



**CATHOLIC
MUTUAL GROUP**

Winter 2021

COMMITMENT + EXPERTISE + STABILITY



BENEFIT BEAT

C.M.G. Agency, Inc. An affiliate of Catholic Mutual Group

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For a printable version of this newsletter, [click here.](#)

HEALTH TIP: A couple of things to watch for



The vaccine mandate proposed by President Biden is a fluid situation. The mandate was set to require all health care workers in the United States to have at least one dose of the COVID-19 vaccine by Monday, December 6. That mandate was repealed by the Senate on Wednesday, December 8, along with the president's other mandate that would've required businesses with more than 100 employees to have each employee undergo weekly COVID testing or receive at least one dose of vaccine by January 4, 2022. We encourage you to stay on top of the latest developments in the vaccine mandate by regularly reading reputable news sources.

We're also watching proposed regulations which would make a 30-day extension for distributing Form 1095-B and 1095-C a permanent part of ACA compliance. The new regulations include a provision allowing ALEs and insurers to take advantage of the automatic 30-day extension for the 2021 plan year. Additional information can be found [here.](#)

MINDFULNESS: Embracing gratitude in difficult times

While we continue to navigate the ongoing pandemic, it's important to reflect and embrace gratitude for the positive aspects of 2021. Doing so lays the groundwork for a New Year full of renewed hope and health for all. Gratitude has a positive impact on patience, wellbeing, happiness, satisfaction, and fostering a sense of community. Here are a few simple ways to bring gratitude into each day:

- **Be intentional:** Take a moment at the beginning of each day to appreciate the positive, and do the same before you fall asleep each night.
- **Be present:** There are plenty of little things to be thankful for throughout the day – a hot cup of coffee, a smile from a stranger. Recognizing these small gestures can have a big impact on mental health.
- **Keep track:** A gratitude journal that lists everything you're thankful for throughout each day can foster long-term happiness and wellbeing.
- **Express gratitude:** What you put out into the world will come back to you. Practice gratitude at work and at home, and watch a more positive environment manifest.



HOLIDAY RECIPE

There are some flavor combinations that perfectly complement the holidays -- chocolate and peppermint is one of the most popular. Here's an easy recipe for peppermint bark from Delish:

[Homemade Peppermint Bark](#)



SAVE THE DATE: 2022 Employee Benefit Buying Alliance Annual Meeting

We are looking forward to being back in person for the 2022 Employee Benefit Buying Alliance Annual Meeting, which will take place February 1-2, 2022, at Opal Sands Resort in Clearwater Beach, Florida. More information to come!

CATHOLIC MUTUAL GROUP

Employee Benefit Buying Alliance

CMG Invites You to Capture Valuable Perspectives from Industry Experts

*Meeting to be held at the Opal Sands Resort
430 S Gulfview Blvd
Clearwater FL 33767*

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JOIN US!
February 2nd, 2022
8:30am - 3:30pm EST

2022 Annual Meeting

Maxime Guillaume
(AVP, Digital Offerings) at Unum
"Unum Behavioral Health, how employers can help support their employees." 

Travis Tate
(Senior Director, Employer Clinical Practice) at CVS Health
"Specialty management insights to keep ahead of a rapidly changing marketplace." 

Beth Alcalde
(Employee Benefits and Exec. Compensation) at Akerman Law LLP
"Akerman's Annual Rundown: New Developments and Current Hot Topics" 

Mathew Hartz
Catholic Mutual Group
"Closing potential coverage gaps for our Priests and Religious Groups." 

Please Register Today - Submit registration via the

PDF attached: "2022 EBBA Annual Meeting Registration Form.pdf"

CMG will reimburse up to \$500 in Travel Costs for 1 Member from each diocese that attends.
Email: asnipes@catholicmutual.org for more details.

Benefit Beat is a publication of C.M.G. Agency, Inc. Please feel free to share this newsletter with any staff, clergy or other members of your diocese for whom you think it would be useful. And, if there's anything you would like us to cover in a future issue of Benefit Beat, please contact us.

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