU!

Thank you for taking the time to read our 4th Quarter Newsletter! If you have any family or friends that have questions about their health insurance options, regardless if they have health insurance through their employer, the individual marketplace, or Medicare, please feel free to give them Mark Shannon's and Holly Tucker's contact information below.

THANK YOU FOR A GREAT YEAR!

#### Mark Shannon

Benefits & Medicare Consultant

Email: [marks@bondbenefits.com](mailto:marks@bondbenefits.com)

Office Phone: 585-248-5870 ext. 157

Cell Phone: 585-748-7457



#### Holly Tucker

Individual Products Coordinator

Email: [holly@bondbenefits.com](mailto:holly@bondbenefits.com)

Office Phone: 585-248-5870 ext. 135