

BAC January 2019 Benefit Insights Newsletter

Hi,

Below you will find the January edition of the 2019 Benefit Insights Newsletter.

For January we have included several important pieces of in-depth employee benefit news for you and your employees.

You will find a comprehensive guide on all the health plan compliance deadlines for 2019, an article discussing the brand new CMS rule for transparency in health care pricing for hospitals and finally, as always, you'll see the Live Well, Work Well Newsletter.

We've also included a companion video for the Live Well, Work Well bulletin that we think you'll enjoy.

Please let us know if you have any questions regarding the material or if you would like us to include a particular topic next month.

Thank you,

Tim Hill
Founder & Managing Principal
Benefit Administration Company



New Blog Post

The Hospital Pricing Transparency Rule & What it Means for You

[Click image to view](#)



2019 Health Plan Compliance Deadlines

Employers must comply with numerous reporting and disclosure requirements throughout the year in connection with their group health plans. This Compliance Overview explains key 2019 compliance deadlines for employer-sponsored group health plans. It also outlines group health plan notices that employers must provide annually.

[Download now](#)



Live Well, Work Well Newsletter - January 2019

The Live Well, Work Well newsletter is an employee newsletter that is produced monthly and covers topics like health, wellness, fitness, nutrition and personal finance. This month's issue discusses fad diets, winter illnesses and post-holiday depression.

[Download now](#)



Live Well, Work Well Video - January 2019

Learn more about avoiding fad diets and winter illnesses with this brief video.

[Download now](#)



Benefit Administration Company, LLC.

1200 5th Ave Ste. 1100

Seattle, WA 98101

206-625-1800

<http://www.benefitadministrationcompany.com/>