

# Lunch and Learns Videos

How to access the NCC Benefits:

Go to: <https://nccde.eebenefits.site/>



- Retirees ▾
- Eligibility ▾
- Health Plans ▾
- Other Valuable Benefits ▾
- Voluntary Benefits ▾
- Contacts & Resources ▾

## Welcome to Your 2024 Benefits!

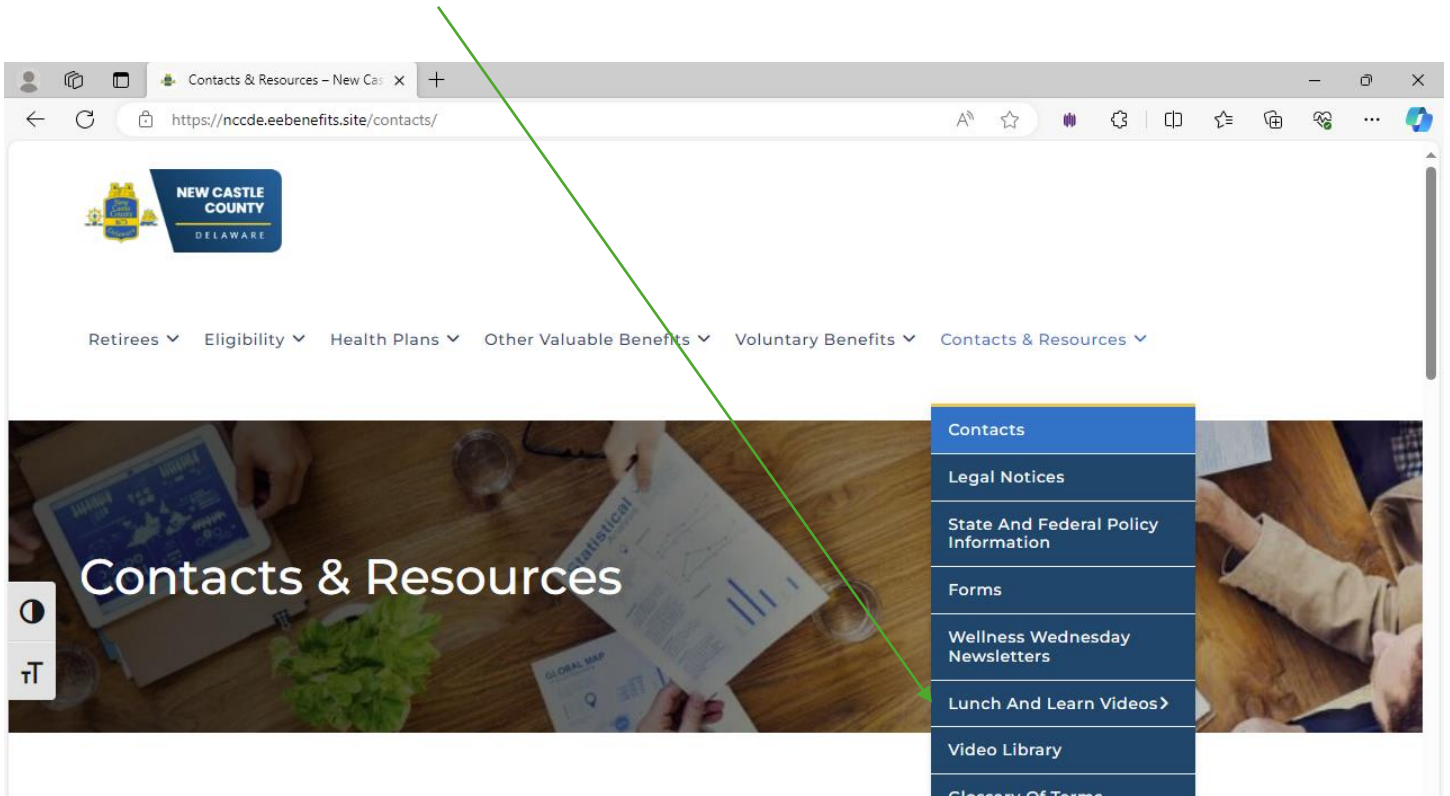


Welcome!

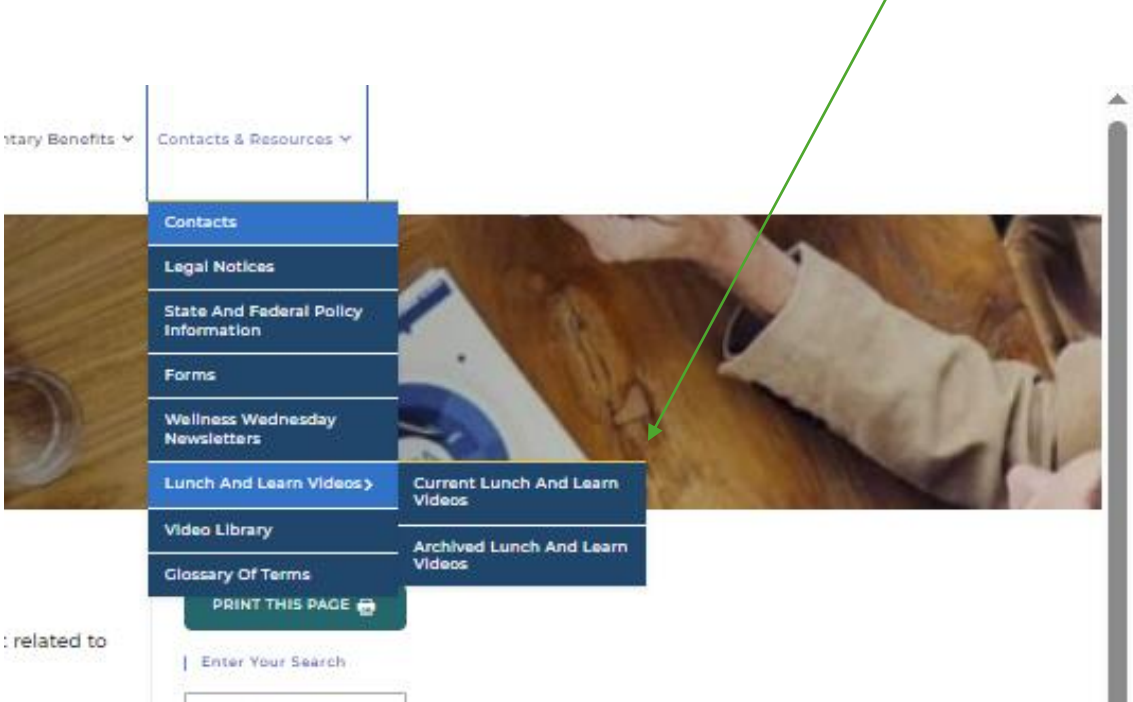
>Click on **Contacts & Resources**

The screenshot shows a web browser window displaying the 'Contacts & Resources' page of the NCC Benefits website. The browser's address bar shows the URL <https://nccde.eebenefits.site/contacts/>. The page features the New Castle County logo and a navigation menu with the following items: Retirees ▾, Eligibility ▾, Health Plans ▾, Other Valuable Benefits ▾, Voluntary Benefits ▾, and Contacts & Resources ▾. A dropdown menu is open under 'Contacts & Resources', listing: Contacts, Legal Notices, State And Federal Policy Information, Forms, Wellness Wednesday Newsletters, Lunch And Learn Videos>, Video Library, and Glossary Of Terms. The main content area has a header image with the text 'Contacts & Resources' and a sub-section titled 'Benefit Contacts'. Below this, it states: 'Please contact Human Resources to complete any changes to your benefits that are not related to your initial or annual enrollment.' At the bottom right, there is a 'PRINT THIS PAGE' button and a search bar with the placeholder text 'Enter Your Search'.

>Click on **Lunch and Learn Videos**



>To see the videos from the current year - Click on **Current Lunch and Learn Videos**



>Click on **your topic of interest:**



## Current Plan Year Lunch and Learn Videos

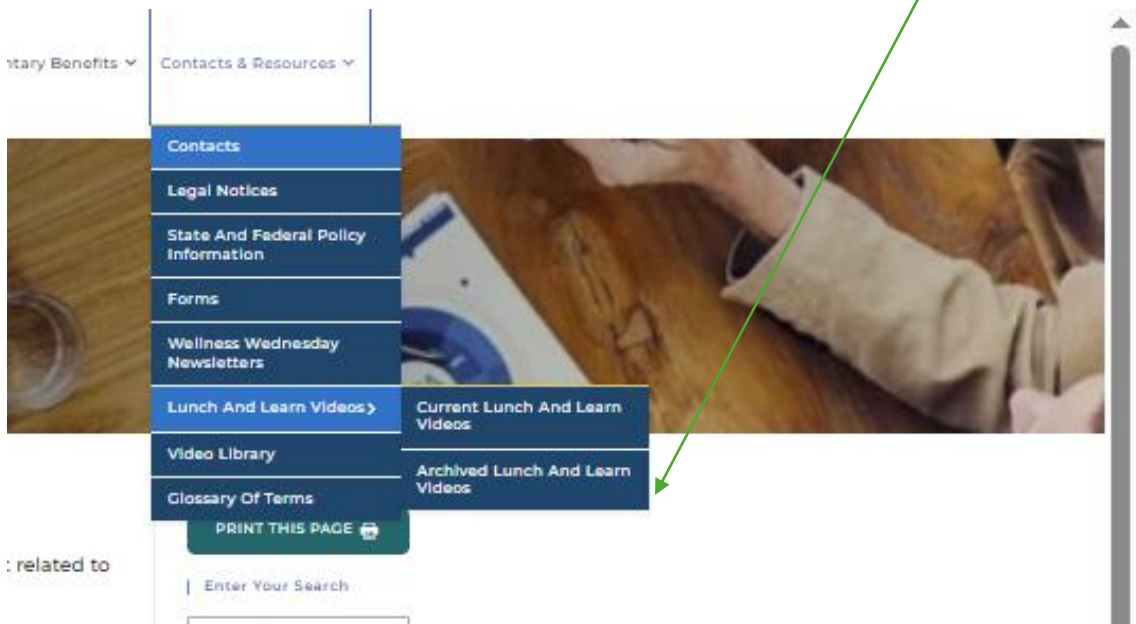
*Click on your topic of interest:*

February 2024 – [Don't Forget Your Social Life!](#)

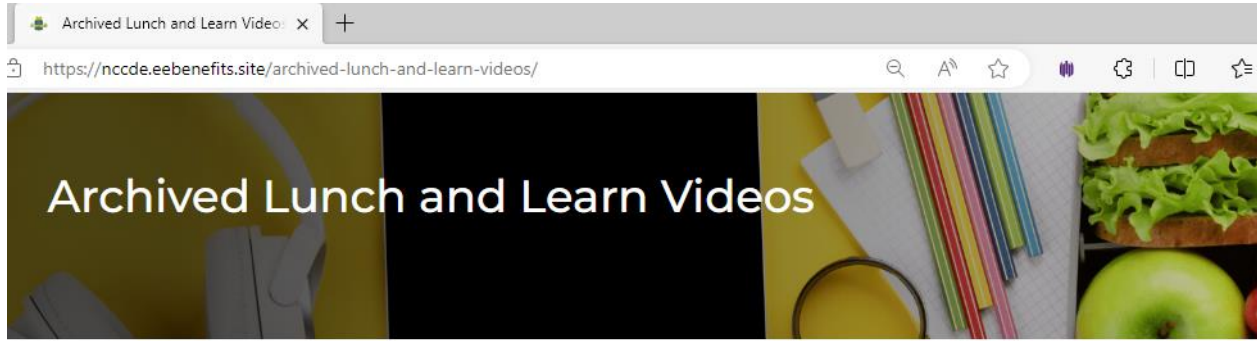
January 2024 – [How To Speak With Your Physician](#)

Archived Lunch & Learn Videos: [CLICK HERE](#)

>To see the videos from previous year - Click on **Archived Lunch and Learn Videos**



>Click on **your topic of interest:**



## Archived Lunch and Learn Videos

*Click on your topic of interest:*

December 2023 – [Sleep Basics](#)

November 2023 – [Assessing Mental Health Support During the Holiday Season](#)

September 2023 – [Caring for Loved Ones](#)

August 2023 – [Stress Reduction Toolkit 2.0](#)

July 2023 – [Healthy Aging](#)

June 2023 – [How to Boost Your Self Confidence](#)

May 2023 – [Exercise 2.0: Beyond the Basics](#)

April 2023 – [Take Control Of Your Finances](#)

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Links And Information

- New Employee
- 2024 Benefits Guide
- Qualifying Event
- Retirees
- Wellness Wednesday Newsletters

Insurance Carrier Websites

- Healthcheck360 Wellness Program
- Express Scripts (Rx)
- Highmark BC
- Aetna Active or Non Medicare
- Aetna Medicare