

Simply Fun Seminars

Episode01 Feb 29, 2024

Powerful but FREE Cyber tools you should be using every day

- Your email is a long-term storage bin. If it gets hacked, everyone has everything you ever sent or received. Being hacked tomorrow can compromise you today.

Solutions for personal use:




privnote.com onetimesecret.com wetransfer.com

- Email and messaging fraud rely on you trusting a compromised source. To prevent fraud from costing you \$\$\$, use secure methods to verify critical transactions.

Solution: **2-Factor Authentication: Google Authenticator**

- Encrypting your hard drive is simple and can save you major issues if your Laptop is lost or stolen. Hard drive encryption is free on Windows and Mac

Solution: **Do It. YouTube will show you how**

Start  > Settings  > Privacy & security  > Device encryption.

Apple Menu > System Setting > Privacy & Security > FileVault

- Creating sound passwords is critical to security, but hard to keep up with.

Solution: **ditch the notebook, use a random password**

Lastpass.com, dashlane.com, 1password.com, bitwarden.com

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Thriving Together: Employee Health Benefit Trends 2024



- One of the most foundational failings of our healthcare system is paying for primary care via fee-for-service. One of the most valuable ways to improve care quality, member experience, and reduce overall plan cost is to pay for primary care through a monthly fee instead of fee-for-service. This model incentivizes doctors to keep patients healthy.
Solution: **Olive Health or Bluegrass Direct Primary Care**
- When healthcare is complex or expensive, it also gets scary. Human support from trusted resources is critical. The highest-performing plans ensure that members have a single point person to go to for support.
Solution: **Dedicated Nurse Navigator**
- Pharmacy is complex, but the right PBM paired with effective contract negotiation will solve most critical issues.
Solution: **Work with a pharmacy benefit manager that allows you to customize your formulary**

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